

Phobias

Chapter 4- anxiety disorders


What is a phobia?

- ◆ A specific phobia is an

 - Significantly interferes with ones ability to function.
- ◆ _____

RUN!!!

- ◆ _____ is necessary to meet the criteria for a phobia.
- ◆ Most persons with specific phobias recognize that the fears are unreasonable and irrational but try to escape anyway.



Phobic Disorders

- The _____

- People with phobias often adapt their lives and simply work around it.
- The physical symptoms of this type of anxiety are:
 - Increased heart rate
 - Blood pressure
 - Irregular breathing patterns,
 - Thoughts of disaster.

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.
 - _____

Different types of phobias

DSM IV first defined phobias as a classifiable disorder in 1994


Types of phobias



1. _____

- Unreasonable fear/avoidance of exposure to _____


These are typically the people who faint at the sight of even a drop of blood (Barlow et al.,1995).




- 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 _____
- The average age of onset for this type of phobia is 9.





Don't look down!!



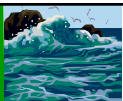


Acrophobia




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







- _____
- Example- If you fear deep water, you are likely to also fear storms
- 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 to _____

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



Animal Phobias

- _____

- particularly dogs, snakes, insects and mice
- The age of onset is 7, like natural environmental phobias.



Statistics

- The APA reports that in any given year, _____

- They are the most common psychiatric illness among _____

- The sex ratio for specific phobias is _____

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

Will I have to live with this forever?

- Once a phobia develops, _____
_____ making treatment very important.
- With proper treatment, the vast majority of phobia patients can completely overcome fears and live symptom-free.

Treatment

- The treatment for phobias is agreed on by most of the psychological community. _____
_____ exercises.
- This should be done under professional supervision, so the patients are not exposed to too much at once, which could lead to escape and this would only _____
- 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.

Treatments

- The results are very interesting because in these cases not only does the phobia disappear but the tendency to experience the _____
- It is now clear, based on brain imaging that these treatments _____

Where do phobias come from?

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

Where did this come from?

- Traumatic experiences can result in phobic behavior, developed by _____ where danger results in an alarm response.
- Example- many people who have choking phobias have experienced choking at some time.

Developing phobias

- Vicarious experience - _____

- Seeing someone else have a traumatic experience is enough to instill a phobia in the watcher.
- 3. _____
can sometimes produce a phobia, this is referred to as information transmission.

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 that exact type of phobia (Frye et al. , 1990).

Next Class...

- (OCD)- Obsessive Compulsive Disorder
- (PTSD)-Post Traumatic Stress Disorder
