

Specific or Social Phobia

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Both of these types of phobia are marked by persistent, intense fear. Specific phobias are centered on specific objects or situations, such as flying, heights, animals, insects, etc. A social phobia brings on fear of being exposed to social or performance situations in which the person dreads being scrutinized by unfamiliar people. The symptoms are the same as those of the Generalized Anxiety Disorder.

Research on Social Phobia indicates that it may occur in adolescence, associated with parental over-protectiveness. Females and males are equally affected. About 7% of the general population suffer from some phobia, and this is not connected with a history of family mental illness or a history of having the same phobia within the immediate family.

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