

100-Question Multiple-Choice Quiz About Phobias

1. What is a phobia?

- A. A temporary mood change
- B. An intense and irrational fear of a specific object or situation
- C. A physical injury
- D. A type of personality trait

2. Which of the following is considered a specific phobia?

- A. Depression
- B. Arachnophobia
- C. Bipolar disorder
- D. Schizophrenia

3. What does acrophobia refer to?

- A. Fear of water
- B. Fear of enclosed spaces
- C. Fear of heights
- D. Fear of dogs

Answer: C. Fear of heights

4. Which phobia is the fear of flying?

- A. Aviophobia
- B. Cynophobia
- C. Claustrophobia
- D. Agoraphobia

5. What is claustrophobia?

- A. Fear of storms
- B. Fear of crowded places
- C. Fear of enclosed spaces
- D. Fear of insects

6. Which type of phobia involves fear of social situations?

- A. Social anxiety disorder
- B. Acrophobia
- C. Nyctophobia
- D. Zoophobia

7. Agoraphobia is commonly associated with fear of:

- A. Fire
- B. Open or difficult-to-escape places
- C. Animals
- D. Germs

8. Which symptom is common during a phobic reaction?

- A. Slowed heartbeat
- B. Euphoria
- C. Rapid breathing
- D. Increased appetite

9. Cynophobia is the fear of:

- A. Cats
- B. Dogs
- C. Birds
- D. Snakes

10. Which therapy is most commonly used to treat phobias?

- A. Exposure therapy
- B. Chemotherapy
- C. Dialysis
- D. Radiation therapy

11. What is arachnophobia?

- A. Fear of darkness
- B. Fear of spiders

- C. Fear of water
- D. Fear of crowds

12. Which of the following is a physical symptom of a phobia?

- A. Fever
- B. Sweating
- C. Rash
- D. Paralysis

13. Nyctophobia is the fear of:

- A. Night or darkness
- B. Thunder
- C. Water
- D. Needles

14. Which phobia involves fear of needles?

- A. Hemophobia
- B. Trypanophobia
- C. Mysophobia
- D. Thanatophobia

15. What is mysophobia?

- A. Fear of germs or contamination
- B. Fear of mirrors
- C. Fear of heights
- D. Fear of sleep

16. Which brain structure is strongly linked to fear responses?

- A. Cerebellum
- B. Amygdala
- C. Medulla
- D. Hippocampus

17. Thanatophobia is the fear of:

- A. Death
- B. Water
- C. Thunder
- D. Animals

18. Which medication may sometimes help manage phobia symptoms?

- A. Antibiotics
- B. Antihistamines
- C. Anti-anxiety medications
- D. Insulin

19. Hemophobia is fear of:

- A. Blood
- B. Fire
- C. Crowds
- D. Dogs

20. Which age group commonly develops phobias?

- A. Only elderly adults
- B. Only teenagers
- C. Often during childhood
- D. Only infants

21. What is ophidiophobia?

- A. Fear of snakes
- B. Fear of insects
- C. Fear of birds
- D. Fear of fish

22. Which behavior is common in phobias?

- A. Avoidance
- B. Increased appetite

- C. Hyperactivity
- D. Sleepwalking

23. Glossophobia is fear of:

- A. Reading
- B. Writing
- C. Public speaking
- D. Heights

24. Which statement about phobias is true?

- A. They are always rational
- B. They can interfere with daily life
- C. They never require treatment
- D. They only affect children

25. Zoophobia refers to fear of:

- A. Animals
- B. Heights
- C. Illness
- D. Darkness

26. Which therapy helps challenge irrational thoughts?

- A. Cognitive behavioral therapy
- B. Surgery
- C. Physical therapy
- D. Occupational therapy

27. What is trypophobia?

- A. Fear of travel
- B. Fear of clusters of holes or patterns
- C. Fear of birds
- D. Fear of mirrors

28. Which of these is an environmental phobia?

- A. Fear of thunderstorms
- B. Fear of books
- C. Fear of clocks
- D. Fear of colors

29. Fear of thunder and lightning is called:

- A. Astraphobia
- B. Acrophobia
- C. Claustrophobia
- D. Hydrophobia

30. Which of the following is NOT a common treatment for phobias?

- A. Exposure therapy
- B. CBT
- C. Relaxation techniques
- D. Chemotherapy

31. Hydrophobia is fear of:

- A. Water
- B. Fire
- C. Heights
- D. Darkness

32. Which hormone is associated with the fight-or-flight response?

- A. Insulin
- B. Adrenaline
- C. Melatonin
- D. Estrogen

33. What is emetophobia?

- A. Fear of vomiting
- B. Fear of blood
- C. Fear of darkness

D. Fear of flying

34. Which of the following can contribute to developing a phobia?

A. Traumatic experiences

B. Genetics

C. Learned behavior

D. All of the above

35. Necrophobia is fear of:

A. Sleep

B. Death or dead things

C. Needles

D. Dogs

36. Which relaxation method may help manage phobias?

A. Deep breathing

B. Smoking

C. Overeating

D. Sleep deprivation

37. Entomophobia is fear of:

A. Insects

B. Heights

C. Water

D. Fire

38. A panic attack during a phobic episode may include:

A. Chest tightness

B. Dizziness

C. Trembling

D. All of the above

39. Which phobia is fear of confined spaces?

- A. Agoraphobia
- B. Claustrophobia
- C. Acrophobia
- D. Arachnophobia

40. Exposure therapy works by:

- A. Increasing avoidance
- B. Gradually reducing fear responses
- C. Eliminating memories
- D. Changing genetics

41. Coulrophobia is fear of:

- A. Clowns
- B. Cars
- C. Cats
- D. Clocks

42. Which phobia involves fear of germs?

- A. Mysophobia
- B. Acrophobia
- C. Zoophobia
- D. Aerophobia

43. Fear of dentists is known as:

- A. Dentophobia
- B. Hemophobia
- C. Nomophobia
- D. Chronophobia

44. Which lifestyle habit may help reduce anxiety symptoms?

- A. Regular exercise
- B. Excess caffeine
- C. Sleep deprivation
- D. Skipping meals

45. Nomophobia refers to fear of:

- A. Being without a mobile phone
- B. Heights
- C. Dogs
- D. Water

46. Which phobia is fear of germs and dirt?

- A. Mysophobia
- B. Ophidiophobia
- C. Astraphobia
- D. Cynophobia

47. Aerophobia is fear of:

- A. Airplanes or flying
- B. Darkness
- C. Thunder
- D. Snakes

48. Which professional commonly treats phobias?

- A. Psychologist
- B. Mechanic
- C. Architect
- D. Electrician

49. What is pediophobia?

- A. Fear of dolls
- B. Fear of water
- C. Fear of storms
- D. Fear of mirrors

50. Which statement is true about phobias?

- A. They are uncommon

- B. They can vary in severity
- C. They never improve
- D. They only affect adults

51. Fear of hospitals is called:

- A. Nosocomephobia
- B. Acrophobia
- C. Claustrophobia
- D. Hydrophobia

52. Which of the following is a social symptom of phobias?

- A. Isolation
- B. Fever
- C. Broken bones
- D. Rash

53. Chronophobia is fear of:

- A. Time
- B. Water
- C. Snakes
- D. Public speaking

54. Which phobia involves fear of mirrors?

- A. Eisoptrophobia
- B. Hemophobia
- C. Arachnophobia
- D. Dentophobia

55. Which coping strategy may help during a phobic reaction?

- A. Controlled breathing
- B. Excess alcohol use
- C. Avoiding all people forever
- D. Sleep deprivation

56. What is pyrophobia?

- A. Fear of fire
- B. Fear of water
- C. Fear of darkness
- D. Fear of birds

57. Which of these is an example of a situational phobia?

- A. Fear of elevators
- B. Fear of spiders
- C. Fear of blood
- D. Fear of dogs

58. Fear of needles may interfere with:

- A. Medical care
- B. Eating habits only
- C. Reading ability
- D. Hearing

59. Which phobia is fear of germs?

- A. Mysophobia
- B. Glossophobia
- C. Necrophobia
- D. Aerophobia

60. What is ailurophobia?

- A. Fear of cats
- B. Fear of birds
- C. Fear of fish
- D. Fear of insects

61. Which phobia involves fear of crowds?

- A. Agoraphobia
- B. Arachnophobia

- C. Hydrophobia
- D. Acrophobia

62. Which reaction is common during severe anxiety?

- A. Increased heart rate
- B. Slower breathing
- C. Better concentration
- D. Improved sleep

63. Ornithophobia is fear of:

- A. Birds
- B. Reptiles
- C. Dogs
- D. Water

64. Which factor may increase risk of phobias?

- A. Family history of anxiety
- B. Adequate sleep
- C. Exercise
- D. Healthy diet

65. What is tokophobia?

- A. Fear of pregnancy or childbirth
- B. Fear of storms
- C. Fear of books
- D. Fear of music

66. Which type of therapy often includes relaxation exercises?

- A. CBT
- B. Radiation therapy
- C. Surgery
- D. Chemotherapy

67. Fear of snakes is called:

- A. Ophidiophobia
- B. Entomophobia
- C. Astraphobia
- D. Hemophobia

68. Which statement about phobias is false?

- A. They can trigger panic
- B. They may be treated successfully
- C. They are always logical fears
- D. They can affect daily functioning

69. What is phonophobia?

- A. Fear of loud sounds
- B. Fear of heights
- C. Fear of dogs
- D. Fear of mirrors

70. Which physical symptom may occur with phobias?

- A. Trembling
- B. Hair growth
- C. Improved balance
- D. Weight gain

71. Fear of hospitals and doctors can lead to:

- A. Avoiding medical treatment
- B. Improved health monitoring
- C. Better sleep
- D. Increased appetite

72. What is xanthophobia?

- A. Fear of the color yellow
- B. Fear of water
- C. Fear of darkness

D. Fear of storms

73. Which of these is an emotional symptom of phobias?

A. Intense dread

B. Broken bones

C. Fever

D. Infection

74. Fear of germs may lead to:

A. Excessive cleaning

B. Increased appetite

C. Hair loss

D. Blindness

75. Which phobia involves fear of sleep?

A. Somniphobia

B. Acrophobia

C. Claustrophobia

D. Dentophobia

76. What is one goal of exposure therapy?

A. Increase avoidance

B. Build tolerance to fear triggers

C. Remove memories completely

D. Cause panic attacks

77. Which phobia is fear of books?

A. Bibliophobia

B. Arachnophobia

C. Cynophobia

D. Agoraphobia

78. Which condition commonly occurs alongside phobias?

- A. Anxiety disorders
- B. Broken bones
- C. Asthma only
- D. Diabetes only

79. Fear of needles may trigger:

- A. Fainting
- B. Improved focus
- C. Weight gain
- D. Better balance

80. What is decidophobia?

- A. Fear of making decisions
- B. Fear of dogs
- C. Fear of water
- D. Fear of thunder

81. Which treatment focuses on changing negative thinking?

- A. Cognitive behavioral therapy
- B. Chemotherapy
- C. Dialysis
- D. Surgery

82. Fear of clowns is:

- A. Coulrophobia
- B. Astraphobia
- C. Necrophobia
- D. Ophidiophobia

83. Which symptom may occur during a panic response?

- A. Shortness of breath
- B. Improved memory
- C. Increased hunger
- D. Better concentration

84. What is gamophobia?

- A. Fear of marriage or commitment
- B. Fear of heights
- C. Fear of mirrors
- D. Fear of birds

85. Which statement best describes phobias?

- A. Mild preferences only
- B. Intense fear reactions
- C. Infectious diseases
- D. Personality strengths

86. Fear of darkness is called:

- A. Nyctophobia
- B. Acrophobia
- C. Glossophobia
- D. Dentophobia

87. Which coping skill may reduce phobia symptoms?

- A. Mindfulness
- B. Sleep deprivation
- C. Excess caffeine
- D. Isolation only

88. What is ergophobia?

- A. Fear of work
- B. Fear of water
- C. Fear of animals
- D. Fear of heights

89. Which phobia is fear of injections?

- A. Trypanophobia

- B. Zoophobia
- C. Aerophobia
- D. Entomophobia

90. Which factor may worsen phobias?

- A. Continuous avoidance
- B. Relaxation training
- C. Therapy
- D. Exercise

91. What is brontophobia?

- A. Fear of thunderstorms
- B. Fear of mirrors
- C. Fear of blood
- D. Fear of books

92. Which symptom can accompany severe fear?

- A. Nausea
- B. Improved digestion
- C. Better coordination
- D. Increased confidence

93. Fear of strangers is called:

- A. Xenophobia
- B. Acrophobia
- C. Hemophobia
- D. Aerophobia

94. Which type of phobia includes fear of blood or injections?

- A. Blood-injection-injury phobia
- B. Social phobia
- C. Environmental phobia
- D. Situational phobia

95. What is megalophobia?

- A. Fear of large objects
- B. Fear of water
- C. Fear of sleep
- D. Fear of birds

96. Which statement about treatment is true?

- A. Phobias are untreatable
- B. Therapy can be effective
- C. Medication never helps
- D. Avoidance cures phobias

97. Fear of needles may be classified under:

- A. Blood-injection-injury phobia
- B. Social phobia
- C. Food disorder
- D. Mood disorder only

98. Which phobia is fear of long words?

- A. Hippopotomonstrosesquipedaliophobia
- B. Arachnophobia
- C. Dentophobia
- D. Zoophobia

99. Which response is healthiest when dealing with a phobia?

- A. Seeking professional help
- B. Ignoring severe symptoms forever
- C. Excessive alcohol use
- D. Permanent isolation

100. What is the main characteristic of a phobia?

- A. Mild curiosity
- B. Persistent and excessive fear

- C. Temporary boredom
- D. Increased appetite