**Introduction ::**

There is nothing “wrong” with such anxiety. It is a normal reaction to stress that often helps rather than hinders our daily functioning. Without some anxiety, for instance, most of us probably would not have much motivation to study hard, undergo physical exams, or spend long hours at our jobs. But some people experience anxiety in situations in which there is no external reason or cause for such distress. When anxiety occurs without external justification and begins to affect people’s daily functioning, mental health professionals consider it a psychological problem known as

Anxiety disorder .

A phobia is a type of anxiety disorder. It is an extreme form of fear or [anxiety](https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/) triggered by a particular situation (such as going outside) or object (such as spiders), even when there is no danger.

For example, you may know that it is safe to be out on a balcony in a high-rise block, but feel terrified to go out on it or even enjoy the view from behind the windows inside the building. Likewise, you may know that a spider isn’t poisonous or that it won’t bite you, but this still doesn’t reduce your anxiety.

Someone with a phobia may even feel this extreme anxiety just by thinking or talking about the particular situation or object.

Phobias are diagnosable mental disorders.

A phobia is causes an individual to experience extreme, irrational fear about a situation, living creature, place, or object.

When a person has a phobia, they will often shape their lives to avoid what they consider to be dangerous. The imagined threat is greater than any actual threat posed by the cause of terror.

Phobias are diagnosable mental disorders.

The person will experience intense distress when faced with the source of their phobia. This can prevent them from functioning normally and sometimes leads to [panic attacks](https://www.medicalnewstoday.com/articles/8872.php).

In the United States, approximately [19 million people](https://adaa.org/about-adaa/press-room/facts-statistics) have phobias.

**Fast facts on phobias:**

* Phobias are more serious than simple fear sensations and are not limited to fears of specific triggers.
* Despite individuals being aware that their phobia is irrational, they cannot control the fear reaction.
* Symptoms may include sweating, chest pains, and pins and needles.
* Treatment can include medication and behavioral therapy.
* 19 million people in the United States have a phobia.

## What is a phobia?

A phobia is an exaggerated and irrational fear

The term 'phobia' is often used to refer to a fear of one particular trigger. However, there are three types of phobia recognized by the American Psychiatric Association (APA). These include:

## What are phobic disorders?

**ANSWER**

Phobic disorders are intense, persistent, and recurrent fears of certain objects (such as snakes, spiders, or blood) or situations (like heights, speaking in front of a group, and public places). These things may trigger a panic attack. Social phobia and agoraphobia are examples of phobic disorders.

Phobias can develop around any object or situation, and some people may have multiple phobias**. They can be roughly categorised into two groups:**

* [**specific phobias**](https://www.mind.org.uk/information-support/types-of-mental-health-problems/phobias/types-of-phobia/?o=6804#specific)
* [**complex phobias**](https://www.mind.org.uk/information-support/types-of-mental-health-problems/phobias/types-of-phobia/?o=6804#complex)

# What are the symptoms?

Phobias can feel different for different people and the symptoms can vary in severity. Symptoms involve experiencing intense fear and anxiety when faced with the situation or object that you are afraid of. If your phobia is severe, even thinking about the situation or object can trigger these symptoms.

A person with a phobia will experience the following symptoms. They are common across the majority of phobias:

* a sensation of uncontrollable anxiety when exposed to the source of fear
* a feeling that the source of that fear must be avoided at all costs
* not being able to function properly when exposed to the trigger
* acknowledgment that the fear is irrational, unreasonable, and exaggerated, combined with an inability to control the feelings

**Physical symptoms**

* sweating
* abnormal breathing
* accelerated heartbeat
* trembling
* hot flushes or chills
* a choking sensation
* chest pains or tightness
* butterflies in the stomach
* pins and needles
* [dry mouth](https://www.medicalnewstoday.com/articles/187640.php)
* confusion and disorientation
* nausea
* dizziness
* [headache](https://www.medicalnewstoday.com/articles/73936.php)

**Psychological symptoms**

* feeling out of touch with reality or detached from your body
* a fear of fainting
* a fear of losing control
* a fear of dying

As a result, many people with phobias avoid situations where they might have to face their fear. While this can be an effective strategy to start with, avoiding your fears can sometimes cause them to become worse, and can start to have a significant impact on how you live your daily life..

**What causes phobias?**

There doesn’t seem to be one particular cause of phobias, but there are several factors that might play an important role:

* **Particular incidents or traumas**. For example, someone who experiences a lot of turbulence on a plane at a young age might later develop a phobia about flying.
* **Learned responses**, picked up in early life. Factors in the family environment, such as parents who are very worried or [anxious](https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/) , can have an effect on the way you cope with anxiety in later life. You might develop the same specific phobia as a parent or older sibling.
* **Genetics.** Some research suggests that some people are more vulnerable to developing a phobia than others.
* **Responses to panic or fear**. If you have a strong reaction (or [panic attack](https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/panic-attacks/)) in response to a particular situation or object, and you find this embarrassing or people around you react strongly, it can cause you to develop more intense anxiety about being in that situation again.
* **Long-term stress** can cause feelings of [anxiety](https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/) and [depression](https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/), and reduce your ability to cope in particular situations. This can make you feel more fearful or anxious about being in those situations again and, over a long period, could lead to you developing a phobia.