

# **PHOBIA , PTSD and OCD**

## INTRODUCTION

- Anxiety is a state that has many effects. It influences cognition and tends to produce distortions of perceptions. It is differentiated from fear which is an appropriate response to a known threat.

## CLASSIFICATION

- Panic disorder with or without Agoraphobia
- Agoraphobia without history of panic disorder
- Generalized anxiety disorder
- Specific phobia
- Social phobia
- Obsessive Compulsive Disorder
- Posttraumatic and acute stress disorders
- Anxiety disorders due to general medical conditions
- Substance induced anxiety disorder
- Mixed anxiety –depressive disorder
- Anxiety disorder not otherwise specified

## PHOBIA

- Phobia is defined as the irrational fear of a specific object , situation or activity often leading to conscious persistent avoidance of the feared object ,situation or activity.

## Important features

- Two important features characterize phobic disorders:
- The person avoids the circumstances that provoke anxiety
- They experience anticipatory anxiety when there is prospect of encountering these circumstances.

# CLASSIFICATION OF PHOBIC DISORDERS

- In DSM-IV and ICD 10 ,phobic disorders are divided into specific phobia ,social phobia and agoraphobia.
- In DSM-IV not in ICD 10, agoraphobic patients who have regular panic attacks(more than 4 attacks in 4 weeks or one attack followed by one month of persistent fear of having another) are classified as having panic disorder.

## **SPECIFIC PHOBIA**

- It is a strong , persistant fear of an object or situation .Person with specific phobia may anticipate harm ,such as being bitten by the dog or may panic at the thought of losing control ,may worry about fainting after the door closes.

## Epidemiology

- More common than social phobia.
- Most common mental disorder in among women and second most common in men.



- The phobic situation(s) is avoided or else is endured with intense anxiety and distress.
- The avoidance ,anxious anticipation or distress in the feared situation(s) interferes significantly with the persons' normal routine ,occupational ,(academic functioning ) or social activities or relationships or there is marked distress about having the phobia.

## Comorbidity

- Comorbidity ranges from 50-80%
- Common comorbidities include:
- Anxiety disorder
- Mood disorder
- Substance related disorder.

## References

- <https://www.verywellmind.com/trauma-ptsd-and-ocd-2797>
- <https://www.verywellmind.com/trauma-ptsd-and-ocd-2797516>