



Introduction

The list of phobias is a great addition to one's vocabulary. The meanings of phobias are not directly asked in competitive exams, but still, they help in reading comprehension passages on life sciences and psychology.

In this chapter, a comprehensive list of phobias is given. Any relevant information is mentioned as trivias that may help form a knowledge base around the word list. Creative typography has been used in these chapters to help students retain information in the form of pictures and figures.

Definition

Phobia (faw-bee-uh) is an extreme fear or dislike of a particular thing or situation, especially one that is not reasonable.

Phobias Starting with the Letter A

Acrophobia

Pronunciation: ac-ro-fow-bee-uh
Fear of heights

Trivia

A study showed that the stress hormone, called cortisol, can be used as a therapy to treat acrophobia (fear of heights).

Aerophobia

Pronunciation: aero-fow-bee-uh
Fear of flying

Algophobia

Pronunciation: al-go-fow-bee-uh
Fear of pain

Trivia

Sheila Jackson, from a popular American TV series 'Shameless,' was embarrassed of her agoraphobia. She wanted to overcome her fear and become a functioning member of the society.

Alektorophobia

Pronunciation: alek-toro-fow-bee-uh
Fear of chickens

Agoraphobia

Pronunciation: ago-ra-fow-bee-uh
Fear of public spaces or crowds

Aichmophobia

Pronunciation: aich-mo-fow-bee-uh
Fear of needles or pointed objects

Trivia

Anatidaephobia: A phobia of a duck watching you no matter where you are or what you're doing.

Amaxophobia

Pronunciation: amax-o-fow-bee-uh
Fear of riding in a car

Androphobia

Pronunciation: an-dro-fow-bee-uh
Fear of men



Trivia



Ataxophobia is a new word suggestion submitted by Daved Wachsmann on 7th December 2012.

Trivia



Arachnophobia: The fear of spiders is termed as the number 1 amongst all the other phobias.

Anginophobia

Pronunciation: en-jyno-fow-bee-uh

Fear of angina or choking

Anthophobia

Pronunciation: anth-o-fow-bee-uh

Fear of flowers

Anthropophobia

Pronunciation: an-thro-po-fow-bee-uh

Fear of people or society

Aphenphosmophobia

Pronunciation: a-fen-fosm-fow-bee-uh

Fear of being touched

Arachnophobia

Pronunciation: arach-no-fow-bee-uh

Fear of spiders

Arithmophobia

Pronunciation: er-ith-mo-fow-bee-uh

Fear of numbers

Astraphobia

Pronunciation: estr-au-fow-bee-uh

Fear of thunder and lightning

Ataxophobia

Pronunciation: at-ekso-fow-bee-uh

Fear of disorder or untidiness

Trivia



Attack on Titan is a Japanese dark fantasy anime television series in which Levi has achondroplasiaphobia, that is, a fear of midgets; and Mikasa has atophobia, which is the fear of abandonment.

Atelophobia

Pronunciation: et-elo-fow-bee-uh

Fear of imperfection

Atychiphobia

Pronunciation: at-iki-fow-bee-uh

Fear of failure

Autophobia

Pronunciation: aw-tau-fow-bee-uh

Fear of being alone

Phobias Starting with the Letter B

Bacteriophobia

Pronunciation: bak-tirio-fow-bee-uh

Fear of bacteria

Barophobia

Pronunciation: bar-o-fow-bee-uh

Fear of gravity

Bathmophobia

Pronunciation: bath-maw-fow-bee-uh

Fear of stairs or steep slopes

Bathophobia

Pronunciation: bathaw-fow-bee-uh

Fear of depths

Batrachophobia

Pronunciation: bat-ra-ko-fow-bee-uh

Fear of amphibians

Belonephobia (Trypanophobia)

Pronunciation: bel-o-ne-fow-bee-uh

Fear of pins and needles

**Bibliophobia**

Pronunciation: bibli-o-fow-bee-uh

Fear of books

Botanophobia

Pronunciation: bot-e-no-fow-bee-uh

Fear of plants

Phobias Starting with the Letter C

Cacophobia

Pronunciation: kae-ko-fow-bee-uh

Fear of ugliness

Catagelophobia

Pronunciation: cat-gel-o-fow-bee-uh

Fear of being ridiculed

Trivia

Studies say that phobias can pass through deoxyribose nucleic acid (DNA). These phobias can be treated medically too by cognitive behavioural therapy (CBT).

Catoptrophobia

Pronunciation: cat-op-tro-fow-bee-uh

Fear of mirrors

Chionophobia

Pronunciation: kai-ono-fow-bee-uh

Fear of snow

Chromophobia

Pronunciation: kromo-fow-bee-uh

Fear of colours

Chronomentrophobia

Pronunciation: kron-o-mentro-fow-bee-uh

Fear of clocks

Claustrophobia

Pronunciation: klaus-tro-fow-bee-uh

Fear of confined spaces

Coulrophobia

Pronunciation: coal-ruh-fow-bee-uh

Fear of clowns

Cryophobia

Pronunciation: kryo-fow-bee-uh

Fear of extreme cold

Cyberphobia

Pronunciation: sai-buh-fow-bee-uh

Fear of computers

Cynophobia

Pronunciation: sai-no-fow-bee-uh

Fear of dogs

Phobias Starting with the Letter D

Dendrophobia

Pronunciation: dend-ro-fow-bee-uh

Fear of trees

Trivia

Dextrophobia is a specific fear of having objects to your right but it is generally considered as a form of obsessive-compulsive disorder (OCD).

Dentophobia

Pronunciation: dent-o-fow-bee-uh

Fear of dentists

Domatophobia

Pronunciation: duh-mato-fow-bee-uh

Fear of houses

Dystychiphobia

Pronunciation: dis-tich-uh-fow-bee-uh

Fear of accidents

Phobias Starting with the Letter E

Ecophobia

Pronunciation: eeko-fow-bee-uh

Fear of the home



Elurophobia

Pronunciation: el-uh-row-fow-bee-uh

Fear of cats

Entomophobia (Insectophobia)

Pronunciation: aento-mo-fow-bee-uh

Fear of insects

Trivia



Studies say that exposure to any fear for a longer duration may lead to panic attacks.

Ephebiphobia

Pronunciation: ee-fee-b-uh-fow-bee-uh

Fear of teenagers

Equinophobia

Pronunciation: eek-ween-uh-fow-bee-uh

Fear of horses

Phobias Starting with the Letter F

Febriphobia

Pronunciation: febri-fow-bee-uh

Fear of fever

Frigophobia

Pronunciation: fri-go-fow-bee-uh

Fear of becoming too cold

Phobias Starting with the Letter G

Gamophobia

Pronunciation: game-uh-fow-bee-uh

Fear of marriage

Genuphobia

Pronunciation: jay-noo-fow-bee-uh

Fear of knees

Glossophobia

Pronunciation: glos-so-fow-bee-uh

Fear of speaking in public

Gynophobia

Pronunciation: gai-nuh-fow-bee-uh

Fear of women

Phobias Starting with the Letter H

Heliophobia

Pronunciation: heel-io-fow-bee-uh

Fear of the sun

Haemophobia

Pronunciation: haem-uh-fow-bee-uh

Fear of blood

Trivia



In a very popular Netflix series *Bones* and *Shadow*, one of the characters Kaz is seen wearing gloves all the time as he suffers from haphophobia (the fear of being touched or touching others).

Herpetophobia

Pronunciation: her-peat-uh-fow-bee-uh

Fear of reptiles

Hydrophobia

Pronunciation: hai-druh-fow-bee-uh

Fear of water

Phobia Starting with the Letter I

Iatrophobia

Pronunciation: aai-atruh-fow-bee-uh

Fear of doctors

Trivia



Who doesn't know Sheldon Cooper from the famous series *The Big Bang Theory*? But little do people notice that our eccentric Cooper suffers from a host of phobias, some notable ones being mysophobia, haemophobia, haphophobia, and ornithophobia. A very interesting character indeed!



Phobia Starting with the Letter K

Koinonophobia

Pronunciation: koi-non-i-fow-bee-uh

Fear of rooms full of people

Phobias Starting with the Letter L

Leukophobia

Pronunciation: liu-ko-fow-bee-uh

Fear of white colour

Trivia



Jimin from a popular band, Bangtan Sonyeondan (BTS) from South Korea, has lepidopterophobia which is a fear of butterflies.

Lilapsophobia

Pronunciation: la-lap-si-fow-bee-uh

Fear of tornadoes and hurricanes

Lockiophobia

Pronunciation: lock-io-fow-bee-uh

Fear of childbirth

Phobias Starting with the Letter M

Mageirocophobia

Pronunciation: mag-aero-co-fow-bee-uh

Fear of cooking

Megalophobia

Pronunciation: meg-alo-fow-bee-uh

Fear of large things

Trivia



The irony is that the fear of long words in itself is one of the longest words in the English Language. Such fear is called as hippopotomonstrosesquippedaliophobia.

Melanophobia

Pronunciation: mel-ano-fow-bee-uh

Fear of black colour

Microphobia

Pronunciation: mic-ruh-fow-bee-uh

Fear of small things

Trivia



Musophobia is a fear of mice. Ironically, Walt Disney suffered from musophobia and created Mickey Mouse in anger.

Mysophobia

Pronunciation: mais-uh-fow-bee-uh

Fear of dirt and germs

Phobias Starting with the Letter N

Necrophobia

Pronunciation: naek-ruh-fow-bee-uh

Fear of dead things

Nephophobia

Pronunciation: nef-uh-fow-bee-uh

Fear of clouds

Noctiphobia

Pronunciation: nauk-teh-fow-bee-uh

Fear of night

Trivia



Negrophobia is a clinical term which identifies the widespread fear of the Black people across the world.

Nosocomophobia

Pronunciation: no-so-co-mo-fow-bee-uh

Fear of hospitals

**Nyctophobia**

Pronunciation: nik-tuh-fow-bee-uh

Fear of the dark

Phobias Starting with the Letter O**Obesophobia**

Pronunciation: o-bees-uh-fow-bee-uh

Fear of gaining weight

Octophobia

Pronunciation: awk-tuh-fow-bee-uh

Fear of figure 8

Ombrophobia

Pronunciation: awm-bruh-fow-bee-uh

Fear of rain

Onomatophobia

Pronunciation: ono-mae-tuh-fow-bee-uh

Fear of certain names or words

Trivia

The number 8 seems a complex figure to the people suffering with octophobia. Its complexity lies in the fact that while writing number 8, a pen/pencil/brush moves in all the possible directions.

Ophidiophobia

Pronunciation: o-phi-di-o-fow-bee-uh

Fear of snakes

Ornithophobia

Pronunciation: orn-ith-uh-fow-bee-uh

Fear of birds

Phobias Starting with the Letter P**Papyrophobia**

Pronunciation: pap-aa-ye-ruh-fow-bee-uh

Fear of paper

Pathophobia

Pronunciation: pae-tho-fow-bee-uh

Fear of disease

Pedophobia

Pronunciation: pee-duh-fow-bee-uh

Fear of children

Philophobia

Pronunciation: feel-aw-fow-bee-uh

Fear of love

Phobophobia

Pronunciation: fow-bo-fow-bee-uh

Fear of phobias

Podophobia

Pronunciation: pow-duh-fow-bee-uh

Fear of feet

Pogonophobia

Pronunciation: pogo-no-fow-bee-uh

Fear of beards

Porphyrophobia

Pronunciation: por-fi-ro-fow-bee-uh

Fear of purple colour

Pteridophobia

Pronunciation: te-ri-duh-fow-bee-uh

Fear of ferns

Pteromerhanophobia

Pronunciation: te-ro-mer-ha-no-fow-bee-uh

Fear of flying

Pyrophobia

Pronunciation: pae-ruh-fow-bee-uh

Fear of fire

Phobias Starting with the Letter R**Radiophobia**

Pronunciation: ra-di-aw-fow-bee-uh

Fear of radiation, X rays

Trivia

We all suffer from one universal phobia, and that is rhytophobia. It's the fear of getting wrinkles.

**Ranidaphobia**

Pronunciation: rani-da-fow-bee-uh

Fear of frogs

Rupophobia

Pronunciation: ru-paw-fow-bee-uh

Fear of dirt

Phobias Starting with the Letter S

Samhainophobia

Pronunciation: sam-hain-uh-fow-bee-uh

Fear of Halloween

Scolionophobia

Pronunciation: sco-lion-fow-bee-uh

Fear of school

Selenophobia

Pronunciation: sel-eno-fow-bee-uh

Fear of the moon

Sociophobia

Pronunciation: socio-fow-bee-uh

Fear of social evaluation

Somniphobia

Pronunciation: som-ni-fow-bee-uh

Fear of sleep

Phobias Starting with the Letter T

Tachophobia

Pronunciation: taek-uh-fow-bee-uh

Fear of speed

Taphophobia

Pronunciation: taef-aw-fow-bee-uh

Fear of being buried alive

Taurophobia

Pronunciation: taur-uh-fow-bee-uh

Fear of bulls

Technophobia

Pronunciation: tek-nuh-fow-bee-uh

Fear of technology

Testophobia

Pronunciation: test-uh-fow-bee-uh

Fear of taking tests

Thalassophobia

Pronunciation: thal-as-uh-fow-bee-uh

Fear of sea

Thanatophobia

Pronunciation: thana-tow-fow-bee-uh

Fear of death

Theophobia

Pronunciation: thee-uh-fow-bee-uh

Fear of religion or God

Thermophobia

Pronunciation: therm-aw-fow-bee-uh

Fear of heat

Tonitrophobia

Pronunciation: to-ni-traw-fow-bee-uh

Fear of thunder

Triskaidekaphobia

Pronunciation: tris-kaye-dek-uh-fow-bee-uh

Fear of number thirteen

Phobia Starting with the Letter U

Uranophobia

Pronunciation: ur-an-uh-fow-bee-uh

Fear of heaven

Trivia



If the 13th of a month falls on Friday, that is considered inauspicious by many. So, are you among the people who have friggatriskaidekaphobia?

Phobias Starting with the Letter V

Vaccinophobia

Pronunciation: vax-in-uh-fow-bee-uh

Fear of vaccination



Venustraphobia

Pronunciation: venus-tra-fow-bee-uh

Fear of beautiful women

Verbophobia

Pronunciation: verb-uh-fow-bee-uh

Fear of words

Vermينophobia

Pronunciation: vermin-uh-fow-bee-uh

Fear of germs

Vestiphobia

Pronunciation: ves-ti-uh-fow-bee-uh

Fear of clothing

Vitricophobia

Pronunciation: vit-rik-uh-fow-bee-uh

Fear of stepfather

Phobia Starting with the Letter W

Wiccaphobia

Pronunciation: wik-kuh-fow-bee-uh

Fear of witches and witchcraft

Phobias Starting with the Letter X

Xenophobia

Pronunciation: zen-uh-fow-bee-uh

Fear of strangers or foreigners

Xanthophobia

Pronunciation: zenth-uh-fow-bee-uh

Fear of the yellow colour

Xerophobia

Pronunciation: zer-uh-fow-bee-uh

Fear of dryness

Xylophobia

Pronunciation: zyl-uh-fow-bee-uh

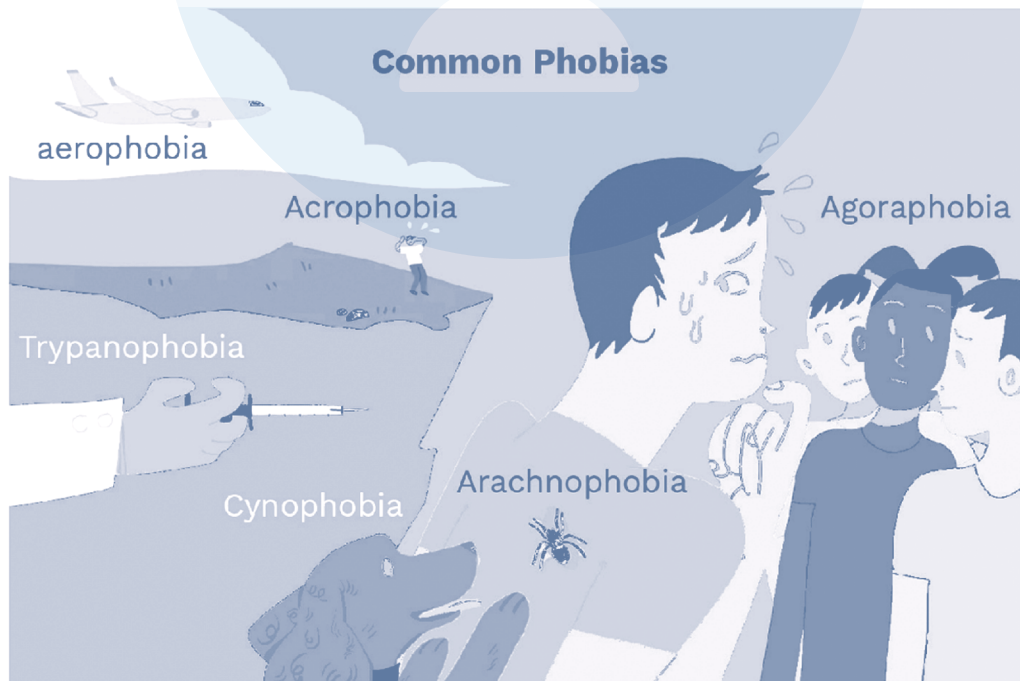
Fear of wooden objects

Phobia Starting with the Letter Z

Zoophobia

Pronunciation: zoo-au-fow-bee-uh

Fear of animals





CAT Mantra



The most common phobias are as follows:

Sociophobia is found in one out of every 20 individuals. Such individuals have an acute anxiety about being judged by others.

- Agoraphobia: fear of open spaces
- Acrophobia: fear of heights
- Pteromerhanophobia: fear of flying
- Claustrophobia: fear of enclosed spaces
- Entomophobia: fear of insects
- Ophidiophobia: fear of snakes
- Cynophobia: fear of dogs
- Astraphobia: fear of storms
- Trypanophobia: fear of pointed objects

Practice Exercise – 1

1. What type of phobia is a person likely to have if they cannot travel in a vehicle that has a great speed?
(A) Tachophobia
(B) Speedophobia
(C) Podophobia
(D) Onomatophobia
2. Sometimes, the world can be a scary place. What can keep someone up at night? Which phobia can such a person have?
(A) Nyctophobia
(B) Noctiphobia
(C) Nosocomophobia
(D) None of the above
3. Coulrophobia is a fear of _____.
4. An 88-year-old man was disowned by his son and now lives on the streets. He often dreams of getting buried alive and feels anxious about it. Which phobia has he developed?
(A) Tonitrophobia
(B) Selenophobia
(C) Taphophobia
(D) Somniphobia
5. What is the fear of thunder and lightning called?
(A) Astrophobia
(B) Astraphobia
(C) Thanatophobia
(D) Both (A) and (B)
6. Imagine if someday you go to a very cold place and your friend asks you to join a get-together with a bonfire. As soon as you see the fire, you feel scared and would want to leave the place immediately. What type of fear might you have?
(A) Pteromerhanophobia
(B) Samhainophobia
(C) Scolionophobia
(D) Pyrophobia
7. The fear of heaven is called _____.
8. It is believed that astronauts would be in trouble if they had this fear. Choose the most appropriate type of phobia.
(A) Nephophobia
(B) Necrophobia
(C) Barophobia
(D) All of the above
9. Childbirth is the most beautiful experience that a woman can have in a lifetime. But if a woman is scared of experiencing this, she might have a phobia called _____.
10. What do you think is the best word to define the 'fear of accidents'?
(A) Dendrophobia
(B) Dentophobia
(C) Domatophobia
(D) Dystychiphobia
11. Mark Twain said, "The fear of death follows from the fear of life. A man who lives fully is prepared to die at any time". Which of the following words would you use in place of fear of death?
(A) Necrophobia
(B) Nephophobia
(C) Noctiphobia
(D) Nosocomophobia
12. "Have no fear of perfection - you'll never reach it". Salvador Dali. Which word can be the antonym of fear of perfection (i.e., fear of imperfection)?
(A) Ataxophobia
(B) Atelophobia
(C) Ornithophobia
(D) Papyrophobia



- 13.** This is the fear which is common in children with autism.
(A) Fear of yellow colour (xanthophobia)
(B) Fear of white colour (leukophobia)
(C) Fear of the dark (nyctophobia)
(D) Fear of clouds (ombrophobia)
- 14.** Humans often tend to have a feeling of jealousy, but some actually fear jealousy. The fear of jealousy is known as _____.
- 15.** Children are always instructed to stay away from strangers, and hence many of them develop a fear of strangers. The phobia is known as _____.

Answer Key

| | | | | |
|----------------|-----------------------|--------------------------|------------------------|-----------------------|
| 1. (A) | 2. (B) | 3. Fear of clowns | 4. (C) | 5. (B) |
| 6. (D) | 7. Uranophobia | 8. (C) | 9. Lockiophobia | 10. (D) |
| 11. (A) | 12. (B) | 13. (A) | 14. Zelophobia | 15. Xenophobia |



Practice Exercise – 2

Level of Difficulty – 1

Find out the relevant phobia for the given phrases in the questions.

1. Fear of darkness
(A) Achluophobia
(B) Noctiphobia
(C) Claustrophobia
(D) Autophobia
2. Fear of heights
(A) Wiccaphobia
(B) Acrophobia
(C) Lilapsophobia
(D) Verminophobia
3. Fear of flying
(A) Ombrophobia
(B) Insectophobia
(C) Aerophobia
(D) Wiccaphobia
4. Fear of pain
(A) Noctiphobia
(B) Achluophobia
(C) Elurophobia
(D) Algophobia
5. Fear of open spaces or crowds
(A) Agoraphobia
(B) Philophobia
(C) Somniphobia
(D) Ailurophobia
6. Fear of needles or pointed objects
(A) Automatonophobia
(B) Aichmophobia
(C) Trypanophobia
(D) Philophobia
7. Fear of riding in a car
(A) Melanophobia
(B) Achluophobia
(C) Amaxophobia
(D) Verminophobia
8. Fear of men
(A) Insectophobia
(B) Acrophobia
(C) Koumpounophobia
(D) Androphobia
9. Fear of angina or choking
(A) Anginophobia
(B) Somniphobia
(C) Noctiphobia
(D) Leukophobia
10. Fear of flowers
(A) Claustrophobia
(B) Anthophobia
(C) Lilapsophobia
(D) Achluophobia

Level of Difficulty – 2

Find out the relevant phobia for the given phrases in the questions.

11. Fear of people or society
(A) Acrophobia
(B) Trypanophobia
(C) Anthropophobia
(D) Automatonophobia
12. Fear of being touched
(A) Autophobia
(B) Koinoniphobia
(C) Melanophobia
(D) Aphenphosmophobia
13. Fear of peanut butter
(A) Arachibutyrophobia
(B) Wiccaphobia
(C) Pteridophobia
(D) Ombrophobia
14. Fear of spiders
(A) Mageirocophobia
(B) Arachnophobia
(C) Philophobia
(D) Tachophobia



- 15.** Fear of numbers
(A) Verminophobia
(B) Trypanophobia
(C) Arithmophobia
(D) Elurophobia
- 16.** Fear of thunder and lightning
(A) Koumpounophobia
(B) Achluophobia
(C) Leukophobia
(D) Astraphobia
- 17.** Fear of disorder or untidiness
(A) Ataxophobia
(B) Mageiropophobia
(C) Tachophobia
(D) Melanophobia
- 18.** Fear of imperfection
(A) Somniphobia
(B) Atelophobia
(C) Octophobia
(D) Acrophobia
- 19.** Fear of failure
(A) Koinoniphobia
(B) Lilapsophobia
(C) Atychiphobia
(D) Pteridophobia
- 20.** Fear of human-like figures
(A) Ombrophobia
(B) Pteridophobia
(C) Tachophobia
(D) Automatonophobia
- (C) Hadeophobia
(D) Venustraphobia
- 23.** Fear of flying
(A) Porphyrophobia
(B) Ichthyophobia
(C) Pteromerhanophobia
(D) Ophidiophobia
- 24.** Fear of Halloween
(A) Nosocomophobia
(B) Geumaphobia
(C) Nephophobia
(D) Samhainophobia
- 25.** Fear of strangers or foreigners
(A) Xenophobia
(B) Heliophobia
(C) Hadeophobia
(D) Scolionophobia
- 26.** Fear of holes
(A) Venustraphobia
(B) Trypophobia
(C) Radiophobia
(D) Nephophobia
- 27.** Fear of social evaluation
(A) Scolionophobia
(B) Ophidiophobia
(C) Sociophobia
(D) Ichthyophobia
- 28.** Fear of childbirth
(A) Porphyrophobia
(B) Nosocomophobia
(C) Geumaphobia
(D) Lockiophobia
- 29.** Fear of doctors
(A) Iatrophobia
(B) Hadeophobia
(C) Ophidiophobia
(D) Venustraphobia
- 30.** Fear of the night
(A) Scolionophobia
(B) Noctiphobia
(C) Geumaphobia
(D) Porphyrophobia

Level of Difficulty – 3

Find out the relevant phobia for the given phrases in the questions.

- 21.** Fear of being alone
(A) Autophobia
(B) Elurophobia
(C) Leukophobia
(D) Claustrophobia
- 22.** Fear of gaining weight
(A) Nosocomophobia
(B) Obesophobia



Answer Key

| | | | | |
|----------------|----------------|----------------|----------------|----------------|
| 1. (A) | 2. (B) | 3. (C) | 4. (D) | 5. (A) |
| 6. (B) | 7. (C) | 8. (D) | 9. (A) | 10. (B) |
| 11. (C) | 12. (D) | 13. (A) | 14. (B) | 15. (C) |
| 16. (D) | 17. (A) | 18. (B) | 19. (C) | 20. (D) |
| 21. (A) | 22. (B) | 23. (C) | 24. (D) | 25. (A) |
| 26. (B) | 27. (C) | 28. (D) | 29. (A) | 30. (B) |

