

PHOBIA

Defined as irrational fear that produce conscious avoidance of the feared subject, activity, or situation

Either the presence or the anticipation of the phobic entity elicits severe distress in the affected person who usually recognize that the reaction is excessive

:Phobias are divided into two main categories

Specific phobias: Strong persistent fear of an object or situation These include

situational type: (e.g. enclosed spaces -
(,elevators, airplanes

Animal type:. particularly spiders, snakes-

Natural environment type (e.g. heights, -
(storms, water

Blood-injection-injury type-

Other type:. flying, germs, illness, death-

Social phobia

Strong persistent fear of situation in which embarrassment can occur .

Social phobia involves a combination of:

- Excessive self-consciousness,
- Fear of public humiliation in common social situations,
- Fear of negative evaluation by others.

Signs and symptoms of phobia

- Feeling of overwhelming anxiety.
- Feeling an intense need to escape
- Difficulty breathing

Racing or pounding heart-

Chest pain or tightness-

- Feeling dizzy or lightheaded
- Hot or cold flashes; tingling sensations
- Sweating

The avoidance , anxious anticipation, or the distress may interfere significantly with the person's normal routines, occupational, academic functioning or social activities.

ETIOLOGY--- Specific phobia

Behavioral

Pairing-1 of a specific object or situation
.with emotions of fear

Modeling :--2 observing the reaction in
.another e.g. parents

Information transfer-3 which the person is
.taught to be danger

GENETIC

At least one of the first degree relative has specific phobia of the same type

AETIOLOGY--- Social phobia

inhibition during childhood Behavioral :

Parents are less caring , more rejecting , more protecting

:Genetics

First degree relatives have three times more incidence than control' relatives

Neurochemical factors

Increase release of epinephrine and-
.norepinephrine

Increase sensitivity to normal level of-
.adrenergic stimulation

.Dopaminergic dysfunction-