

PHOBIA



PHOBIA

01

According to American Psychological Association, phobia is an irrational and excessive fear of an object or situation

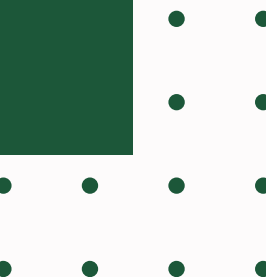
02

Either the presence or the anticipation of the phobic entity causes distress

03

Avoid encounters with the phobic situations or objects

Eg: Even avoid photographs or television images



TYPES OF PHOBIA

Social Phobia

- ❖ It is an irrational fear of performing activities in the presence of other people or interacting with others
- ❖ The person is afraid of his own actions being viewed by others critically resulting in embarrassment or humiliation
- ❖ It involves:
 - Excessive self consciousness
 - Fear of public humiliation
 - Fear of negative evaluation



TYPES OF PHOBIA

Specific Phobia

It is an irrational fear of specific object or stimulus

Situational phobias



Claustrophobia



Agoraphobia



Aerophobia



Glossophobia

Animal or living creature phobias



Batrachophobia



Equinophobia



Cynophobia



Ranidaphobia

Environmental phobias



Hydrophobia



Astraphobia



Ombrophobia



Dendrophobia

Injury type of phobias



Hemophobia



Dentophobia



Trypanophobia



Latrophobia

Uncategorized phobias



Phonophobia



Pseudodysphagia



Thalassophobia



Cibophobia

TYPES OF PHOBIA

Agoraphobia

It is characterized by an irrational fear of being in places away from familiar setting of home, in crowds or in situations persons cannot leave easily





SYMPTOMS OF PHOBIA

- ❖ A sensation of uncontrollable anxiety, when exposed to the source of fear
- ❖ A feeling that the source of fear must be avoided at all costs
- ❖ Not being able to function properly when exposed to the trigger
- ❖ Physical effects:
 - Sweating, shortness of breath, increased heart rate, dry mouth, feeling intense need to escape



CAUSES OF SPECIFIC PHOBIA

- ❖ Pairing: of a specific object or situation with emotions of fear. Eg: Hospital and injection
- ❖ Observation: Observing the reaction in another individual Eg: Parents behavior with others
- ❖ Information transfer: Which the person thought to be danger

CAUSES OF SOCIAL PHOBIA

- Inhibition during childhood: Parents are less caring, inhibition, more protecting
- Genetic: Family history of someone having the same issues
- Increase in adrenaline and epinephrine
- Dopamine dysfunction



DIAGNOSTIC GUIDELINES OF SPECIFIC PHOBIA ACC. TO DSM 5

01

Marked **fear** or anxiety about a
specific **object** or situation

The phobic object or situation always
provokes immediate fear

02

03

The **phobic object** or situation is
actively avoided.

Fear is **out of proportion** to the **actual**
danger

04



DIAGNOSTIC GUIDELINES OF SPECIFIC PHOBIA ACC. TO DSM 5

05

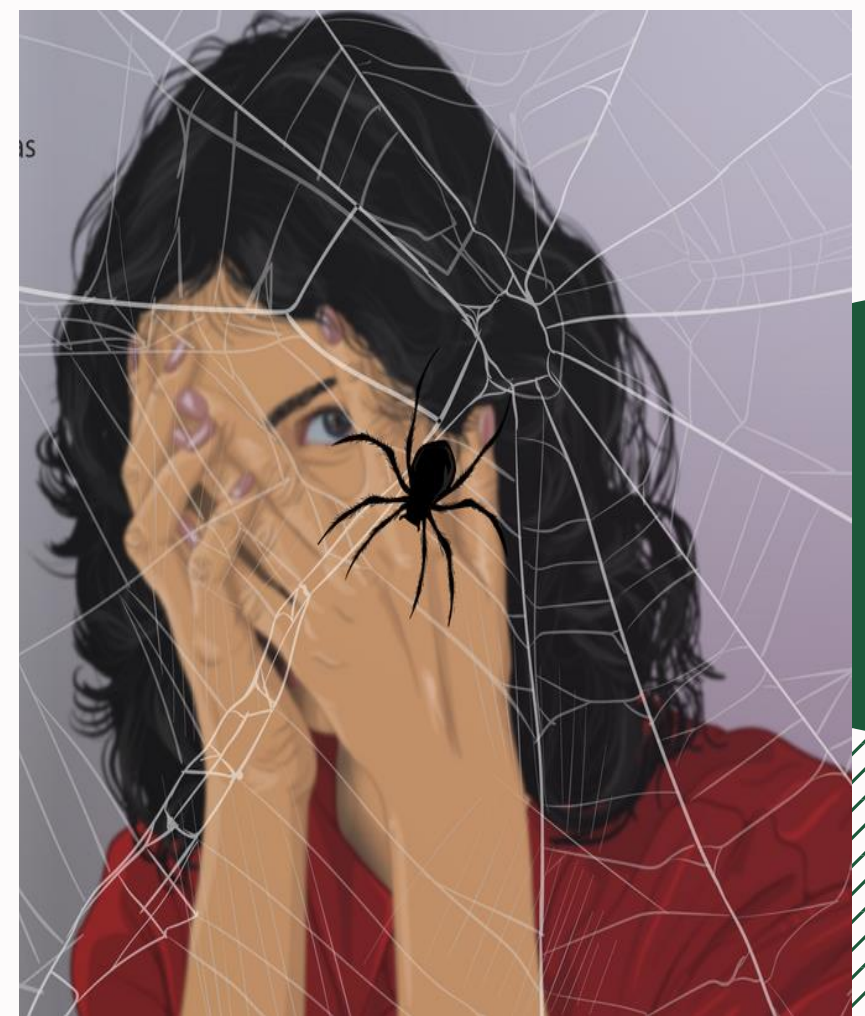
Lasting for 6 months or more

Clinically significant impairment in social, occupational, or other important areas of functioning.

06

07

Not due to other mental disorders



DIAGNOSTIC GUIDELINES OF SOCIAL PHOBIA ACC. TO DSM 5

01

Marked fear or anxiety about
one or more social situations

Fear that he will show anxiety
symptoms which will be negatively
evaluated

02

03

Social situations always provoke
fear

Social situations are avoided with
intense fear

04



DIAGNOSTIC GUIDELINES OF SOCIAL PHOBIA ACC. TO DSM 5

05

Fear is out of proportion

Lasting for 6 months or more

06

07

Fear causes significant distress in social, occupational or other areas of functioning



DIAGNOSTIC GUIDELINES OF SOCIAL PHOBIA ACC. TO DSM 5

08

Fear is not due to physiological effects of a substance

Fear is not due to any other mental disorder

09

10

Fear not due to any other medical condition



TREATMENT

- ❖ Selective serotonin reuptake inhibitors (SSRIs)
- ❖ Benzodiazepines
- ❖ Psychotherapy: Exposure therapy

TREATMENT EXPOSURE THERAPY

- ❖ Gradually and repeatedly facing your fears through repeated experiences facing your fears, you will begin to realize that worst is not going to happen
- ❖ With each exposure you will feel more confident and in control.
- ❖ The phobia begin to lose its power

TREATMENT EXPOSURE THERAPY

Example: Facing fear of dogs

- Step 1 – Look at pictures of dogs
- Step 2 – Watch videos with dogs in it
- Step 3 – Look at a dog through window
- Step 4 – Stand across street from a dog on a leash
- Step 5 – Stand 10 feet away from a dog on a leash
- Step 6 – Stand 5 feet away from a dog on a leash
- Step 7 – Stand beside dog
- Step 8 – Pet a small dog that someone is holding
- Step 9 – Pet a larger dog



TREATMENT RELAXATION TECHNIQUE



A deep breathing relaxation exercise

He/she can start to use it when he/she is facing phobia or other stressful situation

TREATMENT

COGNITIVE BEHAVIOUR THERAPY

Challenge negative thoughts

The patient tends to:

- Overestimate how bad it will be if he/she is exposed to situations they fear
- At the same time they underestimate their ability to cope the future

Example:

Patient: The elevator will breakdown and I will suffocate

Therapist: Is there any evidence that contradicts this thought?

Patient: I see many people using elevator and it has never broken

Therapist: Could you identify anything to resolve this situation if it occurs?