

Phobias

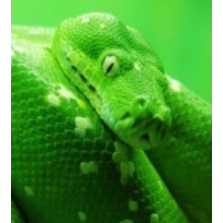
Arachnophobia – The fear of spiders

Arachnophobia (the fear of spiders and other arachnids such as scorpions) is the most common animal phobia. The cause of the phobia is evolutionary, and it is part of a natural human response to survive.



Ophidiophobia – The fear of snakes

This is the second most common animal phobia, affecting 30% of the adult human population. This fear has evolutionary roots, and is essential for survival. Sufferers avoid hiking, camping and related activities.



Acrophobia – The fear of heights

Acrophobia is a fear of heights, or the fear of falling. It is a phobia that causes sufferers to become extremely agitated when in a high place. In severe cases, a panic attack might occur. Nearly 10% of people suffer from Acrophobia.



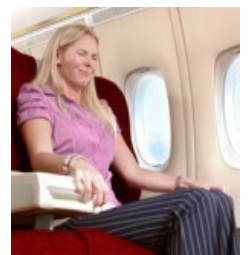
Claustrophobia – The fear of small spaces

Nearly 7% of the world's population suffer from claustrophobia. This phobia is mainly related to the fear of suffocation or the fear of restriction. Only 2% of sufferers seek treatment. Claustrophobia is often confused with Cleithrophobia, which is the fear of being trapped.



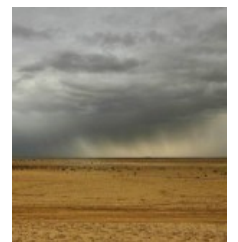
Aerophobia – The fear of flying

The fear of flying affects 6.5% of the world's population. This phobia is usually associated with other fears, including cleithrophobia (the fear of being trapped) and claustrophobia (the fear of small spaces). The fear affects a person's professional and personal life because air travel is nearly impossible for them. Simply the thought of flying can cause intense anxiety, nausea and panic attacks.



Agoraphobia – The fear of open spaces

Nearly 2% of people suffer from agoraphobia, the fear of open spaces. This is a debilitating condition which prevents sufferers from visiting malls, markets, theaters and other areas. The individual feels intense panic at only the thought of an open space. Staying at home and avoiding people are common for sufferers. Depression is a common result of this phobia.



Cynophobia – The fear of dogs

This is one of the most common animal phobias. The majority of sufferers are often also afraid of cats. The fear of dogs is more debilitating than the fear of spiders or snakes, because dogs are common in most residential areas. Nearly 75% of sufferers are women. The condition usually begins in childhood, and can persist in adulthood.



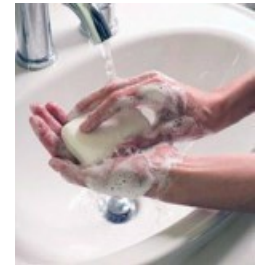
Astraphobia – The fear of thunder and lightning

Storms are a common occurrence in many parts of the world. The majority of sufferers are children, though many adults suffer too. Many animals have an extreme fear of thunder and lightning too, and they often hide, as a natural psychological defence. Astraphobia affects about 2% of all people.



Mysophobia – The fear of germs

Mysophobia is the fear of germs, and is often related to “obsessive compulsive disorder” (OCD). Many people suffer from mysophobia and OCD. Consequently, they wash their hands excessively. The fear of germs causes these people to fear contamination of food and avoid many social situations. Isolation is a common result of this phobia. The condition also causes anxiety disorders.



Trypophobia – The fear of patterns of closely packed holes or bumps

Trypophobia is an aversion to the sight of repetitive patterns or clusters of small holes or bumps. Although not clinically recognized as a mental or emotional disorder, trypophobia may fall under the category of 'specific phobia' in cases where it causes excessive fear or distress. Most sufferers experience fear and/or disgust when they see trypophobic imagery.

