

## DIVING DEEP: INTRODUCTION TO PHOBIAS AND THEIR CLINICAL SIGNIFICANCE

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### ABSTRACT

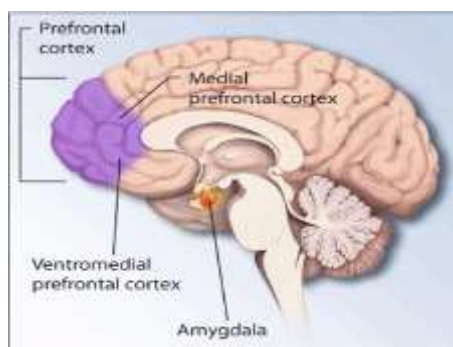
Social fear otherwise called social nervousness problem (Miserable) is one of the most widely recognized uneasiness problems which are portrayed by stamped and steady anxiety toward social circumstances in which shame might happen. As a common mental disorder, 5-12% of the population suffers from a given illness. Phobia. However, there is relatively little research on specific phobias. Additionally, phobias are associated with certain social prejudices. A combination of these factors means that people with phobias suffer from inadequate treatment and discrimination. Therefore, this research aims to solve this problem. This article focuses on specific phobias. To carry out the research, the author uses literature review techniques. The most important findings include the causes, effects, symptoms, methods, treatment, and prognosis of the disease. For future improvement, the

patient should be provided with the necessary attention and generous assistance. Future researchers should study in detail the causes, mechanisms, and treatments of phobias in different animal species. Research on brain and neural mechanisms should also be considered.

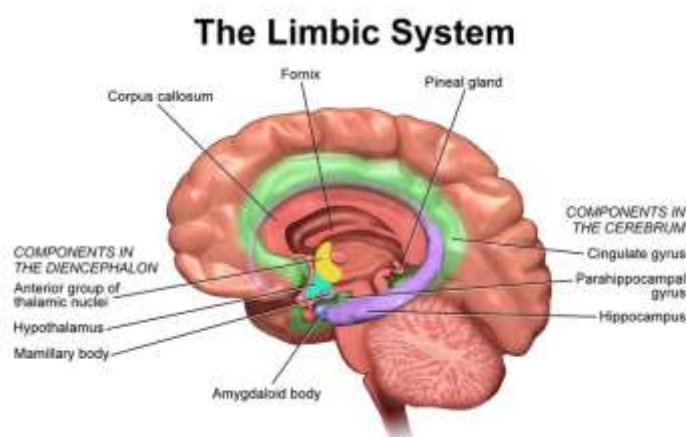
**KEYWORDS:** Phobia, Specific phobia. Social phobia, Agora phobia, Amygdala protein, anxiety disorder.

### INTRODUCTION

It is estimated that more than 40% of people in the general population experience one or more fears about something or something at least times in their lives (Curtis, Magee, Eaton, Wittchen, & Kessler, 1998; Depla, Ten, Balkom, Graaf de, 2008; Oosterink, de Jongh and Hoogstraten, 2009). If the fear is extreme or unreasonable, it is called a phobia.



**Fig.1 Regions of the brain associated with phobias.**



**Fig.2: Anatomical components of the limbic system.**

The development of experienced phobias appears to occur in two stages. In the first stage, the association of the neutral stimulus with the aversive event causes fear that the neutral stimulus will become the stimulus. In the second stage, the person learns that the fear response to a stimulus can be reduced by avoiding that stimulus.<sup>[15]</sup> Phobia is a type of anxiety disorder. It is an extreme form of anxiety caused by something or another.

- Terrible times - You may know that it is safe to go to the balcony on the floor, but you are afraid to go there. You may not even enjoy looking out the window at the front of the building.
- Something that attracts phobias - You may know that the spider is not poisonous or will not bite you, but that does not eliminate your fear.

### Types of phobia

A phobia can arise on almost any subject. Some people may experience more than one phobia. They can be divided into two categories:

- Specific phobias

- Complex phobias

### A) Specific phobias

Patients with specific phobias experience high levels of anxiety and excessive and irrational fear due to exposure to stimuli, anticipating exposure to fear, and even verbalizing the fear. Therefore, these patients will try to stay away from stress factors as much as possible. Many patients have a strong family history of specific phobias. However, further research is needed to prevent non-genetic contamination of the isolates.<sup>[1] [2] [3]</sup>

- **Causes of specific phobias**

Specific phobias most likely result from a combination of biological, psychological, and environmental factors. Some possible contributors include.

**Trauma:** Many phobias seem to come out of nowhere. Although some people develop a fear of dogs starting after a traumatic event such as a dog bite.

**Genetics:** People who have family members with certain phobias are more likely to experience the same type of phobia.

**Brain function:** Changes in the way the brain works may be a factor. The research focused on the amygdala, the part of the brain involved in perception and fear.<sup>[4]</sup> A specific phobia is a type of disorder in which the affected person exhibits symptoms and persistent fear of certain objects or things. People with specific phobias experience intense fear when they encounter a specific object or object that causes fear. For example: A person with a specific dog phobia will experience anxiety when forced to interact with dogs. Psychiatrists use the Diagnostic and Statistical Manual of Mental Disorders to diagnose mental disorders. The 2000 edition of this guide defines phobias as a type of anxiety disorder. In the past, special phobia were known as simple phobia. Girls and women are more likely than boys to have phobias.

- **Signs and Symptoms of Specific Phobias**

Patients with specific phobias experience intense fear or anxiety about a particular object or situation and may be accompanied by avoidance.

- Specific Phobia Test
- Diagnostic and Statistical Manual of Mental Disorders, 5<sup>th</sup> Edition, Revision (DSM-5-TR) criteria To meet the diagnostic criteria for specific phobias in DSM-5-TR, patients must have persistent (6 months) phobias they must have fear or anxiety about a particular thing or things.

- iii. Additionally, patients have all of the following characteristics:
- iv. Almost anything or everything immediately causes fear or anxiety.
- v. The patient completely avoids the item or object.
- vi. Fear or anxiety has nothing to do with actual danger (given social norms).
- vii. Fear, anxiety, and/or avoidance cause serious distress or significantly impair social or occupational functioning.

A specific phobia should not be diagnosed if the clinical situation is clearly defined by another diagnosis. Note that specific phobias are often associated with a variety of other mental health problems, including other anxiety disorders, depression and bipolar disorder, substance abuse disorders, somatic symptoms and related problems, and personality disorders (especially problems caused by personality disorders).<sup>[5]</sup>

## 1. Zoophobia

Zoophobia means fear of animals. Often this fear is related to a specific type of animal. However, it is also possible for a person with zoophobia to be afraid of all or most animals. Zoophobia is one of many specific types of phobia.

### Cause

The exact cause of zoophobia is unknown. Many factors may contribute to the development of this condition, including.

**Experience** - A bad experience with an animal can scare you. For example, a dog victim may be afraid of dogs.

**Behavioral Studies** - We can also learn to be afraid of animals from someone close to us, such as a parent, brother or sister. For example, if your parent is afraid of spiders, you may learn to be afraid of them too.

**Genealogy** - There is a possibility that genetics may also play a role in certain phobias.

**Anxiety processing** - We process fear and anxiety in different ways. Some people may worry about others, making them more likely to have certain phobias.

### Symptoms of zoophobia

One of the main symptoms of a specific phobia is an intense fear of something. A person with zoophobia may also feel fear in the following situations.

- Thinking about animals
- Talking about animals
- Hearing animals
- Seeing pictures or images of animals.<sup>[6]</sup>

### 2. Cibophobia

Cibophobia is defined as the fear of food. People with cibophobia often avoid eating and drinking because they are afraid of the food itself. The fear may be specific to a single type of food, such as perishable foods, or it may involve many foods. A phobia is a deep, irrational fear of a specific object or situation.

#### Symptoms

- Panic, shortness of breath, and dry mouth.
- Increase in blood pressure
- Tremors or shaking
- Palpitations or palpitations
- Shortness of breath
- Chest pain
- Tightness in the chest
- Dry mouth
- Upset stomach
- Slurred speech or inability to speak
- Excessive sweating
- Dizziness
- Nausea
- Vomiting.<sup>[7]</sup>

### 1. Situational Phobias

Situational phobias such as flying, going to the dentist, tunnels, small spaces or escalators.

## 2. Sexual Phobias

Sexual phobias. Such as sexual acts or fear of nudity.

### B) Complex phobias

Complex phobias tend to have a more disruptive or overwhelming impact on your life than specific phobias. They tend to develop when you are an adult.

Two of the most common complex phobias are.

1. Social phobia
2. Agoraphobia

#### 1. Social phobia

“Social anxiety disorder (social phobia)” is the third most common mental health problem in the world in, with the number of cases increasing from 8-12% of the population worldwide to. It is times more common in women than men.<sup>[8]</sup> Antisocial behavior entered the psychiatry dictionary in the last century as “an isolated disorder distinguished from phobia and agoraphobia, according to Marx and Gelder, 1966”.<sup>[9]</sup> Social phobia is a long-term and common type of disorder worldwide that affects a person’s social, educational and work activities.<sup>[10]</sup>

#### 2. Agarophobia

Agoraphobia is an anxiety disorder that occurs when a person is in public or crowded places, where escape is difficult or help is not readily available. It is characterized by the fear that a panic attack or panic-like symptoms may occur in these situations. People with agoraphobia therefore try to stay away from such situations or places.<sup>[11]</sup> Agoraphobia usually occurs at a young age, and diagnosis begins in the mid-twenties. There is no consensus on childhood events, personality traits, or psychological factors that cause agoraphobia.<sup>[12]</sup>

- **Causes of agoraphobia**

Researchers do not know the exact cause of agoraphobia. However, it is often related to existing trauma. Panic attacks cause brief, intense panic attacks that have no specific cause. About one-third of people with panic disorder suffer from agoraphobia. However, agoraphobia can also occur alone.

## TREATMENTS OF PHOBIAS

Treatment of phobias may consist of psychotherapy (the general term is ‘psychotherapy’), medication or a combination of both. Treatment may depend on the type of phobia you experience, the severity of symptoms, and factors related to your lifestyle, routines, and hobbies. Your healthcare provider can give you more information and make recommendations about possible treatments that may help you.

### A. Psychotherapy

One of the most important ways to treat phobias is to help you change your thoughts and behaviors related to your fear. Psychotherapy is one of the most effective ways to do this. Cognitive behavioral therapy (CBT) is a common form of treatment that helps with this issue. Over time, therapy can help you better cope with your fears and anxieties.

### B. Exposure therapy

Shows Another treatment option is the treatment method. This can be done in two ways.

#### 1. Classification system (points)

This involves gently exposing you to trigger points. Over time, your healthcare provider will help you rank the areas of concern from least to most urgent. It also helps you practice changing your thoughts and behaviors to manage your feelings of fear and anxiety.

#### 2. Flood

This technique is similar to desensitization, but involves exposing you to the phobia itself rather than in small pieces over time. This helps you regulate and control your anxiety. Although rare, these techniques can sometimes help people with phobias (but most providers recommend using them with caution).

Exposure therapy can be performed in two ways.

#### In vivo

Its origin comes from Latin and in this context it means ‘in real life’. Showing your fear in real life is one way to deal with it.

#### Imaginal

This is where the provider thinks about your fears and helps you process and act on your fears. For some phobias, especially phobias that are dangerous to experience in real life, this is the only way to use visible medicine.<sup>[13]</sup>

**Self care tips for phobia**

- Talk to someone you trust
- Learn to manage panic and anxiety
- Look into support groups
- Use self-help resources
- Take a course for your specific phobia

**1. Talk to someone you trust**

Talking about your phobia with someone you trust may help. Having someone who listens to you and shows you care can be beneficial in itself. If you have trouble speaking, try writing something down. You can try writing a letter that will allow you to express your thoughts clearly. It would be great if you could show us our page so we can help someone with phobia.

**2. Learn to manage panic and anxiety**

Learning to cope with the fear and anxiety you feel as a result of your phobia can be very difficult. But if you do this, you can have more control over your problem or situation.

- Learn how to relax. There are many types of entertainment available. Breathing and stretching, unlike meditation. See our page for more information.
- Try to deal with intimidation. When you are anxious, try to focus on your mind or emotions and turn off that environment. For more information on panic attacks and how to deal with them, see our panic attacks page.

**3. View into Support groups**

- Join a peer support group. With peer support, you share it with people experiencing similar problems. It can be comforting to know you're not alone. Others may also suggest different coping strategies for you to try. Mind Infoline or No Fear can give you more information about the right group. See our peer support page for more information and available services.
- Try online support groups. Online support can be very helpful if Is unable to log out. Or if you are finding it difficult to talk to people on the phone or face to face via. Online communities like Mind's Side by Side can provide support and monitoring for your safety. Check out our online mental health page on to learn how to use it effectively.

**4. Take a course for your specific phobia**

Some organizations offer face-to-face classes to help people overcome certain phobias courses can be used, for example, by.



- airlines and airports to help people overcome their fear of flying.
- parks to help people reduce their fear of animals or insects.

Be careful when searching the Internet because you may come across photos that trigger your phobia. It would be a good idea to ask your friends or family for these courses vary in price, availability, and how they are taught. Many courses are based on the principles of hypnosis or cognitive behavioral therapy as therapy. You can discuss with your doctor whether such a course would be beneficial for you.<sup>[14]</sup>

## RECENT DEVELOPMENT IN TREATMENT

The drug is currently in phase II clinical trials for the treatment of phobias. Years of preliminary research has shown that the drug D-Cycloserine is marketed as a tuberculosis drug that may increase the effectiveness of therapy in treating various phobias.

- Drugs that appear to work by targeting NMDA receptors on the amygdala protein of the brain. They do not directly treat phobias. Instead, the drug appears to activate the region of the brain, which is responsible for suppressing fear responses.
- Tests Clinical tests have shown that patients with vertigo respond more quickly to conventional treatments than patients who do not rush. Clinical trials are ongoing to determine the effects of drugs on other phobias and other anxiety disorders.

## CONCLUSION

Phobia is simply a psychological phenomenon and is a very important reason why a person feels very uncomfortable and uncomfortable, informative and educational things that can cause anxiety. People are born ready to learn some fear. Insight into the extraordinary beauty of children's fears increases with age. Parents should try to avoid these problems. Patients who are very protective and worried about children are determined to avoid such things. Behavior therapy alone can effectively help prevent phobias from developing.

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