

The Phobia Quiz Book

by

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Dedication

To Robin, who
screams, jumps and runs
at the sight of a spider
no bigger than the size of a dime.
And, who on the other hand,
loves the sight and feel of a snake of any size.

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Preface

I am a professor of psychology specializing in abnormal psychology. Additionally, I am a practicing psychotherapist. Over the years I realized the most frequently asked questions about psychiatric illness focused on anxiety. Specifically, anxiety associated with phobias. Practically everyone is afraid of something or someone. Whether it is spiders, bridges, schools, doctors, etc., most people seem to have one or more fears which impact their lives on some level. It was that realization that brought me to write *The Phobia Quiz Book*.

When I arrived at the notion of introducing the *The Phobia Quiz Book* to the public I immediately had a dilemma; how could I educate about the various phobias in a fun and entertaining manner. This would be a problem. Make no mistake, there is nothing funny about being phobic. For many, phobias can be debilitating and life threatening. So, it is not my goal to make fun of anyone with a phobia. Rather, I want to introduce you to all of the phobias of which the psychiatric community is aware. Additionally, you will learn the fear associated with the specific phobia. To accomplish this I have provided you with a straight forward three question test on each page to see if you can guess the condition associated with the phobia. Here is what you can do.

Simply turn to any page in the book. Read the name of the phobia on the page. Some of them can be a little difficult to pronounce. Take the time to learn to pronounce them properly. Once you have mastered the enunciation of the phobia presented on the page, read the three possible answers. Select one of the answers by putting a check mark in the box provided next to the answer. After selecting an answer you can either go to the next phobia or read the correct answer on the back of each page. When you have completed the book, count your correct answers. There is no score. You can decide your own proficiency based on a total of 275 phobia questions.

Working through the *The Phobia Quiz Book* you will find that whether you do this on your own or with a group of friends, you will learn more about the types of phobias that exist than you could ever have imagined. And who knows, in the process of leaning the phobias you may come to the conclusion that you have one or two or... phobias yourself.

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Introduction

It is safe to say that most people are afraid of something. In the discipline of psychiatry and psychology these fears are referred to as anxieties. In fact, there is a separate psychiatric category for anxieties known quite simply as, Anxiety Disorders. So, what is an anxiety disorder?

An Anxiety Disorder is an uncomfortable or unpleasant emotion brought about by the anticipation or feeling that an event--a future event or memory from the past--will cause intense fear. These feelings, past, present or future create a reaction in the mind that is often transferred to the rest of the body causing a physical reaction. These reactions may be present in the form of ruminations-- thinking and dwelling on the fear--sweating, shaking, sleeplessness, inability to eat, overeating, drug taking behavior, alcohol consumption, choking, increased heart rate, shortness of breath, to name a few. All of the aforementioned have a single feeling in common; irrational fear. These fears affect people of all ages, ethnicity and social backgrounds; the fears are socially indiscriminate and usually begin in childhood.

There are several types of Anxiety Disorders. The *Diagnostic and Statical Manual of Mental Disorders, four edition* identifies four types of Anxiety Disorders. These types are:

Panic disorder without agoraphobia. These individuals suffer from panic attacks and worries but, agoraphobia is not present. (Agoraphobia is having anxieties about situations and places from which the individual experiencing these feelings believes they can not escape.)

Panic disorder with agoraphobia. These individuals suffer from panic attacks and worries with agoraphobia. As a result individuals will do what ever they can to avoid those places and situations that may lead to confinement. For example: elevators, rooms with no windows and tight hallways.

Social phobias. These individuals fear social situations. Additionally, they will avoid any situation which commands that they preform or give a presentation including eating and speaking in public.

Specific phobias. These individuals suffer from a fear of exposure to a particular object or situation. These objects and situations are as varied as there are objects and situations. They include, but are certainly not limited to a dread of hair, dogs, bugs, tunnels, pregnancy, sex, etc. Whatever the mind can imagine the mind can therefore feel fear.

At the time of the writing of the *Phobia Quiz Book* there are 274 documented phobias. It is this last area, Specific phobias, that the *Phobia Quiz Book* focuses its attention.

The scientific community still does not know or understand the origin and cause of a phobia. However, there is some belief that a phobia may have a genetic link. For instance, when the question is asked of the individual: "Why are you afraid of blood?" The answer is most often: "I don't know. I just am terrified each time I see or think about blood." It is estimated that 6.3 million adult Americans suffer from specific phobias. Approximable twice as many women as men suffer from this disorder. Remember, while most people are afraid of something, it is only when the fear becomes all consuming, causing emotional and physical reactions, that the individual actually receives the diagnosis of a Specific Phobia.

Treatment is available in two forms: Psychotherapy and psychopharmacology. Using the psychotherapy model the individual is encouraged to discuss, over time, their particular fear or fears. Some therapists may use what is known as exposure therapy, sometimes known as, flooding. Here the individual is put in ever increasing proximity to the object or situation causing the fear. For instance, a therapist may ask a patient to drive to a section of town that contains a bridge and ask the patient to stop and discuss his or her fears. The next time the therapist will ask the patient to drive to the foot of the bridge. Gradually, the patient is put to greater exposure and increased anxiety of their phobic response. In the end, the individual may come to accept their irrational reaction causing a diminishing and ultimate release of the crippling fear.

Psychopharmacology uses pharmaceutical medications to intervene in the system to help the individual cope with the problem. Some of these medications are fluoxetine, sertraline, fluvoxamine, paroxoetine and citalopram, to name a few. Tricyclics are also among the medications used in treating phobias. It almost goes without saying that both psychotherapeutic and psychopharmacological interventions should only be used under the strict supervision of a professional whose practice focuses, in part, on the treatment of phobias.

Of course one way to deal with a phobia is to avoid the situation or object that causes the severe anxiety reaction. This is possible if your fear relates to something easily avoidable such as hot air balloons; simply don't be around the balloons. Solutions such as the aforementioned are far more difficult when it involves situations and objects the individual needs to get through life. Examples of these are paint, elevators, spiders, etc. These and more are all part of the human existence on the planet earth. Therefore, treatment and intervention may be necessary.

As you thumb through the *The Phobia Quiz Book* you will undoubtedly become aware of your own psychological triggers. If in the process you realize that you may suffer from one or more of the phobias you will then need to consider whether or not you need to seek treatment. Additionally, while on the journey you may realize that a relative or friend suffers from a phobia. If this is the case reach out and support them in seeking help. Never tease or taunt someone who is phobic. This behavior simply prolongs the fear, often times making it worse. Remember, phobias interrupt a better quality of life. And isn't a better quality of life what we all seek?

**Phobias A to Z:
Questions and Answers**

Acarophobia

- Fear of skin infestation by mites or ticks.
- Fear of cars or motor vehicles.
- Dread of having a scar.

Acarophobia

FEAR OF SKIN INFESTATION BY MITES OR TICKS

Acousticophobia

- Revolt of hearing acoustic sounds or music.
- Avoidance of any kind of stick.
- Fear of noise.

Acousticophobia

FEAR OF NOISE

Acrophobia

- Fear of heights.
- Fear of Crows or scarecrows.
- Fear of acrobats.

Acrophobia

FEAR OF HEIGHTS.

Aerophobia

- Fear of Aircraft.
- Fear of fresh air.
- Fear of air fresheners, especially those that emit fresh air automatically.

Aerophobia

FEAR OF FRESH AIR.

Agoraphobia

- Avoidance of water falls.
- Fear of open spaces, specifically, the marketplace.
- Fear of scary sounds.

Agoraphobia

FEAR OF OPEN SPACES, SPECIFICALLY, THE MARKETPLACE.

Agyrophobia

- Disdain or fear of hooded clothing.
- Fear or dislike of gypsies'.
- Fear of crossing streets.

Agyrophobia

FEAR OF CROSSING STREETS.

Aichmophobia

- Fear of pointed objects.
- Fear of falling or tripping.
- Fear of being hurt especially by others.

Aichmophobia

FEAR OF POINTED OBJECTS.

Ailurophobia

- Avoidance of anything that is foreign.
- Fear of being enticed into do something that a person does not want to do.
- Fear of cats.

Ailurophobia

FEAR OF CATS.

Alektorophobia

- Fear of the election process especially if it is you who is up for election.
- Fear of electricity.
- Fear of chickens.

Alektorophobia

FEAR OF CHICKENS.

Algophobia

- Fear of alligators.
- Fear of pain.
- Overwhelming fear of computing algorithms.

Algophobia

FEAR OF PAIN.

Amathophobia

- Fear of dust.
- Fear of mathematics.
- Fear of bringing objects or food together in on place.

Amathophobia

FEAR OF DUST.

Amaxophobia

- Fear of being or riding in vehicles.
- Dread of seeing large numbers.
- Fear of going of the limit on a credit card.

Amaxophobia

FEAR OF BEING OR RIDING IN VEHICLES.

Ancraophobia

- Fear strong water currents
- Over avoidance of ants.
- Fear of wind.

Ancraophobia

FEAR OF WIND.

Androphobia

- Fear of men.
- Fear of the word, and.
- Fear of rain fall.

Androphobia

FEAR OF MEN.

Anginophobia

- Fear of anything with an engine.
- Fear of fear or being afraid of anything.
- Fear of quinsy or other forms of sore throat.

Anginophobia

FEAR OF QUINSY OR OTHER FORMS OF SORE THROAT.

Ankylophobia

- Dread of hurting ones ankle.
- Fear of listening to the song, Anky Panky.
- Dread of stiff or immobile joints.

Ankylophobia

DREAD OF STIFF OR IMMOBILE JOINTS.

Anthophobia

- Fear of inanimate objects coming to life.
- Fear of rooms getting small while they are in the room.
- Fear of flowers.

Anthophobia

FEAR OF FLOWERS.

Anthropophobia

- Avoidance of the work of an Anthropologist.
- Fear of people, especially in groups.
- Fear of large or oversized cars.

Anthropophobia

FEAR OF PEOPLE, ESPECIALLY IN GROUPS.

Antlophobia

- Fear of floods.
- Fear of babies.
- Dread of eating meat from forest animals.

Antlophobia

FEAR OF FLOODS.

Apeirophobia

- Fear of infinity.
- Avoidance and fear of being close to an ocean pier.
- Fear of having close relationships with friends.

Apeirophobia

FEAR OF INFINITY.

Apiphobia

- Avoidance of listening to, Gladys Knight and the Pips.
- Fear of seeing or the existence of unicorns.
- Fear of bees; the fear is intense.

Apiphobia

FEAR OF BEES; THE FEAR IS INTENSE.

Arachibutyrophobia

- Fear of peanut butter sticking to the roof of the mouth.
- Fear of bug legs.
- Fear of having body aches.

Arachibutyrophobia

FEAR OF PEANUT BUTTER STICKING
TO THE ROOF OF THE MOUTH.

Arachnophobia

- Avoidance of using the first word in a sentence starting with the letter, R.
- Fear of coat and hat racks.
- Fear of spiders.

Arachnophobia

FEAR OF SPIDERS

Asthenophobia

- Fear of weakness
- Fear of the sight of whales or large sea mammals.
- Fear of people who appear to be very muscular.

Asthenophobia

FEAR OF WEAKNESS

Astraphobia

- Fear of asteroids especially those that hit the earth.
- Fear of lightning.
- Avoidance of wide open spaces.

Astraphobia

FEAR OF LIGHTNING

Ataxiophobia

- Avoidance of taxi rides.
- Fear of January 15th.
- Fear of disorder.

Ataxiophobia

FEAR OF DISORDER

Atelophobia

- Fear of antelopes.
- Fear of cell phones causing brain damage.
- Fear of imperfection.

Atelophobia

FEAR OF IMPERFECTION

Atephobia

- Fear of ruin.
- Fear of taking a contrary opinion.
- Fear of the feel of water above room temperature.

Atephobia

FEAR OF RUIN.

Aulophobia

- Fear of flutes.
- Fear of things made of rubber.
- Dread of using natural products that claim to be healing.

Aulophobia

FEAR OF FLUTES.

Aurophobia

- Dislike of gold.
- Fear of tigers and lions.
- Disdain for anything made from angora.

Aurophobia

DISLIKE OF GOLD.

Automysophobia

- Fear or dislike of being dirty.
- Fear of living alone.
- Fear of cars.

Automysophobia

FEAR OR DISLIKE OF BEING DIRTY.

Autophobia

- Fear of automatic doors, especially garage doors.
- Fear of public places.
- Fear of being egotistical; fear of being by oneself.

Autophobia

FEAR OF BEING EGOTISTICAL, OF REFERRING TO ONESELF;
FEAR OF BEING BY ONESELF; FEAR OF ONESELF.

Bacillophobia

- Disdain for colored marbles.
- Fear of missiles.
- Fear of chemical warfare

Bacillophobia

FEAR OF MISSILES.

Bacteriophobia

- Fear of Back streets and allies.
- Fear of bacteria.
- Fear of viruses and infections.

Bacteriophobia

FEAR OF BACTERIA.

Barophobia

- Avoidance of walking by bars.
- Fear of athletic bars and uneven bars.
- Fear of gravity.

Barophobia

FEAR OF GRAVITY.

Bathmophobia

- Fear of bathroom tile.
- Dislike or Fear of walking.
- Fear of Canadian cities.

Bathmophobia

DISLIKE OR FEAR OF WALKING.

Bathophobia

- Fear of dark space.
- Fear of sliding doors.
- Intense dislike of bathing; fear of depth.

Bathophobia

Intense dislike of bathing; fear of depth.

Batophobia

- Fear of short people.
- Fear of passing high buildings.
- Fear of playing baseball.

Batophobia

FEAR OF PASSING HIGH BUILDINGS.

Batrachophobia

- Fear of frogs and toads.
- Avoidance of card games.
- Fear of triangles.

Batrachophobia

FEAR OF FROGS AND TOADS.

Bdellophobia

- Fear of taking sleeping pills.
- Fear of leeches.
- Fear of computers.

Bdellophobia

FEAR OF LEECHES.

Belonephobia

- Fear of pins and needles.
- Fear of taking long trips from home.
- Avoidance and disdain for ringing sounds.

Belonephobia

FEAR OF PINS AND NEEDLES.

Bibliophobia

- Disdain for libraries.
- Dislike for books.
- Fear of bible stories.

Bibliophobia

DISLIKE FOR BOOKS.

Blennophobia

- Fear or dislike of slime.
- Fear of the sound of a blender.
- Fear of becoming part of a group.

Blennophobia

FEAR OR DISLIKE OF SLIME.

Bogyphobia

- Fear of Wickens.
- Fear of playing dice games.
- Dread of demons and goblins.

Bogyphobia

DREAD OF DEMONS AND GOBLINS.

Bromidrosiphobia

- Fear of explosions.
- Fear of having unpleasant body odor.
- Dislike of being in cleaned space.

Bromidrosiphobia

FEAR OF HAVING UNPLEASANT BODY ODOR.

Brontophobia

- Fear of seeing an extinct animal.
- Fear of thunder and thunderstorms.
- Fear of heavy people.

Brontophobia

FEAR OF THUNDER AND THUNDERSTORMS.

Cainophobia

- Fear of eating something containing sugar.
- Fear of biblical characters.
- Fear or dislike of novelty.

Cainophobia

FEAR OR DISLIKE OF NOVELTY.

Cancerphobia

- Fear of proper names.
- Fear of the smell of a doctors office.
- Fear of cancer.

Cancerphobia

FEAR OF CANCER.

Cardiophobia

- Fear of hearing the sound of your own heart.
- Fear of heart disease.
- Fear of games containing cards.

Cardiophobia

FEAR OF HEART DISEASE.

Cathisophobia

- Fear of feral(wild) cats.
- Avoidance of eating soup.
- Fear or dislike of sitting down.

Cathisophobia

FEAR OR DISLIKE OF SITTING DOWN.

Catoptrophobia

- Fear of construction equipment.
- Fear of mirrors.
- Fear of things that can rebound.

Catoptrophobia

FEAR OF MIRRORS.

Celtophobia

- Fear of men in dresses.
- Intense dislike of Celts.
- Fear of touching dirty water.

Celtophobia

INTENSE DISLIKE OF CELTS.

Cenophobia

- Fear of being in a theater.
- Fear of living things with more than four legs.
- Fear of crowds.

Cenophobia

FEAR OF CROWDS.

Chaetophobia

- Fear of hair.
- Fear of ski lodges.
- Fear or wearing wet clothes.

Chaetophobia

Fear of hair.

Cheimaphobia

- Fear of carpet cleaning.
- Fear or dislike of cold.
- Fear of arousals.

Cheimaphobia

FEAR OR DISLIKE OF COLD.

Cherophobia

- Fear of loaning things to others.
- Dislike of Cher.
- Fear of gaiety.

Cherophobia
FEAR OF GAIETY.

Chinophobia

- Fear or dislike of snow.
- Fear of people of a cliff in their chin.
- Fear of chimneys.

Chinophobia

FEAR OR DISLIKE OF SNOW.

Cholerophobia

- Fear of acquiring a disease that no longer exists.
- Fear of cholera.
- Fear of Indian reservations.

Cholero-phobia

FEAR OF CHOLERA.

Chrematophobia

- Dislike of sauses.
- Fear or dislike of wealth.
- Fear of funeral homes.

Chrematophobia

FEAR OR DISLIKE OF WEALTH.

Chrometophobia

- Fear of planets.
- Fear of shinny things.
- Fear or dislike of money.

Chrometophobia

FEAR OR DISLIKE OF MONEY.

Chromophobia

- Fear of colors.
- Dislike of Chrome.
- Dislike of car rims.

Chromophobia

FEAR OF COLORS.

Chronophobia

- Fear of knowing some thing about history.
- Discomfort concerning time.
- Dislike for people who are close to other people.

Chronophobia

DISCOMFORT CONCERNING TIME.

Cibophobia

- Fear of putting together puzzles.
- Fear of your bother or sister.
- Fear of food.

Cibophobia

FEAR OF FOOD.

Claustrophobia

- Avoidance of swimming were there is shellfish.
- Fear of enclosed spaces.
- Fear of diplomats.

Claustrophobia

FEAR OF ENCLOSED SPACES.

Clinophobia

- Fear of Bill Clinton.
- Fear of small doctor's offices.
- Fear or dislike of going to bed.

Clinophobia

FEAR OR DISLIKE OF GOING TO BED.

Cnidophobia

- Dislike or fear of rude people.
- Fear of insect stings.
- Avoidance of food made from white flour.

Cnidophobia

FEAR OF INSECT STINGS.

Coitophobia

- Fear of sexual intercourse.
- Fear of watching movies with sexual scenes.
- Fear of talking about sex.

Coitophobia

FEAR OF SEXUAL INTERCOURSE.

Cometophobia

- Fear of cleaning.
- Fear of comets.
- Disdain and fear of astrology.

Cometophobia

FEAR OF COMETS.

Coprophobia

- Disdain of large corporations.
- Fear of vulgar language.
- Fear of excrement/feces.

Coprophobia

FEAR OF EXCREMENT/FECES.

Coulrophobia

- Fear of clowns.
- Fear of entering a culdасac.
- Fear of climbing.

Coulrophobia

FEAR OF CLOWNS.

Cremnophobia

- Fear of crematoriums.
- Fear of fresh cream.
- Fear of precipices.

Cremnophobia

FEAR OF PRECIPICES.

Cryophobia

- Fear of being frozen alive.
- Fear of ice or frost.
- Disdain for frozen foods.

Cryophobia

FEAR OF ICE OR FROST.

Crystallophobia

- Fear of crying.
- Fear of diamonds.
- Fear of glass, crystals.

Crystallophobia

FEAR OF GLASS, CRYSTALS.

Cyberphobia

- Fear of outer space.
- Fear of the internet.
- Fear of computers.

Cyberphobia

FEAR OF COMPUTERS.

Cymophobia

- Fear of waves.
- Fear of cymbals.
- Fear of symbols.

Cymophobia

FEAR OF WAVES.

Cynophobia

- Dread of dogs.
- Fear of cyanide in food.
- Fear of long walks.

Cynophobia

DREAD OF DOGS.

Cypridophobia

- Fear of venereal disease.
- Dread of dirty water.
- Fear of forests.

Cypridophobia

FEAR OF VENEREAL DISEASE.

Defecaloesiophobia

- Fear of decaffeinated coffee.
- Fear of painful bowel movements.
- Fear of going deaf.

Defecaloesiophobia

FEAR OF PAINFUL BOWEL MOVEMENTS.

Deipnophobia

- Fear or dislike of dining and dinner conversation.
- Fear of depending on others.
- Fear of walking backwards.

Deipnophobia

FEAR OR DISLIKE OF DINING AND DINNER CONVERSATION.

Demophobia

- Fear of anything being destroyed or demolished.
- Dislike of crowds.
- Fear of being.

Demophobia

DISLIKE OF CROWDS.

Demonophobia

- Avoidance of being in a public demonstration.
- Fear of spirits and demons.
- Fear of losing control of ones cognitive ability.

Demonophobia

FEAR OF SPIRITS AND DEMONS.

Dermatophobia

- Fear of skin disease.
- Fear of being touched by someone's skin.
- Fear of eating animals with their skin in tact.

Dermatophobia

FEAR OF SKIN DISEASE.

Dextrophobia

- Aversion and fear of any medication containing drugs that have the affects of amphetamines.
- Fear of objects on the right side of the body.
- Fear of the outside.

Dextrophobia

FEAR OF OBJECTS ON THE RIGHT SIDE OF THE BODY.

Dikephobia

- Fear of dams breaking.
- Fear of women who appear masculine in nature.
- Fear or dislike of justice.

Dikephobia

FEAR OR DISLIKE OF JUSTICE.

Dinophobia

- Disdain and fear of heavy equipment.
- Fear of prehistoric animals.
- Fear of whirlpools.

Dinophobia

FEAR OF WHIRLPOOLS.

Diplopiaphobia

- Fear of double vision.
- Fear of diving into water.
- Fear of dipping food into food.

Diplopiaphobia

FEAR OF DOUBLE VISION.

Dipsophobia

- Revulsion and fear of running in and out of water.
- Fear of drinking.
- Fear of eating spicy foods.

Dipsophobia

FEAR OF DRINKING.

Domatophobia

- Fear of being in a house.
- Fear of owning your own home.
- Fear of mattresses filled with down.

Domatophobia

FEAR OF BEING IN A HOUSE.

Doraphobia

- Fear of people with pointed or extended chins.
- Fear of shallow or small doorways.
- Fear of contact with animal fur or skin.

Doraphobia

FEAR OF CONTACT WITH ANIMAL FUR OR SKIN.

Dysmorphophobia

- Dread of deformity, usually in others.
- Fear of people with dreadlocks.
- Fear of being disfigured.

Dysmorphophobia

DREAD OF DEFORMITY, USUALLY IN OTHERS.

Ecclesiophobia

- Fear or dislike of church.
- Dislike of the secular religions.
- Fear of many things.

Ecclesiophobia

FEAR OR DISLIKE OF CHURCH.

Ecophobia

- Fear of or aversion to home surroundings.
- Fear of the environment especially rugged terrain.
- Disdain for sounds that return over and over.

Ecophobia

FEAR OF OR AVERSION TO HOME SURROUNDINGS.

Eisoptrophobia

- Fear of mirrors.
- Terror of ice.
- Fear of vaccine.

Eisoptrophobia

FEAR OF MIRRORS.

Eleutherophobia

- Fear of freedom.
- Fear of being in the vicinity of Lutherans.
- Fear of Americans.

Eleutherophobia

FEAR OF FREEDOM.

Emetophobia

- Fear of vomiting.
- Fear of emitting radio active waves.
- Fear and terror of meeting others.

Emetophobia

FEAR OF VOMITING.

Enetophobia

- Fear of being caught in nets especially fishing nets.
- Fear of needles or pins.
- Fear of the internet

Enetophobia

FEAR OF NEEDLES OR PINS.

Entomophobia

- Disdain of Asian vegetables.
- Fear of anyone named Tom or Thomas.
- Fear of insects.

Entomophobia

FEAR OF INSECTS.

Eosophobia

- Fear of the dawn.
- Fear of working with water colors.
- Fear of stains.

Eosophobia

FEAR OF THE DAWN.

Ergasiophobia

- Fear or dislike of work.
- Avoidance or disdain of gas especially gasoline.
- Fear of an efficient work place.

Ergasiophobia

FEAR OR DISLIKE OF WORK.

Ergophobia

- Fear of alternative solutions.
- Fear of feeling stuck in one place.
- Hatred of work.

Ergophobia

HATRED OF WORK.

Erotophobia

- Avoidance of erotic material, especially magazines.
- Fear of sexual feelings and their physical expression.
- Fear of having sexual intercourse.

Erotophobia

FEAR OF SEXUAL FEELINGS AND THEIR PHYSICAL EXPRESSION.

Eurotophobia

- Fear of the color red; fear of blushing.
- Fear of seeing a lot of colors at the same time.
- Fear of traveling in a foreign country.

Eurotophobia

FEAR OF THE COLOR RED; FEAR OF BLUSHING.

Febriphobia

- Fear of fever.
- Disdain or fear of a character on *Friends*.
- Fear of feeling fluffy fabrics.

Febriphobia

FEAR OF FEVER.

Galeophobia

- Fear of sharks.
- Terror of fast moving air.
- Fear of or avoidance of long term relationships, usually of the opposite sex.

Galeophobia

FEAR OF SHARKS.

Gamophobia

- Fear or dislike of marriage.
- Fear of playing games requiring physical exertion.
- Fear of soft, sticky candy.

Gamophobia

FEAR OR DISLIKE OF MARRIAGE.

Gephyrophobia

- Fear of crossing a bridge.
- Avoidance and fear of steep mountains.
- Fear of crossing streets that are not controlled by lights.

Gephyrophobia

FEAR OF CROSSING A BRIDGE.

Gerascophobia

- Fear of ladders.
- Fear of growing old.
- Fear of being in costumes.

Gerascophobia

FEAR OF GROWING OLD.

Geumophobia

- Fear of tastes or flavors.
- Avoidance and fear of being around smokers.
- Fear of antique cars.

Geumophobia

FEAR OF TASTES OR FLAVORS.

Glossophobia

- Fear of smooth surfaces.
- Fear of shiny floors.
- Fear of speaking in public or of trying to speak.

Glossophobia

FEAR OF SPEAKING IN PUBLIC OR OF TRYING TO SPEAK.

Graphophobia

- Fear of trying to read or interrupt graphic charts.
- Fear of being cheated.
- Dislike of writing.

Graphophobia

DISLIKE OF WRITING.

Gymnophobia

- Fear of athletic activities.
- Fear of nudity.
- Fear of touching valuable stones.

Gymnophobia

FEAR OF NUDITY.

Gynephobia

- Fear or hatred of women.
- Avoidance of going to a doctor.
- Fear of tall men.

Gynephobia

FEAR OR HATRED OF WOMEN.

Hadeophobia

- Fear of hell.
- Fear of satan.
- Fear of going forward in life.

Hadeophobia

FEAR OF HELL.

Hagiophobia

- Dislike for saints and the holy.
- Fear of long sandwiches.
- Fear of marbles.

Hagiophobia

DISLIKE FOR SAINTS AND THE HOLY.

Hamartophobia

- Fear of using a hammer.
- Fear of hamsters.
- Fear of error or sin.

Hamartophobia

- FEAR OF ERROR OR SIN.

Haptophobia

- Fear of touch.
- Fear of being happy.
- Fear of being unable to prevent what will happen.

Hamartophobia

FEAR OF ERROR OR SIN.

Harpaxophobia

- Disdain for harps.
- Fear of robbers.
- Fear of hats.

Harpaxophobia

FEAR OF ROBBERS.

Hedonophobia

- Fear of pleasure.
- Fear of barbaric societies.
- Fear of moving forward.

Hedonophobia

FEAR OF PLEASURE.

Heliophobia

- Fear of sunlight; abnormal sensitivity to the effects of sunlight.
- Fear of helicopters.
- Fear of asking for help.

Heliophobia

Fear of sunlight; abnormal sensitivity to the effects of sunlight.

Helminthophobia

- Fear of wearing a helmet.
- Fear of being infested with worms.
- Disdain for the smell of mint.

Helminthophobia

Fear of being infested with worms.

Hemaphobia

- Fear of bleeding to death.
- Fear of having blood drawn by a needle.
- Fear of the sight of blood.

Hemaphobia

FEAR OF THE SIGHT OF BLOOD.

Herpetophobia

- Fear of reptiles.
- Fear of drinking herbal tea.
- Fear of contracting herpes.

Herpetophobia

FEAR OF REPTILES.

Hierophobia

- Fear or dislike of sacred objects, fear of priests.
- Fear that everyone is superior to ones self.
- Fear of applying for a job.

Hierophobia

FEAR OR DISLIKE OF SACRED OBJECTS, FEAR OF PRIESTS.

Hippophobia

- Fear of horses.
- Fear of hippopotami.
- Fear of rabbits.

Hippophobia

FEAR OR HORSES.

Hippotomonstrosesquippedaliophobic

- Fear of being hypnotized.
- Disdain for using electronic equipment.
- Fear of big or long words.

Hippotomonstrosesquippedaliophobic

FEAR OF BIG OR LONG WORDS.

Hodophobia

- Fear of country dancing.
- Fear of suffers.
- Fear or dislike of travel.

Hodophobia

FEAR OR DISLIKE OF TRAVEL.

Homichlophobia

- Fear of fog.
- Fear being killed.
- Fear of being inside.

Homichlophobia

FEAR OF FOG.

Homilophobia

- Fear of walking into some else's house.
- Hatred of sermons.
- Fear of touching the bases when playing baseball.

Homilophobia

Hatred of sermons.

Homophobia

- Fear of going home.
- Fear of homosexuality.
- Fear of pigeons.

Homophobia

Fear of homosexuality.

Hydrophobia

- Fear of water.
- Fear of empty swimming pools.
- Fear of deep places.

Hydrophobia

FEAR OF WATER.

Hydrophobia

- Fear of becoming ill.
- Fear of rabies.
- Fear of fake money.

Hydrophobia

FEAR OF RABIES.

Hygrophobia

- Fear of liquids in any form, especially wine and water.
- Fear of dying of thirst.
- Fear of growing old.

Hygrophobia

FEAR OF LIQUIDS IN ANY FORM, ESPECIALLY WINE AND WATER.

Hylephobia

- Dislike for wood or woods.
- Fear of the sun.
- Fear of helium.

Hylephobia

DISLIKE FOR WOOD OR WOODS.

Hypengyophobia

- Fear of responsibility.
- Dislike of reading anything that use hyphens.
- Fear of ink pens.

Hypengyophobia

FEAR OF RESPONSIBILITY.

Hypnophobia

- Disdain and fear of hippopotamus.
- Fear of black and white movies.
- Fear of sleep.

Hypnophobia

FEAR OF SLEEP.

latrophobia

- Fear of going to the doctor.
- Fear of being sucked down a drain.
- Fear of Latin American countries.

latrophobia

FEAR OF GOING TO THE DOCTOR.

Ichthyophobia

- Fear of mythical figures.
- Fear of fish.
- Fear of being over weighth.

Ichthyophobia

FEAR OF FISH.

Iophobia

- Fear of anything that is the color of iodine.
- Dislike or fear of words that begin with the letter, I.
- Fear of poisons.

lophobia

FEAR OF POISONS.

Isopterophobia

- Fear of outer space.
- Fear that foreign substances will enter the body.
- Fear of termites.

Isopterophobia

FEAR OF TERMITES.

Kakorrhaphiophobia

- Dislike of odd sound words.
- Fear of feeling joy.
- Fear of failure or defeat.

Kakorrhaphiophobia

FEAR OF FAILURE OR DEFEAT.

Katagelophobia

- Fear or dislike of ridicule.
- Fear of eating food that has a gel content.
- Fear of the unknown.

Katagelophobia

FEAR OR DISLIKE OF RIDICULE.

Keraunophobia

- Disdain for auto mechanics.
- Fear of thunder and lightning.
- Fear of being cared for in old age.

Keraunophobia

FEAR OF THUNDER AND LIGHTNING.

Kinetophobia

- Fear of light from silent movies.
- Fear of wearing tennis shoes.
- Fear or dislike of motion.

Kinetophobia

FEAR OR DISLIKE OF MOTION.

Kleptophobia

- Fear of department stores.
- Fear of thieves or loss through thievery.
- Fear of being afraid of anything.

Kleptophobia

FEAR OF THIEVES OR LOSS THROUGH THIEVERY.

Kopophobia

- Fear of Las Vegas.
- Fear of faces in picture frames.
- Fear of fatigue.

Kopophobia

FEAR OF FATIGUE.

Kopophobia

- Dislike or fear of old records.
- Fear of mental or physical examination.
- Fear of boxes.

Kopophobia

FEAR OF MENTAL OR PHYSICAL EXAMINATION.

Lachanophobia

- Fear of the sound of door's locking.
- Disdain and fear of small keys.
- Fear of vegetables.

Lachanophobia

FEAR OF VEGETABLES.

Laliophobia

- Fear of sitting on a man's lap.
- Fear of sleeping in during the day time.
- Fear of talking.

Laliophobia

FEAR OF TALKING.

Lepraphobia

- Fear of leprosy.
- Fear of African cats.
- Dislike of college students.

Lepraphobia

FEAR OF LEPROSY.

Levophobia

- Fear of walking on unlevel surfaces.
- Fear of objects on the left side of the body.
- Fear of people of smoke.

Levophobia

Fear of objects on the left side of the body.

Ligyrophobia

- Fear of barbequed food.
- Fear of envelope cuts.
- Fear of loud noises.

Ligyrophobia

FEAR OF LOUD NOISES.

Limnophobia

- Dislike or avoidance of skin patches.
- Fear of lakes.
- Fear of anything with a lime color.

Limnophobia

FEAR OF LAKES.

Linonophobia

- Fear of dirty linens.
- Fear of string.
- Fear of long drives.

Linonophobia

FEAR OF STRING.

Logophobia

- Fear or disdain for clothes with logos.
- Fear or dislike of words.
- Fear of paintings.

Logophobia

FEAR OR DISLIKE OF WORDS.

Lunaphobia

- Fear of reflections.
- Fear of unidentified flying objects landing on earth.
- Fear of the moon.

Lunaphobia

FEAR OF THE MOON.

Lyssophobia

- Fear of becoming insane.
- Fear of lisping.
- Fear of politics.

Lyssophobia

FEAR OF BECOMING INSANE.

Mechanophobia

- Fear of troubleshooters.
- Aversion to or fear of machinery.
- Fear of cans.

Mechanophobia

Aversion to or Fear of machinery.

Merinthophobia

- Fear of tables.
- Avoidance of dictionaries.
- Fear of being bound.

Merinthophobia

FEAR OF BEING BOUND.

Metallophobia

- Fear of loud music.
- Fear of metals.
- Fear of baseball.

Metallophobia

FEAR OF METALS.

Meteorophobia

- Fear of meteors or meteorites.
- Fear of falling rocks.
- Fear of the universe.

Meteorophobia

FEAR OF METEORS OR METEORITES.

Microphobia

- Fear of microorganisms or germs.
- Fear of anything not visible to the naked eye.
- Fear of talking in a microphone.

Microphobia

FEAR OF MICROORGANISMS OR GERMS.

Misanthropy

- A hatred of mankind; pessimistic distrust of human nature expressed in thought and behavior.
- Fear of giving to others.
- Fear of answering questions.

Misanthropy

A HATRED OF MANKIND; PESSIMISTIC DISTRUST OF HUMAN NATURE EXPRESSED IN THOUGHT AND BEHAVIOR.

Misophobia

- Fear of dirt, especially of being contaminated by dirt.
- Avoidance of single or unmarried woman.
- Fear of stems.

Misophobia

FEAR OF DIRT, ESPECIALLY OF BEING CONTAMINATED BY DIRT.

Misogynism

- Fear of home made alcohol.
- Extreme dislike of females.
- Fear of missing an appointment.

Misogynism

EXTREME DISLIKE OF FEMALES.

Misosophy

- Hatred of wisdom.
- Fear of people of gossip.
- Fear of ink.

Misosophy

HATRED OF WISDOM.

Molysomophobia

- Fear of having multiple fears.
- Fear of infection.
- Disdain for metal bolts.

Molysomophobia

FEAR OF INFECTION.

Monopathophobia

- Fear of sickness in a specific part of the body.
- Fear of having one psychological illness and then another psychological illness.
- Fear of getting mononucleosis.

Monopathophobia

FEAR OF SICKNESS IN A SPECIFIC PART OF THE BODY.

Monophobia

- Fear of one thing.
- Fear of the game, Monopoly.
- Fear of living one day at a time.

Monophobia

FEAR OF ONE THING.

Musicophobia

- Fear of musical instruments.
- Dislike of music.
- Fear of your partners musical tastes.

Musicophobia

DISLIKE OF MUSIC.

Musophobia

- Fear of mucus membrane.
- Dislike of men with muscles.
- Fear of mice.

Musophobia

FEAR OF MICE.

Mycophobia

- Fear of one's self; myself.
- Fear or aversion to mushrooms.
- Fear of being with a co-partner.

Mycophobia

FEAR OR AVERSION TO MUSHROOMS.

Mythophobia

- Fear of mythical figures.
- Fear of tall tails.
- Fear of making false statements.

Mythophobia

Fear of making false statements.

Necrophobia

- Fear of the nectar collected by bees.
- Fear of death; fear of corpses.
- Dislike of sex while being asleep.

Necrophobia

FEAR OF DEATH; FEAR OF CORPSES.

Neophobia

- Fear of Captain Nemo.
- Fear of neon signs.
- Fear of new things.

Neophobia

FEAR OF NEW THINGS.

Nephophobia

- Fear of clouds.
- Avoidance of virgins.
- Avoidance of gas that smells.

Nephophobia

FEAR OF CLOUDS.

Noctiphobia

- Terror of having a nocturnal emission.
- Fear of the night.
- Fear of animals that roam in the night.

Noctiphobia

FEAR OF THE NIGHT.

Nosophobia

- Fear of contracting a disease.
- Fear of growing a large nose or, a nose with warts.
- Fear of things in catagories.

Nosophobia

FEAR OF CONTRACTING A DISEASE.

Numerophobia

- Fear of being first in line.
- Fear of being selected first to do something.
- Fear of numbers.

Numerophobia

Fear of numbers.

Nyctophobia

- Avoidance of wood that is not perfect.
- Fear of darkness or the night.
- Fear of hearing, NO.

Nyctophobia

FEAR OF DARKNESS OR THE NIGHT.

Obesophobia

- Fear of gaining weight.
- Fear of seeing an oboe.
- Fear of eating cereals made of ovals.

Obesophobia

FEAR OF GAINING WEIGHT.

Ochlophobia

- Avoidance of Mexican cultural items.
- Disdain or opera.
- Fear of crowds.

Ochlophobia

Fear of crowds.

Ochophobia

- Fear of vehicles.
- Fear of the number 8.
- Fear of fish with long bodies.

Ochophobia

FEAR OF VEHICLES.

Odontophobia

- Avoidance of being with people who drink coffee.
- Fear of odometers.
- Fear of teeth, especially those of animals.

Odontophobia

FEAR OF TEETH, ESPECIALLY THOSE OF ANIMALS.

Odynophobia

- Fear of the sound made by dynamite.
- Fear of pain.
- Fear of plastic dolls.

Odynophobia

FEAR OF PAIN.

Oenophobia

- Fear of owning a car.
- Fear of living forever.
- Dislike of or hatred for wine.

Oenophobia

DISLIKE OF OR HATRED FOR WINE.

Olfactophobia

- Fear or dislike of smells.
- Fear of factories, especially in urban communities.
- Fear of water pumps.

Olfactophobia

FEAR OR DISLIKE OF SMELLS.

Ombrophobia

- Disdain or fear window covering.
- Fear of rain.
- Fear of uppity or pompous people.

Ombrophobia

FEAR OF RAIN.

Ommetaphobia

- Fear of eyes.
- Fear of people who were glasses.
- Fear of computer programs.

Ommetaphobia

FEAR OF EYES.

Onomatophobia

- Fear of words that sound like what they are such as; bang, bonk, smash.
- Fear of a certain name.
- Fear of front door mats.

Onomatophobia

FEAR OF A CERTAIN NAME (OR A SET OF NAMES).

Ophidiophobia

- Fear of any Shakespearian characters.
- Fear of playing hide-and-go-seek.
- Fear of snakes.

Ophidiophobia

FEAR OF SNAKES.

Optophobia

- Fear of making the wrong decision.
- Fear of opening one's eyes.
- Fear of surveillance equipment.

Optophobia

FEAR OF OPENING ONE'S EYES.

Ornithophobia

- Disdain for the study of science.
- Fear of inserts in shoes.
- Fear of birds.

Ornithophobia

FEAR OF BIRDS.

Panphobia

- Fear of cooking pans.
- Fear of the book character Peter Pan.
- Fear of everything.

Panphobia

FEAR OF EVERYTHING.

Papaphobia

- Fear of listening to baby talk.
- Fear of one's father.
- Fear or dislike of the pope or the papacy.

Papaphobia

FEAR OR DISLIKE OF THE POPE OR THE PAPACY.

Paralipophobia

- Fear of parallel lines that are close to each other.
- Fear of neglect of some duty.
- Avoidance and dislike of twins.

Paralipophobia

FEAR OF NEGLECT OF SOME DUTY.

Paraphobia

- Fear of parties or gathering together to celebrate.
- Fear of colored paper.
- Fear of sexual perversion.

Paraphobia

FEAR OF SEXUAL PERVERSION.

Parasitophobia

- Fear of those who borrow things.
- Fear of sitting next to someone you don't know.
- Fear of parasites.

Parasitophobia

FEAR OF PARASITES.

Paraskavedekatriaphobia

- Fear of Friday the 13th.
- Fear of complicated words.
- Fear of things in sets of three.

Paraskavedekatriaphobia

FEAR OF FRIDAY THE 13TH.

Parthenophobia

- Fear of the sight of the Parthenon.
- Aversion to young girls.
- Fear of being too thin.

Parthenophobia

AVERSION TO YOUNG GIRLS.

Pathophobia

- Fear of follow dirt road paths.
- Disdain of hanging lamps.
- Fear of disease.

Pathophobia

FEAR OF DISEASE.

Peccatiphobia

- Fear of sinning.
- Fear of the reflection of other people.
- Fear of using laxatives.

Peccatiphobia

FEAR OF SINNING.

Pediculophobia

- Dislike of pedicures.
- Fear of ambiguous questions.
- Fear of lice.

Pediculophobia

FEAR OF LICE.

Pedophobia

- Fear or dislike of children.
- Fear of bare feet.
- Fear of animal paws, especially dog paws.

Pedophobia

FEAR OR DISLIKE OF CHILDREN.

Peladophobia

- Fear of palates.
- Dread of baldness.
- Fear of toupees.

Peladophobia

DREAD OF BALDNESS.

Peniaphobia

- Dislike of thin or stringy pasta.
- Disdain of sandwiches containing meat.
- Fear of poverty.

Peniaphobia

FEAR OF POVERTY.

Phagophobia

- Fear of eating.
- Dislike of South Dakota.
- Fear of dead trees.

Phagophobia

FEAR OF EATING.

Pharmacophobia

- Fear of drugs.
- Fear of farm animals.
- Avoidance of going into stores that contain pharmacies.

Pharmacophobia

FEAR OF DRUGS.

Phasmophobia

- Fear of having an asthma attack.
- Fear of playing darts.
- Fear of ghosts.

Phasmophobia

FEAR OF GHOSTS.

Phenogophobia

- Fear of being in a fight or argument.
- Fear of taking diet pills.
- Fear of daylight.

Phenogophobia

FEAR OF DAYLIGHT.

Philophobia

- Fear of love or of falling in love.
- Avoidance of being around horses.
- Fear of bathtubs overflowing.

Philophobia

FEAR OF LOVE OR OF FALLING IN LOVE.

Philosophobia

- Fear of not understanding what is being said.
- Fear of people name Phil or Phillip.
- Fear or dislike of philosophy or philosophers.

Philosophobia

FEAR OR DISLIKE OF PHILOSOPHY OR PHILOSOPHERS.

Phobophobia

- Fear of fear itself.
- Terror of making a mistake.
- Fear of bums, hobos or people who live on the street.

Phobophobia

FEAR OF FEAR ITSELF.

Phonophobia

- Fear of telephones.
- Fear or dislike of noise.
- Fear of old recordplayers.

Phonophobia

FEAR OR DISLIKE OF NOISE.

Photalgiophobia

- Fear of seeing black and white photos.
- Fear of plankton.
- Fear of photalgia pain in the eyes caused by light.

Photalgiophobia

FEAR OF PHOTALGIN, PAIN IN THE EYES CAUSED BY LIGHT.

Photophobia

- Fear of photographers.
- Fear of light.
- Fear of having ones picture taken.

Photophobia

FEAR OF LIGHT.

Phonemophobia

- Fear of thinking.
- Fear of fake flowers.
- Disdain for those how do telemarketing.

Phonemophobia

FEAR OF THINKING.

Pneumatophobia

- Fear of receiving messages.
- Fear of old building plastic models.
- Fear of incorporeal beings, spirits.

Pneumatophobia

FEAR OF INCORPOREAL BEINGS, SPIRITS.

Pnigophobia

- Fear of choking or smothering.
- Avoidance of ethnic groups.
- Fear of making cakes.

Pnigophobia

FEAR OF CHOKING OR SMOTHERING.

Pogonophobia

- Fear of pogo sticks or toys.
- Fear or dislike of beards.
- Fear of cartoon characters.

Pogonophobia

FEAR OR DISLIKE OF BEARDS.

Poinophobia

- Fear of pointers especially laser pointers.
- Fear of punishment.
- Avoidance of phonies.

Poinophobia

FEAR OF PUNISHMENT.

Politophobia

- Disdain of the voting process.
- Dislike or fear of politicians.
- Fear of South American politics.

Politophobia

DISLIKE OR FEAR OF POLITICIANS.

Polyphobia

- Fear of touch polyfoam.
- Fear of taking a polygraph test.
- Fear of many things.

Polyphobia

FEAR OF MANY THINGS.

Ponophobia

- Fear of fatigue, especially through overworking.
- Fear of watching polo players.
- Fear of going into a pawn shops.

Ponophobia

FEAR OF FATIGUE, ESPECIALLY THROUGH OVERWORKING.

Potamophobia

- Avoidance of gas lanterns.
- Fear of cleaning pots especially pots made of aluminum.
- Fear of rivers.

Potamophobia

FEAR OR RIVERS.

Potophobia

- Fear of sitting on leather couches.
- Fear of drinks (beverages).
- Fear of remote controls especially the rays they emit.

Potophobia

Fear of drinks (beverages).

Psychophobia

- Avoidance of being in therapy.
- Fear of movies about mentally ill people.
- Fear of the mind.

Psychophobia

FEAR OF THE MIND.

Psychophobia

- Fear of watching Alfred Hitchcock's, Psycho.
- Fear of the cold.
- Fear of palm readers.

Psychophobia

FEAR OF THE COLD.

Pteronophobia

- Fear of feathers.
- Fear of rough roads.
- Fear of old shag carpet.

Pteronophobia

FEAR OF FEATHERS.

Pyrexiphobia

- Avoidance of glass cook wear.
- Fear of fever.
- Fear of circles being bisected.

Pyrexiphobia

FEAR OF FEVER.

Pyrophobia

- Fear of those who set fires.
- Fear of glass.
- Fear of fire.

Pyrophobia

FEAR OF FIRE.

Rectophobia

- Fear of admitting a wrong.
- Fear of rectum.
- Avoidance of erector sets.

Rectophobia

FEAR OF RECTUM.

Rhabdophobia

- Fear of washing machine noise.
- Fear of getting rabbies.
- Fear of being beaten; Fear of magic.

Rhabdophobia

FEAR OF BEING BEATEN; FEAR OF MAGIC.

Rhypophobia

- Fear of filth, defecation.
- Fear of DNA.
- Fear of children with psychiatric disorders.

Rhypophobia

FEAR OF FILTH, DEFECATION.

Sciophobia

- Avoidance of eating sea food.
- Fear of shadows.
- Fear of of study of sociology.

Sciophobia

FEAR OF SHADOWS.

Scoleciphobia

- Fear of living with a back deformity.
- Fear of pottery.
- Fear of worms.

Scoleciphobia

Fear of worms.

Scopophobia

- Fear of being looked at.
- Fear of looking through a periscope.
- Fear of reading maps.

Scopophobia

FEAR OF BEING LOOKED AT.

Scotophobia

- Fear of Iris dogs.
- Disdain of sticky tape.
- Fear of the dark.

Scotophobia

FEAR OF THE DARK.

Selaphobia

- Fear of sealing envelopes.
- Fear of coffins.
- Fear or dislike of flashes of light.

Selaphobia

FEAR OR DISLIKE OF FLASHES OF LIGHT.

Sesquipedalophobia

- Avoidance of hearing old Indian names.
- Fear of long words.
- Fear of candles.

Sesquipedalophobia

FEAR OF LONG WORDS.

Siderophobia

- Avoidance of walking side by side.
- Fear of the stars.
- Fear of those named Sidney.

Siderophobia

FEAR OF THE STARS.

Specrophobia

- Fear of being watched.
- Fear of small amounts of dust and dirt.
- Fear of specters or phantoms.

Specrophobia

FEAR OF SPECTERS OR PHANTOMS.

Spermatophobia

- Fear of men who are sterile.
- Fear of getting pregnant.
- Fear of loss of semen.

Spermatophobia

FEAR OF LOSS OF SEMEN.

Stasibphobia

- Fear of standing or walking; conviction that one cannot stand or walk.
- Fear of reading statistics.
- Fear of unpainted walls.

Stasibphobia

FEAR OR STANDING OR WALKING; CONVICTION THAT ONE CANNOT
STAND OR WALK.

Symmetrophobia

- Fear or dislike of symmetry.
- Avoidancen of blocks and squares.
- Fear of receiving a diagnoses.

Symmetrophobia

FEAR OR DISLIKE OF SYMMETRY.

Tabophobia

- Avoidance of another persons boyfriend.
- Fear of the sound of drums.
- Fear of a wasting sickness.

Tabophobia

FEAR OF A WASTING SICKNESS.

Tachophobia

- Fear of fishing of fishermen.
- Fear of speed.
- Fear of aches and pains.

Tachophobia

FEAR OF SPEED.

Taphephobia

- Fear of removing band-aids.
- Fear of hearing the sound of taps.
- Fear of being buried alive.

Taphephobia

FEAR OF BEING BURIED ALIVE.

Tapinophobia

- Fear of small things.
- Fear of big things.
- Avoidance of beer.

Tapinophobia

FEAR OF SMALL THINGS.

Tauophobia

- Fear of chains.
- Fear of bulls.
- Fear of modern music.

Tauophobia

FEAR OF BULLS.

Telephonophobia

- Fear of those who claim to be telepathic.
- Fear of the telephone.
- Fear of the sounds elephants make.

Telephonophobia

FEAR OF THE TELEPHONE.

Teratophobia

- Fear of monsters or of giving birth to a monster.
- Avoidance of eating tater sauce.
- Fear of rats.

Teratophobia

FEAR OF MONSTER OR OF GIVING BIRTH TO A MONSTER.

Thaasophobia

- Fear of grass or thatched roofs.
- Fear or dislike of being idle.
- Fear of a last born child.

Thaasophobia

Fear or dislike of being idle.

Thalassophobia

- Fear of the sea.
- Fear of people who are bald.
- Fear of colored plates.

Thalassophobia

FEAR OF THE SEA.

Theatrophobia

- Fear of thespians.
- Fear of theaters.
- Fear of those who are histrionic.

Theatrophobia

FEAR OF THEATERS.

Theophobia

- Fear of the study of theology.
- Fear of churches.
- Fear of God.

Theophobia

FEAR OF GOD.

Thanatophobia

- Fear of having to do something before you can do what you want.
- Fear of air circulating fans.
- Fear of death.

Thanatophobia

FEAR OF DEATH.

Thermophobia

- Disdain for milk cooled in a thermos.
- Fear or dislike of heat.
- Fear of thermostats.

Thermophobia

FEAR OR DISLIKE OF HEAT.

Tocophobia

- Fear of tacos especially crispy tacos.
- Fear of orphans.
- Fear of childbirth.

Tocophobia

FEAR OF CHILDBIRTH.

Tomophobia

- Avoidance of anyone named Tom or Thomas.
- Fear of surgical operations.
- Fear of can openers.

Tomophobia

FEAR OF SURGICAL OPERATIONS.

Topophobia

- Fear of driving through the mountains.
- Fear of latitudes and longitudes.
- Fear of certain places.

Topophobia

FEAR OF CERTAIN PLACES.

Toxiphobia

- Fear of making minimum wage.
- Fear of ant poison.
- Fear of being poisoned.

Toxiphobia

FEAR OF BEING POISONED.

Traumatophobia

- Fear of having grown up in a dysfunctional family.
- Fear of emergency rooms.
- Excessive or disabling fear of war or physical injury.

Traumatophobia

EXCESSIVE OR DISABLING FEAR OF WAR OR PHYSICAL INJURY.

Tremophobia

- Fear of unstable floors.
- Fear of feeling or being cold.
- Fear of trembling.

Tremophobia

FEAR OF TREMBLING.

Triskaidekaphobia

- Avoidance of eating crackers.
- Fear of the number 13.
- Fear of taking risks.

Triskaidekaphobia

FEAR OF THE NUMBER 13.

Tyrannophobia

- Fear of being in a long distance race.
- Fear of those who throw fits.
- Fear or hatred of tyrants.

Tyrannophobia

FEAR OR HATRED OF TYRANTS.

Urophobia

- Avoidance of travel, especially long distance.
- Fear of urine.
- Disdain of Hobbits.

Urophobia

FEAR OF URINE.

Vaccinophobia

- Disdain of dirty humor.
- Fear of vaccines and vaccination.
- Fear of sharp objects.

Vaccinophobia

FEAR OF VACCINES AND VACCINATION.

Venereophobia

- Fear of venereal disease.
- Fear of fake surface coverings.
- Fear of people missing parts of their body.

Venereophobia

FEAR OF VENEREAL DISEASE.

Venustraphobia

- Fear of the great god, Venus.
- Fear of life existing on other planets.
- Fear of beautiful women.

Venustraphobia

FEAR OF BEAUTIFUL WOMEN.

Verminophobia

- Fear of infestation of rats.
- Fear of germs.
- Fear of Utah mountains.

Verminophobia

FEAR OF GERMS.

Vermiphobia

- Fear of man made or synthetic chemicals.
- Fear of earthworms.
- Fear of illusions.

Vermiphobia

FEAR OF EARTHWORMS.

Xenophobia

- Fear or hatred of foreigners and strange things.
- Disdain for people over 80 years of age.
- Fear of Helium.

Xenophobia

Fear or hatred of foreigners and strange things.

Xerophobia

- Fear of the letters, X, Y and Z.
- Fear of dryness and dry places, like deserts.
- Fear of going bald.

Xerophobia

Fear of dryness and dry places, like deserts.

Zelophobia

- Fear of being too expressive.
- Disdain or dislike of silk underwear.
- Fear of jealousy.

Zelophobia

FEAR OF JEALOUSY.

Zoophobia

- Fear of being around animals in captivity.
- Fear of going to Africa.

826. Fear of animals.

Zoophobia

FEAR OF ANIMALS.

Index of Phobias

The following is a complete list of phobias. Here you may find phobias with alternate spellings to those phobias listed in the A to Z portion of this book. Additionally, you will find some lesser known phobias and their definitions.

1. Ablutophobia: Fear of washing, bathing, or cleaning
2. Acarophobia: Fear of itching or the insects that cause itching
3. Acerophobia: Fear of sourness or things that are sour
4. Achluophobia: Fear of darkness or the dark
5. Acousticophobia: Fear of noise or sound
6. Acrophobia: Fear of heights
7. Aelurophobia: Fear of cats
8. Aeroacrophobia: Fear of open high places
9. Aeronausiphobia: Fear of vomiting secondary to airsickness
10. Aerophobia: Fear of draft, swallowing air, or air borne noxious substances
11. Agateophobia: Fear of insanity or becoming insane
12. Agliophobia: Fear of pain
13. Agoraphobia: Fear of open spaces (technically, the marketplace)
14. Agraphobia: Fear of sexual abuse
15. Agrizoophobia: Fear of wild animals
16. Agyrophobia: Fear of crossing streets
17. Aichmophobia: Fear of pointed objects
18. Ailurophobia: Fear of cats
19. Albuminurophobia: Fear of kidney disease
20. Alektorophobia: Fear of chickens
21. Alektrophobia: Fear of chickens
22. Algophobia: Fear of pain
23. Algophobia: Fear of garlic
24. Alliumphobia: Fear of opinions or beliefs
25. Altophobia: Fear of dust
26. Amathophobia: Fear of riding in cars
27. Amaxophobia: Fear of walking
28. Amaxophobia: Fear of being or riding in vehicles
29. Amnesiphobia: Fear of amnesia
30. Amychophobia: Fear of scratches or being scratched
31. Anablephobia: Fear of looking up
32. Ancraophobia: Fear of Fresh air
33. Androphobia: Fear of men
34. Anemophobia: Fear of wind or air drafts
35. Anginophobia: Fear of quinsy or other Forms of sore throat
36. Anglophobia: Fear of England, English Culture, or English People

37. Angrophobia: Fear of anger or becoming angry
38. Ankylophobia: dread of stiff or immobile joints
39. Anthophobia: Fear of Flowers
40. Anthropophobia: Fear of people or society
41. Antlophobia: Fear of Floods
42. Anuptaphobia: Fear of staying single
43. Anxiety: Fear of Anxiety
44. Apeirophobia: Fear of infinity
45. Aphenphosmophobia: Fear of being touched
46. Apiophobia: intense Fear of bees
47. Apiphobia: Fear of bees
48. Apotemnophobia: Fear of persons with amputations
49. Arachibutyrophobia: Fear of peanut butter sticking to the roof of the mouth
50. Arachnophobia: Fear of spiders
51. Arithmophobia: Fear of numbers
52. Arsonophobia: Fear of Fire or Flames
53. Asthenophobia: Fear of weakness
54. Asthenophobia: Fear of Fainting or weakness
55. Astraphobia: Fear of thunder and thunderstorms
56. Astrapophobia: Fear of lightning
57. Astrophobia: Fear of stars & celestial space
58. Asymmetriphobia: Fear of asymmetrical things
59. Ataxiophobia: Fear of ataxia (muscular in coordination)
60. Ataxophobia: Fear of disorder or untidiness
61. Ataxophobia: Fear of disorder
62. Atelophobia: Fear of imperfection
63. Atephobia: Fear of ruin
64. Atephobia: Fear of ruin or ruins
65. Athazagoraphobia: Fear of being Forgotten, being ignored, or Forgetting
66. Atomosophobia: Fear of atomic explosions
67. Atychiphobia: Fear of Failure
68. Aulophobia: Fear of Flutes
69. Aurophobia: Fear of gold
70. Auroraphobia: Fear of Northern lights
71. Autodysomophobia: Fear of one that has a vile odor
72. Automatonophobia: Fear of ventriloquist's dummies, animatronic creatures or wax statues
73. Automysophobia: Fear of dirt, especially of being contaminated by dirt
74. Automysophobia: Fear or dislike of being dirty
75. Automysophobia: Fear of being dirty
76. Autophobia: Fear of solitude, being alone, oneself, or being by oneself
77. Aviophobia: Fear of Flying
78. Bacillophobia: Fear of missiles

79. Bacteriophobia: Fear of bacteria
80. Ballistophobia: Fear of missiles or bullets
81. Barophobia: Fear of gravity
82. Basiphobia: Fear of inability to stand or Falling
83. Bathmophobia: Fear of stairs or steep slopes; dislike or Fear of walking
84. Bathophobia: intense dislike of bathing; Fear of depth
85. Batophobia: Fear of heights or being close to high buildings
86. Batophobifear-- Fear of Fresh air
87. Batrachophobia: Fear of amphibians, Frogs, toads, newts, or salamanders
88. Bdellophobia: Fear of leeches
89. Belonephobia: Fear of pins and needles
90. Bibliophobia: Fear of books
- 91.
92. Blenophobia: Fear of slime
93. Body Dysmorphic Disorder: Fear of having ugly or unattractive Features
94. Bogyphobia: dread of demons, goblins, bogies, or the bogeyman
95. Bolshephobia: Fear of Bolsheviks
96. Botanophobia: Fear of plants
97. Bromidrophobia: Fear of bodily odor or bodily smell
98. Brontophobia: Fear of thunder, thunderstorms or lightning.
99. Bufonophobia: Fear of toads
100. Cacophobia: Fear of ugliness or things that are ugly
101. Cainophobia: Fear of newness or novelty
102. Caligynephobia: Fear of beautiful women
103. Cancerophobia: Fear of cancer
104. Carcinomatophobia--fear of cancer
105. Carcinomophobia: Fear of cancer
106. Carcinophobia: Fear of cancer
107. Cardiophobia: Fear of heart disease or of the heart
108. Carnophobia: Fear of meat
109. Catagelophobia: Fear of being ridiculed or ridicule
110. Catapedaphobia: Fear of jumping From high & low places
111. Cathisophobia: Fear or dislike of sitting down
112. Catoptrophobia: Fear of mirrors
113. Celtophobia: intense dislike of Celts
114. Cenophobia -- dislike or Fear of crowds
115. Ceraunophobia: Fear of thunder and lightning
116. Chaetophobia: Fear of hair
117. Cheimaphobia: Fear of cold, ice or Frost
118. Cheimaphobia-- Fear or dislike of cold
119. Cheimatophobia: Fear or dislike of cold

120. Chemophobia: Fear of chemicals or working with chemicals
121. Cherophobia: Fear of gaiety
122. Chinophobia: Fear or dislike of snow
123. Chionophobia: Fear of snow
124. Chiophobia: Fear of hands
125. Cholero-phobia: Fear of cholera or anger
126. Chorophobia: Fear of dancing
127. Chrematophobia: Fear or dislike of wealth or money
128. Chromatophobia: Fear of colors
129. Chrometophobia: Fear or dislike of money
130. Chromophobia: Fear of colors
131. Chronomentrophobia: Fear of clocks
132. Chronophobia: Fear or discomfort concerning time
133. Cibophobia: Fear of Food
134. Claustrophobia: Fear of enclosed spaces, confined, or small spaces
135. Cleisiophobia: Fear of being locked in an enclosed place
136. Cleithrophobia: Fear of being enclosed
137. Cleptophobia: Fear of thieves, or loss through thievery, stealing
138. Climacophobia: Fear of stairs, climbing stairs, or Falling down stairs
139. Clinophobia: Fear or dislike of going to bed
140. Cnidophobia: insect stings, stings or being stung
141. Coimetrophobia: Fear of cemeteries
142. Coitophobia: Fear of sexual intercourse or sex
143. Cometophobia: Fear of comets
144. Coprastasophobia: Fear of constipation
145. Coprophobia: Fear of excrement and Feces
146. Coulrophobia: Fear of clowns
147. Counterphobia: Fear of the preference by a phobic For Fearful situations
148. Cremnophobia: Fear of precipices
149. Cryophobia: Fear of extreme cold, ice, or Frost
150. Crystallophobia: Fear of glass, crystals
151. Cyberphobia: Fear of computers or working on a computer
152. Cyclophobia: Fear of bicycles
153. Cymophobia: Fear of waves or wave-like motion
154. Cynophobia: Fear of dogs, canines, or rabies
155. Cyprianophobia: Fear of prostitutes, venereal disease, or STDs
156. Cypridophobia: Fear of venereal disease
157. Daemonophobia: Fear of demons or daemons
158. Decidophobia: Fear of making decisions
159. Defecaloesiophobia: Fear of painful

- bowels movements
160. Deipnophobia: Fear of dining or dinner conversation
161. Demonophobia: Fear of spirits, demons
162. Demophobia: dislike of crowds
163. Dendrophobia: Fear of trees
164. Dentophobia: Fear of dentists
165. Dermatopathophobia: Fear of skin disease or skin lesions
166. Dermatophobia: Fear of skin disease
167. Dextrophobia: Fear of objects on the right side of the body
168. Diabetophobia: Fear of diabetes
169. Didaskaleinophobia: Fear of going to school
170. Dikephobia: Fear or dislike of justice
171. Dinophobia: Fear of dizziness or whirlpools
172. Diplophobia: Fear of double vision
173. Diplopiaphobia: Fear of double vision
174. Dipsophobia: Fear of drinking
175. Dishabiliophobia: Fear of undressing in front of someone
176. Domatophobia: Fear of being in a house
177. Doraphobia: Fear of contact with animal fur or skin
178. Doxophobia: Fear of expressing opinions or of receiving praise
179. Driving Phobia: Fear of driving a motorized vehicle
180. Dromophobia: Fear of crossing streets
181. Dutchphobia: Fear of the Netherlands, the Dutch, Dutch Culture
182. Dymorphophobia: dread of deformity, usually in others
183. Dystychiphobia: Fear of accidents
184. Earthquakophobia: Fear of earthquakes
185. Ecclesiophobia: Fear or dislike of church
186. Ecophobia: Fear of or aversion to home surroundings
187. Eisoptrophobia: Fear of mirrors or of seeing oneself in a mirror
188. Electrophobia: Fear of electricity
189. Eleutherophobia: Fear of Freedom
190. Elurophobia: Fear of cats
191. Emetophobia: Fear of vomiting or throwing up
192. Enetophobia: Fear of needles or pins
193. Enissophobia: Fear of having committed an unpardonable sin or criticism
194. Entomophobia: Fear of insects or bugs
195. Eosophobia: Fear of dawn or daylight
196. Epehebiphobia: Fear of teenagers
197. Epistaxiophobia: Fear of nosebleeds
198. Epistemophobia: Fear of knowledge

199. Equinophobia: Fear of horses
200. Eremophobia: Fear of being oneself or loneliness
201. Ereuthophobia: Fear of red lights, blushing, or the color red
202. Ergasiophobia: Fear of work, Functioning, or Surgeon's operating
203. Ergophobia: Fear of work
204. Erotophobia: Fear of sexual Feelings, sexual questions, physical expression
205. Euphobia: Fear of hearing good news
206. Eurotophobia: Fear of the color red; Fear of blushing
207. Febriphobia: Fear of Fever
208. Francophobia: Fear of France, French people, or French culture
209. Frigophobia: Fear of cold or cold things
210. Galeophobia: Fear of sharks
211. Gametophobia: Fear or dislike of marriage
212. Gamophobia: Fear of marriage
213. Geliophobia: Fear of laughter
214. Geniophobia: Fear of chins
215. Genuphobia: Fear of knees
216. Gephydrophobia: Fear of crossing bridges
217. Gerascophobia: Fear of growing old or old people
218. Gerascophobia: Fear of growing old
219. Germanophobia: Fear of Germany, German People, or German culture
220. Geumaphobia: Fear of taste
221. Geumophobia: Fear or dislike of smells, tastes or Flavors
222. Globophobia: Fear of balloons
223. Glossophobia: Fear of speaking in public or trying to speak
224. Graphophobia: Fear of writing or handwriting
225. Gymnophobia: Fear of nudity
226. Gynephobia,: Fear or hatred of women
227. Gynophobia: Fear or hatred of women
228. Hadeophobia: Fear of hell
229. Hadeophobia: Fear of hell
230. Haemaphobia: Fear of the sight of blood
231. Hagiophobia: Fear of saints or holy things
232. Hamartophobia: Fear of error or sin
233. Haphophobia,: Fear of touch
234. Haptophobia: Fear of touch
235. Harpaxophobia: Fear of robbers or being robbed
236. Hedonophobia: Fear of pleasure or Feeling pleasure
237. Heliophobia: Fear of sunlight; abnormal sensitivity to the effects of sunlight
238. Hellenologophobia: Fear of Greek terms or complex scientific terminology

239. Helminthophobia: Fear of being infested with worms
240. Hemaphobia: Fear of blood or the sight of blood
241. Hemophobia: Fear of the sight of blood
242. Hereiophobia: Fear of challenges to official doctrine or of radical deviation
243. Herpetophobia: Fear of reptiles or creepy, crawly things
244. Heterophobia: Fear of the opposite sex
245. Hierophobia: Fear or dislike of sacred objects, Fear of priests
246. Hippophobia: Fear of horses
247. Hippopotomonstrosesquippedaliophobia: Fear of long words
248. Hobophobia: Fear of bums or beggars
249. Hodophobia: Fear or dislike of travel especially road travel
250. Homichlophobia: Fear of Fog
251. Homilophobia: hatred of sermons
252. Homophobia: Fear of sameness, monotony, homosexuality, or becoming homosexual
253. Hoplophobia: Fear of Firearms
254. Hormephobia: Fear of shock
255. Hyalophobia: Fear of glass
256. Hydrargyrophobia: Fear of mercurial medicines
257. Hydrophobia: Fear of water
258. Hydrophobophobia: Fear of rabies
259. Hydrophophobia: Fear of rabies
260. Hygrophobia: Fear of liquids in any form especially wine, water dampness, or moisture
261. Hylephobia: Fear of materialism or epilepsy
262. Hylephobia: dislike For wood or woods
263. Hypegiaphobia: Fear of responsibility
264. Hypengyophobia: Fear of responsibility
265. Hypnophobia: Fear of sleep or being hypnotized
266. Hypsophobia: Fear of Fresh air
267. Iatrophobia: Fear of doctors or going to the doctor
268. Ichthyophobia: Fear of Fish
269. Ideophobia: Fear of ideas
270. Illyngophobia: Fear of vertigo or Feeling dizzy when looking down
271. Insomnia: Fear of Inability to Sleep
272. Iophobia: Fear of poisons
273. Isopterophobia: Fear of termites, insects that eat wood
274. Japanophobia: Fear of Japanese
275. Judeophobia: Fear of Jewish People
276. Kakorrhaphiophobia: Fear of Failure or defeat
277. Katagelophobia: Fear or dislike of ridicule
278. Kenophobia: Fear of voids or empty

- spaces
279. Kenophobia: Fear of crowds
280. Keraunophobia: Fear of thunder and thunderstorms
281. Kinesophobia: Fear of movement or motion
282. Kinetophobia: Fear or dislike of motion
283. Kleptophobia: Fear of thieves or loss through thievery
284. Koinoniphobia: Fear of rooms
285. Kolpophobia: Fear of genitals, particularly Female
286. Koniophobia: Fear of dust
287. Kopophobia: Fear of Fatigue
288. Kopophobia: Fear of mental or physical examination
289. Kosmikophobia: Fear of cosmic phenomenon
290. Kynophobia: Fear of rabies
291. Kyphophobia: Fear of stooping
292. Lachanophobia: Fear of vegetables
293. Lachanophobia: Fear of vegetables
294. Laliophobia: Fear of talking
295. Lalophobia: Fear of speaking
296. Lepraphobia: Fear of leprosy
297. Leukophobia: Fear of the color white
298. Levophobia: Fear of objects on the left side of the body
299. Ligyrophobia: Fear of loud noises
300. Lilapsophobia: Fear of tornado or hurricanes
301. Limnophobia: Fear of lakes
302. Linonophobia: Fear of string
303. Liticaphobia: Fear of lawsuits
304. Lockiophobia: Fear of childbirth
305. Logizomechanophobia: Fear of computers
306. Logophobia: Fear or dislike of words
307. Luiphobia: Fear of lues or syphilis
308. Lunaphobia: Fear of the moon
309. Lutraphobia: Fear of otters
310. Lyssophobia: Fear of becoming insane
311. Macrophobia: Fear of long waits
312. Mageirocophobia: Fear of cooking
313. Malaxophobia: Fear of love play
314. Maniaphobia: Fear of insanity
315. Mastigophobia: Fear of punishment
316. Mechanophobia: aversion to or Fear of machinery
317. Mechanophobia: Fear of machines
318. Medomalacuphobia: Fear of losing an erection
319. Medorthophobia: Fear of an erect penis
320. Megalophobia: Fear of large things
321. Melanophobia: Fear of the color black
322. Melophobia: Fear of music
323. Meningitophobia: Fear of brain disease
324. Menophobia: Fear of menstruation
325. Merinthophobia: Fear of being bound or tied up
326. Metallophobia: Fear of metals

327. Metathesiophobia: Fear of changes
328. Meteorophobia: Fear of meteors or meteorites
329. Metrophobia: Fear of poetry
330. Microbiophobia: Fear of microorganisms or germs
331. Microphobia: Fear of small things
332. Misanthropy: a hatred of mankind; pessimistic distrust of human nature expressed in thought and behavior
333. Misogyny: extreme dislike of Females
334. Misophobia: Fear of dirt, especially of being contaminated by dirt.
335. Misosophy: hatred of wisdom
336. Mnemophobia: Fear of memories
337. Molysomophobia: Fear of infection
338. Monopathophobia: Fear of sickness in a specific part of the body
339. Monophobia: Fear of one thing
340. Motorphobia: Fear of automobiles
341. Mottephobia: Fear of moths
342. Murophobia: Fear of mice
343. Musicophobia: dislike of music
344. Musophobia: Fear of mice
345. Mycophobia: Fear or aversion to mushrooms
346. Myrmecophobia: Fear of ants
347. Mythophobia: Fear of myths, stories, or False statements
348. Myxophobia: Fear or dislike of slime
349. Necrophobia: Fear of death or dead things
350. Neopharmaphobia: Fear of new drugs
351. Neophobia: Fear of new things
352. Nephophobia: Fear of clouds
353. Noctiphobia: Fear of the night
354. Nomatophobia: Fear of names
355. Nosocomephobia: Fear of hospitals
356. Nosophobia: Fear of becoming ill
357. Nostophobia: Fear of returning home
358. Novercaphobia: Fear of your step-mother
359. Nucleomituphobia: Fear of nuclear weapons
360. Nudophobia: Fear of nudity or nakedness
- 361.
362. Numerophobia: Fear of numbers
363. Nyctophobia: Fear of darkness or the night
364. Nyctohylophobia: Fear of dark wooded areas or Forests at night
365. Obesophobia: Fear of gaining weight
366. Ochlophobia: Fear of crowds or mobs
367. Ochophobia: Fear of vehicles
368. Octophobia: Fear of the Figure 8
369. Odontophobia: Fear of teeth or dental surgery
370. Odynophobia--fear of pain
371. Oecophobia: Fear of or aversion to home surroundings
372. Oenophobia: Fear of wines
373. Oenophobia: dislike of or hatred For

- wine
374. Oikophobia: Fear of or aversion to home surroundings
375. Oinophobia: dislike of or hatred For wine
376. Olfactophobia: Fear or dislike of smells
377. Ombrophobia: Fear of rain or of being rained on
378. Ommetaphobia: Fear of eyes
379. Oneirogmophobia: Fear of wet dreams
380. Oneirophobia: Fear of dreams
381. Onomatophobia: Fear of hearing a certain word or of names
382. Ophidiophobia: Fear of snakes
383. Ophthalmophobia: Fear of being stared at
384. Opiophobia: Fear of medical doctors experience of prescribing needed pain medications For patients
385. Optophobia: Fear of opening one's eyes
386. Ornithophobia: Fear of birds
387. Orthophobia: Fear of property
388. Ostracophobia: Fear of shellfish
389. Ouranophobia: Fear of heaven
390. Pagophobia: Fear of ice or Frost
391. Panophobia: Fear of everything
392. Panphobia, Pantophobia: a nonspecific Fear; a state of general anxiety; Fear of everything
393. Panthophobia: Fear of suffering or disease
394. Papaphobia: Fear or dislike of the pope or the papacy
395. Papyrophobia: Fear of paper
396. Paralipophobia: Fear of neglecting duty or neglecting responsibility
397. Paraphobia: Fear of sexual perversion
398. Parasitophobia: Fear of parasites
399. Paraskavedekatriaphobia: Fear of Friday the 13th
400. Parthenophobia: Fear of virgins or young girls
401. Pathophobia: Fear of disease
402. Patroiophobia: Fear of heredity
403. Peccatiphobia: Fear of sinning
404. Peccatophobia: Fear of sinning
405. Pediculophobia: Fear of lice
406. Pediophobia: Fear of dolls
407. Pedophobia: Fear or dislike of children
408. Peladophobia: Fear of bald people
409. Peladophobia: dread of baldness
410. Pellagrophobia: Fear of pellagra
411. Peniaphobia: Fear of poverty
412. Pentheraphobia: Fear of mother-in-law
413. Phagophobia: Fear of swallowing or eating Food
414. Phalacrophia: Fear of becoming bald
415. Phamophobia--fear of specters or phantoms

416. Pharmacophobia: Fear of taking medicine or drugs
417. Phasmophobia: Fear of ghosts
418. Phengophobia: Fear of daylight or sunshine
419. Phenophobia: Fear of daylight
420. Philemaphobia: Fear of kissing
421. Philophobia: Fear of love or of Falling in love
422. Philophobia: Fear of Falling in love or being in love
423. Philosophobia: Fear or dislike of philosophy or philosophers
424. Phobophobia: Fear of
425. Phobophobia: Fear of phobias or Fear itself
426. Phonemophobia: Fear of thinking
427. Phonophobia: Fear of noises, voices, one's own voice, or telephones
428. Photalgiophobia: Fear of photalgia, pain in the eyes caused by light
429. Photoaugliaphobia: Fear of glaring lights
430. Photophobia: Fear of light
431. Phronemophobia: Fear of thinking
432. Phthysiophobia: Fear of tuberculosis
433. Placophobia: Fear of tombstones
434. Plutophobia: Fear of wealth
435. Pneumatophobia: Fear of incorporeal beings, spirits, specters or phantoms
436. Pnigerophobia: Fear of choking or of being smothered
437. Pnigophobia: Fear of choking or smothering
438. Pogonophobia: Fear or dislike of beards
439. Poinophobia: Fear of punishment
440. Poliosophobia: Fear of contracting poliomyelitis
441. Politicophobia: dislike or Fear of politicians
442. Polyphobia: Fear of many things
443. Polyphobia: Fear of many things
444. Ponophobia: Fear of Fatigue or of pain, especially through overworking
445. Porphyrophobia: Fear of the color purple
446. Potamophobia: Fear of rivers or running water
447. Potophobia: Fear of alcohol or drinks
448. Proctophobia: Fear of rectums
449. Prosophobia: Fear of progress
450. Psellismophobia: Fear of stuttering
451. Psychophobia: Fear of the mind
452. Psychrophobia: Fear of the cold
453. Pteromerhanophobia: Fear of Flying
454. Pteronophobia: Fear of Feathers
455. Pteronophobia: Fear of being tickled by Feathers
456. Pupaphobia: Fear of puppets
457. Pyrexiphobia: Fear of Fever
458. Pyrophobia: Fear of Fire
459. Radiophobia: Fear of radiation or x-rays

460. Ranidaphobia: Fear of Frogs
461. Rectophobia: Fear of rectums or rectal diseases
462. Rhabdophobia: Fear of being beaten
463. Rhabdophobia: Fear of being severely punished, beaten by a rod, or severely criticized; Fear of magic
464. Rhyphobia: Fear of Filth, defecation
465. Rhytophobia: Fear of getting wrinkles
466. Rupophobia: Fear of dirt
467. Russophobia: Fear of Russians
468. Samhainophobia: Fear of Halloween
469. Satanophobia: Fear of Satan or The Devil
470. Scabiophobia: Fear of scabies
471. Scelerophobia: Fear of bad men or burglars
472. Sciaphobia: Fear of shadows
473. Sciophobia: Fear of shadows
474. Scoleciphobia: Fear of worms
475. Scolionophobia: Fear of school
476. Scopophobia: Fear of being seen or stared at
477. Scopophobia: Fear of being looked at
478. Scoptophobia: Fear of blindness in visual Field
479. Scotophobia: Fear of darkness or the night
480. Scriptophobia: Fear of writing in public
481. Selachophobia: Fear of sharks
482. Selaphobia: Fear of light Flashes
483. Selenophobia: Fear of the moon
484. Seplophobia: Fear of decaying matter
485. Sesquipedalophobia: fear of long words
486. Siderodromophobia: Fear of trains, railroads, or train travel
487. Siderophobia: Fear of stars
488. Sinistrophobia: Fear of things to the left or left-handed
489. Sinophobia: Fear of China, Chinese, or Chinese culture
490. Sitiophobia: Fear of Food or eating
491. Soceraphobia: Fear of parents-in-law
492. Social Phobia: Fear of social situations
493. Sociophobia: Fear of society or people in general
494. Solophobia: Fear of sunlight; abnormal sensitivity to the effects of sunlight
495. Somniphobia: Fear of sleep
496. Sophophobia: Fear of learning
497. Soteriophobia: Fear of dependence on others
498. Spacephobia: Fear of outer space
499. Specrophobia: Fear of specters or phantoms
500. Spectrophobia: Fear of specters or ghosts
501. Spermatophobia: Fear of loss of

- semen
502. Spheksophobia: Fear of wasps
503. Stasibasiphobia: Fear of standing or walking
504. Stasibphobia: Fear or standing or walking; conviction that one cannot stand or walk
505. Statue Phobia: Fear of statues or effigies
506. Staurophobia: Fear of crosses or the crucifix
507. Stenophobia: Fear of narrow things or places
508. Stygiophobia: Fear of hell
509. Sychrophobia--fear or dislike of cold
510. Symbolophobia: Fear of symbolism
511. Symmetrophobia: Fear or dislike of symmetry
512. Syngenesophobia: Fear of relatives
513. Tabophobia: Fear of a wasting sickness
514. Tachophobia: Fear of speed
515. Taeniophobia: Fear of tapeworms
516. Taphephobia: Fear of being buried alive or cemeteries
517. Tapinophobia: Fear of being contagious
518. Tapinophobia: Fear of small things
519. Taurophobia: Fear of bulls
520. Technophobia: Fear of technology or computers
521. Teleophobia: Fear of definite plans or Religious ceremony
522. Telephonophobia: Fear of the telephone
523. Teratophobia: Fear of monster or of
524. Teratophobia: Fear of bearing a deformed child, monsters, deformed people, or giving birth to a monster
525. Testophobia: Fear of taking tests
526. Tetanophobia: Fear of lockjaw or tetanus
527. Textophobia: Fear of certain Fabrics
528. Thaasophobia: Fear or dislike of being idle
529. Thalassophobia: Fear of the sea or the ocean
530. Thanatophobia: Fear of death, dying, being buried, cremation, or entombment
531. Theatrophobia: Fear of theaters
532. Theologicophobia: Fear of theology
533. Theophobia: Fear of gods or religion
534. Thermophobia: Fear or dislike of heat
535. Thermophobia: Fear of Fever
536. Thixophobia: Fear of touch
537. Tocophobia: Fear of pregnancy or childbirth
538. Tokophobia: Fear of childbirth
539. Tomophobia: Fear of surgery or surgical operations
540. Topophobia: Fear of Fear of certain places or situations
541. Toxicophobia: Fear of poison or being accidently poisoned

542. Traumatophobia: excessive or disabling Fear of war or physical injury
543. Tremophobia: Fear of trembling
544. Trichinophobia: Fear of trichinosis
545. Trichopathophobia: Fear of hair
546. Trichophobia: Fear of hair
547. Triskaidekaphobia: Fear of the number 13
548. Tropophobia: Fear of moving or making changes
549. Trypanophobia: Fear of injections
550. Tyrannophobia: Fear or hatred of tyrants
551. Urophobia: Fear of urine or urinating
552. Vaccinophobia: Fear of vaccines and vaccination
553. Venereophobia: Fear of venereal disease
554. Venustraphobia: Fear of beautiful women
555. Verminophobia: Fear of germs
556. Vermiphobia: Fear of worms
557. Vestiphobia: Fear of clothing
558. Virginitiphobia: Fear of rape
559. Vitricophobia: Fear of step-father's
561. Walloonphobia: Fear of the Walloons
562. Wiccaphobia: Fear of witches & witchcraft
563. Xanthophobia: Fear of the color yellow or the word yellow
564. Xenoglossophobia: Fear of Foreign languages
565. Xenophobia: Fear or hatred of Foreigners and strange things
566. Xerophobia: Fear of dryness and dry places, like deserts
567. Xylophobia: Fear of wood, wooden objects, or Forests
568. Xyrophobia: Fear of razors
569. Zelophobia: Fear of jealousy
570. Zemmiphobia: Fear of the great mole rat
571. Zeusophobia: Fear of God or gods
572. Zoophobia: Fear of animals

Websites

The following is a list of websites to assist you in dealing with problems relating to anxiety disorders. Should you desire more information I recommend you go to your search engine and type: Anxiety and phobias.

NMHA MHIC Factsheet: Anxiety Disorders - Phobias

www.nmha.org/infoctr/factsheets

Anxiety & Phobias - Help is at Hand

www.rcpsych.ac.uk/info/help/anxiety/index.asp

What is Anxiety? Anxiety, Panic, Phobias Site

www.healthyplace.com/communities/anxiety/williams/

Dr. Grohol's Psych Central - Anxiety: Specific Phobias

www.psychcentral.com/disorders/anxiety/phobias.html

Anxiety, Phobias, Introduction, different types, Holisticonline. ...

www.holistic-online.com/Remedies/Anxiety/anx_phobias

Actualizations Topics: Phobias

www.actualizations.com/phobias.htm

The Anxiety Network International Bookstore

www.anxietynetwork.com/bookstore.html

Health Library -

12.42.224.152/Library/HealthGuide/SelfHelp/topic.asp?hwid=shc36

Coping With Anxiety, Fears, and Phobias

kidshealth.org/parent/emotions/feelings/anxiety.html

Phobic Disorders

omni.ac.uk/browse/mesh/C0349231L0031573.html

Nutrition and the Mind: Anxiety And Affective Disorders

www.garynull.com/Documents/Nutrition&Mind/nutrition&mind-2.htm

Fears & Phobias

www.trocaire.edu/library/anxiety_disorders_%20fears_and_phobias.htm