

TABLE 8.10 Clinical Features of Specific Phobia Types

TYPES				
PHOBIA FEATURES	ANIMAL PHOBIA	NATURAL ENVIRONMENT	SITUATION PHOBIA	B-I-I PHOBIA
Prevalence	3.3–5.7%	4.9–11.6%	5.2–8.4%	3.2–4.5%
Onset	6.3–9.2 years	6.5–13.6 years	13.4–21.8 years	5.5–9.4 years
Gender ratio	Female > male	Female > male, most common type among males	Female > male	Mixed findings
Impairment			Seeking professional help, medication, interference with daily and social life	
Focus of fear	Disgust, revulsion	Danger of harm	Danger of harm	Physical symptoms (fainting), disgust, revulsion
Physiological fear response	Activation of dorsal anterior cingulated cortex, anterior insula			Vasovagal fainting, activation of bilateral occipito-parietal cortex and thalamus
Comorbidity	Depression	Depression, heights phobia in women→anxiety disorders	Affective disorders, childhood-onset disorders, substance use disorders, panic attacks	Marijuana abuse, depression, panic disorder, OCD, AG, SAD, among diabetics→peripheral vascular disease, cardiovascular disease
Risk factors	Experiential, genetic			Women, low education

Note: B-I-I = blood–injection–injury.
Source: LeBeau et al. (2010, p. 151).