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1-Introduction

A phobia is a persistent, excessive, unrealistic fear of an object, person, animal, activity, or situation. It is a type of anxiety disorder. A person with a phobia either tries to avoid the thing that triggers the fear or endures it with great anxiety and distress.

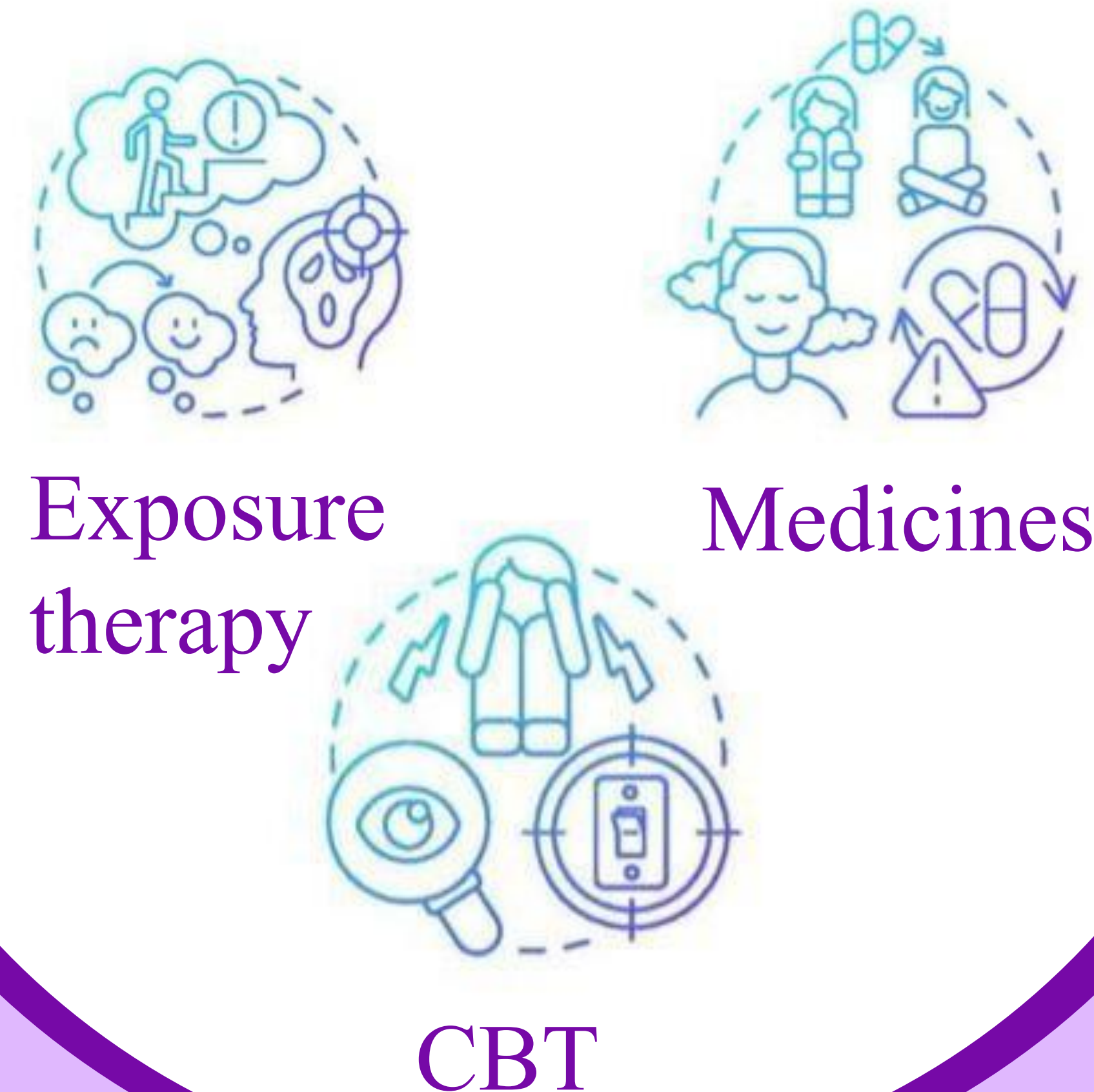
4-Symptoms

- ❑ feeling unsteady, dizzy, lightheaded or faint.
- ❑ feeling like you are choking.
- ❑ a pounding heart, accelerated heart rate.
- ❑ chest pain or tightness in the chest.
- ❑ hot or cold flushes and sweating.
- ❑ shortness of breath, nausea.

2-Major types of phobia

- 1-Specific phobia. ➡ Animals
- 2-social phobia. ➡ public speaking
- 3-Agoraphobia. ➡ Leaving home alone

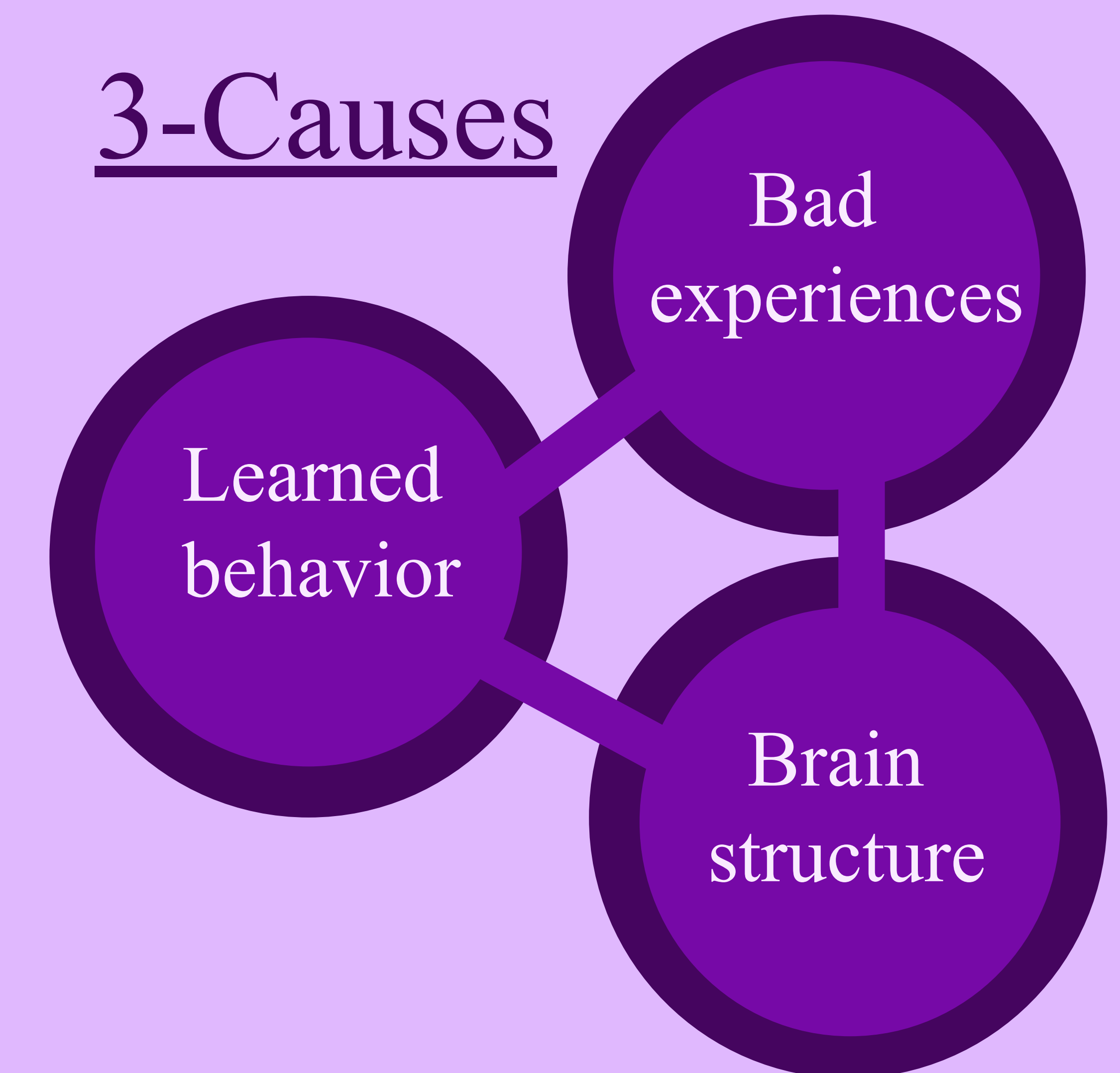
6-Treatment



5-Diagnosis

When someone recognizes that the feelings of anxiety or distress in any type of phobia become worrying, or are interfering with daily life or relationships, a doctor or therapist can help pinpoint the problem.

3-Causes



Advice

Take Their Phobias Seriously. Anytime someone struggles with a mental health issue, it's important to take it seriously. Making someone feel silly for feeling the way they do is only going to cause them more distress.

References

https://www.health.harvard.edu/a_to_z/phobia-a-to-z
<https://www.mayoclinic.org/diseases-conditions/search-results?q=Phobia>
 DIAGNOSTIC AND STATISTICAL MANUAL OF MENTAL DISORDERS(FIFTH EDITION)