



RAMA
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FACULTY OF NURSING

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PHOBIAS

Definition

Phobia is defined as disabling and irritation fear of some object, situation or activity, it lead to avoidance of the feared object or situation and can cause extreme feeling to terror dread and panic that may restrict one life.

It is the type of anxiety disorder.

Types of phobia

1. Agoraphobia- fear of being outside
2. Social phobia- fear of public speaking meeting new people or other social situations
3. Specific phobia- fear of particular items or situations for example
 - Claustrophobia- fear of closed spaces
 - Aerophobia- fear of flying
 - Zoophobia- fear of animals
 - Archnophobia- fear of spiders

- Ophidiophobia- fear of snakes
- Acrophobia- fear of height
- Mysophobia- fear of germs
- Thanatophobia- fear of death

Etiology

- Biological factors.
- Family factors.
- Environmental factors.
- Having negative or traumatic life events.
- Mental health issues in family members

Clinical features

- Increased heart rate
- Sweating
- Discomfort
- Shortness of breath
- Fear of dying
- Chilled or hot flashes

Treatment

- Treatment will depend on general health age and symptoms.
- Pharmacotherapy.
- Alprazolam.
- Diazepam.
- Antidepressants.
- Individual therapy
- Cognitive therapy
- Family therapy

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