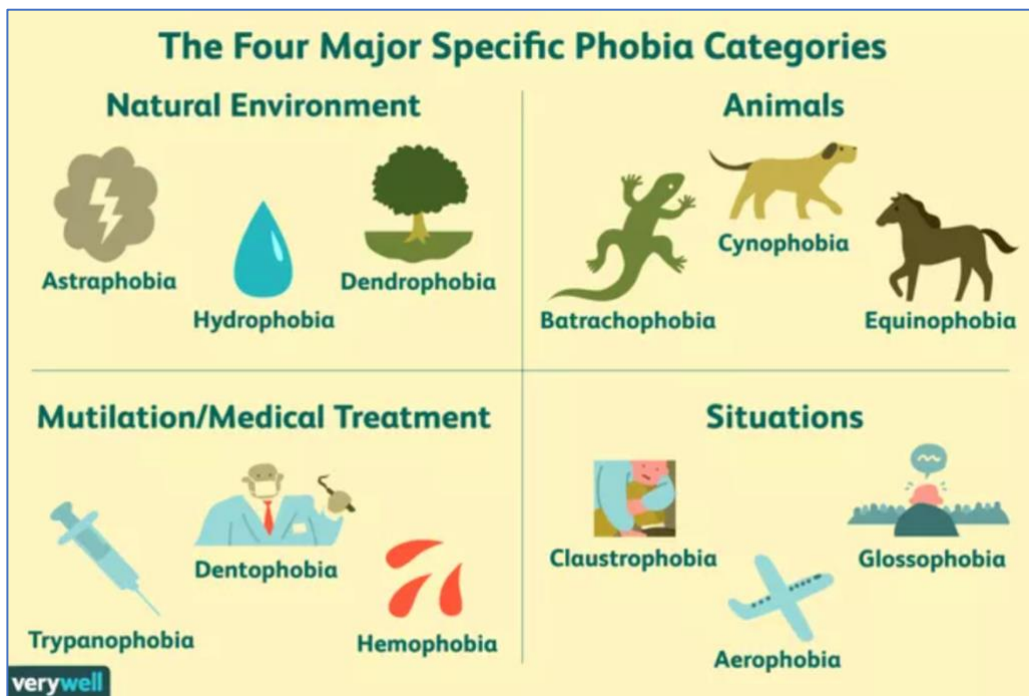


List of Phobias: The Most Common Phobias From A to Z

<https://www.verywellmind.com/list-of-phobias-2795453>

Phobias are one of the most common mental illnesses in the United States. According to the National Institute of Mental Health (NIH), approximately 12.5% of adults in the U.S. will deal with a specific phobia in their lifetime.¹ Women are more likely to experience phobias than men. Typical symptoms of phobias can include nausea, trembling, rapid heartbeat, feelings of unreality, and being preoccupied with the fear object.

The American Psychiatric Association (APA) identifies three different categories of phobias: social phobias, agoraphobia, and specific phobias. When people talk about having a phobia of a specific object such as snakes, spiders, or needles, they are referring to a specific phobia.



While not comprehensive, this list of phobias offers a glimpse of the many phobias that can have a serious impact on a person's life. As you may notice while you browse through this list, most specific phobias fall into one of four major categories:

- Fears of the natural environment
- Fears related to animals
- Fear related to medical treatments or issues
- Fears related to specific situations

One important thing to remember is that virtually any object can become a fear object. The names of specific phobias are often formed as nonce words, or words coined for a single occasion only.

These names themselves are often formed by taking a Greek prefix that represents the fear object and adding the -phobia suffix. Because of this, any attempt at a completely exhaustive list of phobias would be a futile exercise. Any list of phobias could grow with the addition of newly coined terms for previously unnamed specific phobias.

A–Z List of Some of the More Common Phobias

A

Achluophobia: Fear of darkness
Acrophobia: Fear of heights
Aerophobia: Fear of flying
Algophobia: Fear of pain
Agoraphobia: Fear of open spaces or crowds
Aichmophobia: Fear of needles or pointed objects
Amaxophobia: Fear of riding in a car
Androphobia: Fear of men
Anginophobia: Fear of angina or choking
Anthrophobia: Fear of flowers
Anthropophobia: Fear of people or society
Aphenphosmophobia: Fear of being touched
Arachibutyrophobia: Fear of peanut butter
Arachnophobia: Fear of spiders
Arithmophobia: Fear of numbers
Astraphobia: Fear of thunder and lightning
Ataxophobia: Fear of disorder or untidiness
Atelophobia: Fear of imperfection
Atychiphobia: Fear of failure
Automatonophobia: Fear of human-like figures
Autophobia: Fear of being alone

B

Bacteriophobia: Fear of bacteria
Barophobia: Fear of gravity
Bathmophobia: Fear of stairs or steep slopes
Batrachophobia: Fear of amphibians
Belonephobia: Fear of pins and needles
Bibliophobia: Fear of books
Botanophobia: Fear of plants

C

Cacophobia: Fear of ugliness
Catagelophobia: Fear of being ridiculed
Catoptrophobia: Fear of mirrors
Chionophobia: Fear of snow
Chromophobia: Fear of colors
Chronomentrophobia: Fear of clocks
Chronophobia: Fear of time
Claustrophobia: Fear of confined spaces
Coulrophobia: Fear of clowns
Cyberphobia: Fear of computers
Cynophobia: Fear of dogs

D

I

Iatrophobia: Fear of doctors
Insectophobia: Fear of insects

K

Koinoniphobia: Fear of rooms
Koumpounophobia: Fear of buttons

L

Leukophobia: Fear of the color white
Lilapsophobia: Fear of tornadoes and hurricanes
Lockiophobia: Fear of childbirth

M

Mageirocophobia: Fear of cooking
Megalophobia: Fear of large things
Melanophobia: Fear of the color black
Microphobia: Fear of small things
Mysophobia: Fear of dirt and germs

N

Necrophobia: Fear of death or dead things
Noctiphobia: Fear of the night
Nosocomophobia: Fear of hospitals
Nyctophobia: Fear of the dark

O

Obesophobia: Fear of gaining weight
Octophobia: Fear of the figure 8
Ombrophobia: Fear of rain
Ophidiophobia: Fear of snakes
Ornithophobia: Fear of birds

P

Papyrophobia: Fear of paper
Pathophobia: Fear of disease
Pedophobia: Fear of children
Philematophobia: Fear of kissing
Philophobia: Fear of love
Phobophobia: Fear of phobias
Podophobia: Fear of feet
Porphyrophobia: Fear of the color purple
Pteridophobia: Fear of ferns
Pteromerhanophobia: Fear of flying
Pyrophobia: Fear of fire

Dendrophobia: Fear of trees
Dentophobia: Fear of dentists
Domatophobia: Fear of houses
Dystychiphobia: Fear of accidents

E

Ecophobia: Fear of the home
Elurophobia: Fear of cats
Entomophobia: Fear of insects
Ephebiphobia: Fear of teenagers
Equinophobia: Fear of horses

G

Gamophobia: Fear of marriage
Genophobia: Fear of knees
Glossophobia: Fear of speaking in public
Gynophobia: Fear of women

H

Haphophobia: Fear of touch
Heliophobia: Fear of the sun
Hemophobia: Fear of blood
Herpetophobia: Fear of reptiles
Hippopotomonstrosesquipedaliophobia: Fear of long words
Hydrophobia: Fear of water
Hypochondria: Fear of illness

S

Samhainophobia: Fear of Halloween
Scolionophobia: Fear of school
Scoptophobia: Fear of being stared at
Selenophobia: Fear of the moon
Sociophobia: Fear of social evaluation
Somniphobia: Fear of sleep

T

Tachophobia: Fear of speed
Technophobia: Fear of technology
Tonitrophobia: Fear of thunder
Trypanophobia: Fear of needles/injections
Trypophobia: Fear of holes

V-Z

Venustraphobia: Fear of beautiful women
Verminophobia: Fear of germs
Wiccaphobia: Fear of witches and witchcraft
Xenophobia: Fear of strangers or foreigners
Zoophobia: Fear of animals