


Phobias

Chapter 8
Anxiety, Obsessive-Compulsive, and
Trauma and Stressor-Related Disorders



Class Objectives

- ☞ What is a *Phobia*?
- ☞ How are *Phobias* diagnosed?
- ☞ Can *Phobias* be treated?
- ☞ What causes *Phobias*?

**What are you afraid
of?**

What is a phobia?



- ☞ _____
- ☞ Such as heights or spiders.
- ☞ These fears significantly interferes with ones ability _____
- ☞ It is very important to keep in mind, that phobias are not _____



RUN!!!



- ☞ _____ of the stimuli is necessary to meet the criteria for a phobia.
- ☞ Most persons with specific phobias recognize that the fears are _____ but try to escape anyway.



Diagnosing Phobias



- ☞ To qualify for a diagnosis of phobic disorders is that the fear must be _____
- ☞ Unlike generalized anxiety, the anxiety is focused on some specific object or situation.
- ☞ _____

Phobic Disorders



☞ The relief brought about by the avoidance or escape may help _____

☞ People with phobias often adapt their lives and simply work around it.

☞ The lifetime prevalence of phobia _____

Statistics



☞ The APA reports that in any given year, 7.8% of American adults have phobias.

☞ _____ and the second most common illness in men older than 25 (APA, 2005).

☞ The sex ratio for specific phobias is _____ overwhelmingly female, which is consistent throughout the world (Arrindell et al., 2003).

The physical symptoms of this type of anxiety are:



☞ _____

☞ Blood pressure

☞ Irregular breathing patterns

☞ _____



Different types of phobias



DSM IV first defined phobias as a classifiable disorder in 1994. There are currently 4 distinct types of phobias in DSM 5.

Types of phobias



- ☞ _____
- ☞ Unreasonable fear/avoidance of exposure to blood, injury or possibility of an injection.
- ☞ People with this type of phobia experience different physiological reactions than other phobias.



☞ _____

Blood-Injury-Injection Phobias



- ☞ This type of phobia runs in families and has a strong genetic component.
- ☞ This is likely because people who inherit this phobia inherit a strong _____, which causes a drop in the blood pressure and tendency to faint.
- ☞ The average age of onset for this type of phobia _____

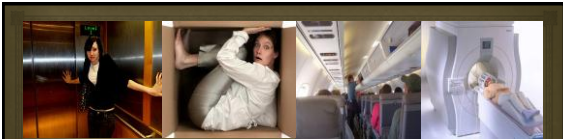




☞ Natural/environment phobias involve the fear of events in nature, like heights, storms or water.

☞ These types of phobias have the highest lifetime

☞ The age of onset for this type of phobia is age ____.



Phobias characterized by fear of public transportation or enclosed places are called

Situational phobia

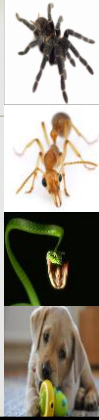


☞ Situational phobias tend to emerge in the early

☞ People with situational phobias never experience a panic attack outside the context of their phobic object/situation.

☞ _____

Animal phobia



4.



- Ranges from 3.3-7%
- Fear of animals, particularly dogs, snakes, insects and mice are most commonly reported

Since people tend to work around their phobias, only the most severe cases tend to seek treatment.



- With proper treatment, the vast majority of phobia patients can completely overcome fears and live symptom-free.

Treatment



- Specific phobias require structured and consistent
- It is crucial that patients are not exposed to too much at
- New developments in treatment make it possible to treat many specific phobias in an intensive, one day session participating in exposure exercises with the phobia/situation (Anthony et al., 1997).

Review the following video on specific phobia.

- What behaviors support the diagnosis of a phobia?
- How is this behavior treated in the video?



Treatments



- ☞ The results are very interesting because in these cases not only does the phobia disappear but the tendency to experience the vaso-vagal response at the sight of blood lessens considerably.
- ☞ It is now clear, based on brain imaging that these treatments change brain functioning by "rewiring" the brain (Paquette et al., 2003).



Virtual Reality Therapy



Virtual reality therapy is becoming a more popular method of treatment which allows clients to confront anxiety-provoking events through a digital environment.

Where do phobias come from?



It was once believed that phobias developed after a traumatic event.

But this is not always the case (Barlow, 2002).



Developing phobias



☞ Traumatic experiences can result in phobic behavior, _____

☞ *Vicarious experience*

- Observing someone else _____
- Seeing someone else have a traumatic experience is enough to instill a phobia in the watcher.

☞ Being warned repeatedly about danger can sometimes produce a phobia, this is referred to as _____



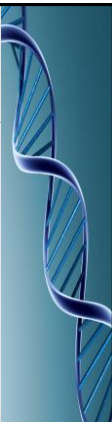
It's all in the breeding...



☞ _____

☞ 31% of first-degree relatives of people with specific phobias also had a phobia, compared to only 11% of first relatives of normal controls.

☞ This research suggests that relatives were likely to have _____



Is this a learned behavior?



The fear component of phobia is believed to be acquired through classical conditioning

- A child who is frightened by a barking dog
- A child who receives a painful injection

What's Next?



☞ (PTSD)-Post Traumatic Stress Disorder
