

## Phobias

Chapter 4- anxiety disorders

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## Class Objectives

- ✦ What is a *Phobia*?
- ✦ How are *Phobias* diagnosed?
- ✦ Can *Phobias* be treated?
- ✦ NEXT Class:
  - What causes *Phobias*?
  - What Is PTSD?

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## What is a phobia?

- ✦ A specific phobia is an
  - \_\_\_\_\_
  - \_\_\_\_\_
- Significantly interferes with ones ability to function.
- ✦ \_\_\_\_\_

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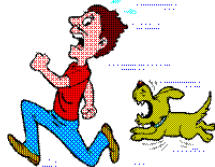
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## RUN!!!

\* \_\_\_\_\_ 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.



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## 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.

- \_\_\_\_\_

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## 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.

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## Different types of phobias

DSM IV first defined phobias as a classifiable disorder in 1994

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## Types of phobias



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.

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## 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 \_\_\_\_\_

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



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Don't look down!!



Acrophobia

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



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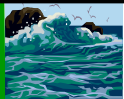
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• \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

• The age of onset for this type of phobia is age \_\_\_\_\_.

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



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### 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.

✓ \_\_\_\_\_  
\_\_\_\_\_

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### Animal Phobias

- \_\_\_\_\_  
\_\_\_\_\_
- particularly dogs, snakes, insects and mice

• The age of onset is 7, like natural environmental phobias.



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### Statistics

\* The APA reports that in any given year,

\_\_\_\_\_

\* They are the most common psychiatric illness among \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\* The sex ratio for specific phobias is \_\_\_\_\_

\_\_\_\_\_

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

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### 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.

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## Treatment

- \* \_\_\_\_\_  
\_\_\_\_\_
- \* It is crucial that patients are not exposed to too much at once, which could lead to escape and \_\_\_\_\_  
\_\_\_\_\_
- \* 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.

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## 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 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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Where do phobias come from?

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### 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.

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### 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.

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### 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).

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## Next Class...

- \* (OCD)- Obsessive Compulsive Disorder

- \* (PTSD)-Post Traumatic Stress Disorder

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