

Anxiety Disorders And Phobias A Cognitive Perspective

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[Anxiety Disorders and Phobias: A Cognitive Perspective...](#)

A few of the most common specific phobias include: Arachnophobia: fear of spiders. Ophidiophobia: fear of snakes. Acrophobia: fear of heights. Cynophobia: fear of dogs. Astraphobia: fear of thunder and/or lightning. Trypophobia: fear of holes. Aerophobia: fear of flying. Xenophobia: fear of the ...

[Common Phobias: Types, Symptoms, Causes And Treatment](#)

Agoraphobia (ag-uh-ruh-FOE-be-uh) is a type of anxiety disorder in which you fear and often avoid places or situations that might cause you to panic and make you feel trapped, helpless or embarrassed. Anxiety disorder due to a medical condition includes symptoms of intense anxiety or panic that are directly caused by a physical health problem.

[Anxiety disorders - Symptoms and causes - Mayo Clinic](#)

In general, for a person to be diagnosed with an anxiety disorder, the fear or anxiety must: There are several types of anxiety disorders, including generalized anxiety disorder, panic disorder, specific phobias, agoraphobia, social anxiety disorder and separation anxiety disorder.

[What Are Anxiety Disorders? - psychiatry.org](#)

Continued Anxiety Disorder Symptoms. The main symptom of anxiety disorders is excessive fear or worry. Anxiety disorders can also make it hard to breathe, sleep, stay still, and concentrate.

[Anxiety Disorders: Types, Causes, Symptoms, Diagnosis...](#)

Summary. Anxiety disorders cover a broad spectrum of conditions characterized by excessive and persistent fear (an emotional response to imminent threats), anxiety (the anticipation of a future threat), worry (apprehensive expectation), and/or avoidance behavior.

[Anxiety disorders - AMBOSS](#)

Anxiety and Phobia are two different conditions between which we can identify some differences. Anxiety is the feeling of apprehension and worry, which becomes a disorder when it disrupts the daily routine of the individual. On the other hand, phobia is an excessive fear of certain objects and situations. This is the main difference between anxiety and phobia.

[Difference Between Anxiety and Phobia | Compare the ...](#)

The term "phobia" refers to a group of anxiety symptoms brought on by certain objects or situations. A specific phobia, formerly called a simple phobia, is a lasting and unreasonable fear caused by...

[Phobias: Specific Phobias Types and Symptoms](#)

Anxiety disorders are mental illnesses that cause significant worry, fear, and/or anxiety. Some types of anxiety disorders are generalized anxiety disorder, panic disorder, phobias, social anxiety ...

[Summarize the key distinguishing features of: a ...](#)

A specific phobia involves an intense, persistent fear of a specific object or situation that's out of proportion to the actual risk. There are many types of phobias, and it's not unusual to experience a specific phobia about more than one object or situation. Specific phobias can also occur along with other types of anxiety disorders.

[Specific phobias - Symptoms and causes - Mayo Clinic](#)

Anxiety disorders are a set of related mental conditions that include: generalized anxiety disorder, panic disorder, obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD),...

[Anxiety Disorders: Symptoms, Types & Treatments | Psych...](#)

This phenomenon is called an anxiety disorder. Anxiety disorders are a group of mental disorders characterized by significant feelings of anxiety and fear. Anxiety is a worry about future events, while fear is a reaction to the current event. These feelings may cause physical symptoms, such as increased heart rate and shakiness.

ANXIETY DISORDER

A phobia is a type of anxiety disorder that causes an individual to experience extreme, irrational fear about a situation, living creature, place, or object. When a person has a phobia, they will...

[Phobias: Symptoms, types, causes, and treatment](#)

Panic Disorders. With a lifetime prevalence rate of 4.7 percent in the United States, panic disorder usually starts unexpectedly. Patients experience an overwhelming sense of impending doom, accompanied by sweating, weakness, dizziness, and shortness of breath. With repeated attacks, patients may develop anxiety in anticipation of another attack.

[Anxiety Disorders: OCD and Phobia - BrainFacts](#)

Social anxiety disorder (SAD), also known as social phobia, is an anxiety disorder characterized by sentiments of fear and anxiety in social situations, causing considerable distress and impaired ability to function in at least some aspects of daily life.: 15 These fears can be triggered by perceived or actual scrutiny from others. Individuals with social anxiety disorder fear negative ...

[Social anxiety disorder - Wikipedia](#)

A phobia is a type of anxiety disorder. According to the Diagnostic and Statistical Manual of Mental Disorders (IV), a phobia is an irrational fear that results in the deliberate avoidance of the feared object, activity or situation.

[Phobia - Disorders.org](#)

Chapter 8 notes 1. Anxiety disorders a. Disorders characterized by excessive fear and anxiety, and related disturbances in behavior b. Anxiety – a future-oriented and global response, involving both cognitive and emotional components, in which an individual is inordinately apprehensive, tense, and uneasy about the prospect of something terrible happening.

[Chapter 8 notes.docx - Chapter 8 notes 1 Anxiety disorders...](#)

A phobia is an excessive and irrational fear reaction. If you have a phobia, you may experience a deep sense of dread or panic when you encounter the source of your fear. The fear can be of a...

[Phobias: Causes, Types, Treatment, Symptoms & More](#)

Recurring panic attacks may indicate panic disorder, fearing and avoiding social situations could indicate social anxiety disorder and extreme phobias could be a sign of specific phobia disorders.

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