

100-Question Multiple-Choice Quiz About Phobias with Answers

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

Answer: B. An intense and irrational fear of a specific object or situation

Explanation: A phobia is an anxiety disorder involving excessive fear that is out of proportion to the actual danger posed.

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

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

Answer: B. Arachnophobia

Explanation: Arachnophobia is the intense fear of spiders and is one of the most common specific phobias.

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

Explanation: Acrophobia involves intense anxiety when exposed to heights or elevated places.

4. Which phobia is the fear of flying?

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

Answer: A. Aviophobia

Explanation: Aviophobia refers to the fear of airplanes or flying.

5. What is claustrophobia?

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

Answer: C. Fear of enclosed spaces

Explanation: Claustrophobia causes distress in elevators, tunnels, or other confined areas.

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

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

Answer: A. Social anxiety disorder

Explanation: Social anxiety disorder involves fear of embarrassment, judgment, or humiliation in social settings.

7. Agoraphobia is commonly associated with fear of:

- A. Fire
- B. Open or difficult-to-escape places

- C. Animals
- D. Germs

Answer: B. Open or difficult-to-escape places

Explanation: People with agoraphobia may avoid crowds, public transportation, or being outside alone.

8. Which symptom is common during a phobic reaction?

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

Answer: C. Rapid breathing

Explanation: Anxiety from phobias often triggers physical symptoms like rapid breathing and heart rate.

9. Cynophobia is the fear of:

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

Answer: B. Dogs

Explanation: Cynophobia refers specifically to fear of dogs.

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

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

Answer: A. Exposure therapy

Explanation: Exposure therapy gradually introduces the feared object or situation to reduce anxiety over time.

11. What is arachnophobia?

- A. Fear of darkness
- B. Fear of spiders
- C. Fear of water
- D. Fear of crowds

Answer: B. Fear of spiders

Explanation: Arachnophobia is among the most recognized animal-related phobias.

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

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

Answer: B. Sweating

Explanation: Anxiety activates the body's stress response, often causing sweating.

13. Nyctophobia is the fear of:

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

Answer: A. Night or darkness

Explanation: Nyctophobia is especially common in children but may persist into adulthood.

14. Which phobia involves fear of needles?

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

Answer: B. Trypanophobia

Explanation: Trypanophobia refers to fear of injections or needles.

15. What is mysophobia?

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

Answer: A. Fear of germs or contamination

Explanation: Mysophobia often involves excessive cleaning or avoidance behaviors.

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

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

Answer: B. Amygdala

Explanation: The amygdala plays a major role in processing fear and emotional reactions.

17. Thanatophobia is the fear of:

- A. Death

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

Answer: A. Death

Explanation: Thanatophobia involves excessive fear or anxiety related to death or dying.

18. Which medication may sometimes help manage phobia symptoms?

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

Answer: C. Anti-anxiety medications

Explanation: Certain medications can reduce anxiety symptoms associated with phobias.

19. Hemophobia is fear of:

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

Answer: A. Blood

Explanation: Hemophobia can lead to dizziness or fainting when seeing blood.

20. Which age group commonly develops phobias?

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

D. Only infants

Answer: C. Often during childhood

Explanation: Many phobias begin in childhood, though they can also develop later.

21. What is ophidiophobia?

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

Answer: A. Fear of snakes

Explanation: Ophidiophobia is one of the most common animal phobias.

22. Which behavior is common in phobias?

- A. Avoidance
- B. Increased appetite
- C. Hyperactivity
- D. Sleepwalking

Answer: A. Avoidance

Explanation: People often avoid situations or objects that trigger fear.

23. Glossophobia is fear of:

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

Answer: C. Public speaking

Explanation: Glossophobia is a very common social fear involving speaking before others.

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

Answer: B. They can interfere with daily life

Explanation: Severe phobias may limit work, travel, relationships, or daily activities.

25. Zoophobia refers to fear of:

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

Answer: A. Animals

Explanation: Zoophobia is a broad fear category involving animals.

26. Which therapy helps challenge irrational thoughts?

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

Answer: A. Cognitive behavioral therapy

Explanation: CBT helps people identify and replace distorted thinking patterns.

27. What is tryphobia?

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

Answer: B. Fear of clusters of holes or patterns

Explanation: Tryphobia involves discomfort or fear toward repetitive hole patterns.

28. Which of these is an environmental phobia?

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

Answer: A. Fear of thunderstorms

Explanation: Environmental phobias involve natural events such as storms or water.

29. Fear of thunder and lightning is called:

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

Answer: A. Astraphobia

Explanation: Astraphobia causes intense fear during storms.

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

- A. Exposure therapy
- B. CBT

- C. Relaxation techniques
- D. Chemotherapy

Answer: D. Chemotherapy

Explanation: Chemotherapy treats cancer, not anxiety disorders like phobias.

31. Hydrophobia is fear of:

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

Answer: A. Water

Explanation: Hydrophobia may involve fear of swimming or deep water.

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

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

Answer: B. Adrenaline

Explanation: Adrenaline prepares the body to react during fear or danger.

33. What is emetophobia?

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

Answer: A. Fear of vomiting

Explanation: Emetophobia may lead people to avoid certain foods or situations.

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

- A. Traumatic experiences
- B. Genetics
- C. Learned behavior
- D. All of the above

Answer: D. All of the above

Explanation: Phobias may result from a combination of biological and environmental factors.

35. Necrophobia is fear of:

- A. Sleep
- B. Death or dead things
- C. Needles
- D. Dogs

Answer: B. Death or dead things

Explanation: Necrophobia involves fear related to corpses or death.

36. Which relaxation method may help manage phobias?

- A. Deep breathing
- B. Smoking
- C. Overeating
- D. Sleep deprivation

Answer: A. Deep breathing

Explanation: Deep breathing can reduce physical symptoms of anxiety.

37. Entomophobia is fear of:

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

Answer: A. Insects

Explanation: Entomophobia involves fear of bugs or insects.

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

- A. Chest tightness
- B. Dizziness
- C. Trembling
- D. All of the above

Answer: D. All of the above

Explanation: Panic symptoms often occur during intense fear reactions.

39. Which phobia is fear of confined spaces?

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

Answer: B. Claustrophobia

Explanation: Claustrophobia specifically refers to enclosed spaces.

40. Exposure therapy works by:

- A. Increasing avoidance
- B. Gradually reducing fear responses

- C. Eliminating memories
- D. Changing genetics

Answer: B. Gradually reducing fear responses

Explanation: Repeated controlled exposure helps the brain relearn safety.

41. Coulrophobia is fear of:

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

Answer: A. Clowns

Explanation: Coulrophobia involves fear or discomfort around clowns.

42. Which phobia involves fear of germs?

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

Answer: A. Mysophobia

Explanation: Mysophobia centers on contamination and cleanliness concerns.

43. Fear of dentists is known as:

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

Answer: A. Dentophobia

Explanation: Dentophobia may cause people to avoid dental care.

44. Which lifestyle habit may help reduce anxiety symptoms?

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

Answer: A. Regular exercise

Explanation: Physical activity can lower stress and improve mood.

45. Nomophobia refers to fear of:

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

Answer: A. Being without a mobile phone

Explanation: Nomophobia is a modern anxiety related to phone disconnection.

46. Which phobia is fear of germs and dirt?

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

Answer: A. Mysophobia

Explanation: People with mysophobia may wash hands excessively.

47. Aerophobia is fear of:

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

Answer: A. Airplanes or flying

Explanation: Aerophobia may involve panic before or during flights.

48. Which professional commonly treats phobias?

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

Answer: A. Psychologist

Explanation: Mental health professionals often provide therapy for phobias.

49. What is pediophobia?

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

Answer: A. Fear of dolls

Explanation: Pediophobia may involve discomfort around dolls or human-like figures.

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

Answer: B. They can vary in severity

Explanation: Some phobias are mild while others significantly impair daily life.

51. Fear of hospitals is called:

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

Answer: A. Nosocomophobia

Explanation: Nosocomophobia involves intense fear of hospitals or medical settings.

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

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

Answer: A. Isolation

Explanation: Fear may lead people to avoid social interactions or situations.

53. Chronophobia is fear of:

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

Answer: A. Time

Explanation: Chronophobia involves anxiety related to the passing of time.

54. Which phobia involves fear of mirrors?

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

Answer: A. Eisoptrophobia

Explanation: Eisoptrophobia refers to fear of mirrors or reflections.

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

Answer: A. Controlled breathing

Explanation: Controlled breathing can calm the nervous system.

56. What is pyrophobia?

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

Answer: A. Fear of fire

Explanation: Pyrophobia involves excessive fear of flames or fire.

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

Answer: A. Fear of elevators

Explanation: Situational phobias involve specific environments or circumstances.

58. Fear of needles may interfere with:

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

Answer: A. Medical care

Explanation: Trypanophobia may cause people to avoid vaccines or blood tests.

59. Which phobia is fear of germs?

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

Answer: A. Mysophobia

Explanation: Mysophobia centers on contamination concerns.

60. What is ailurophobia?

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

Answer: A. Fear of cats

Explanation: Ailurophobia refers to fear of cats.

61. Which phobia involves fear of crowds?

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

Answer: A. Agoraphobia

Explanation: Crowded environments may trigger anxiety in agoraphobia.

62. Which reaction is common during severe anxiety?

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

Answer: A. Increased heart rate

Explanation: The body activates the fight-or-flight response during fear.

63. Ornithophobia is fear of:

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

Answer: A. Birds

Explanation: Ornithophobia can range from mild discomfort to panic.

64. Which factor may increase risk of phobias?

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

Answer: A. Family history of anxiety

Explanation: Genetics and family environment may contribute to phobia development.

65. What is tokophobia?

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

Answer: A. Fear of pregnancy or childbirth

Explanation: Tokophobia may affect decisions about pregnancy.

66. Which type of therapy often includes relaxation exercises?

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

Answer: A. CBT

Explanation: CBT often teaches coping and relaxation skills.

67. Fear of snakes is called:

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

Answer: A. Ophidiophobia

Explanation: Ophidiophobia is a specific animal phobia involving snakes.

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

Answer: C. They are always logical fears

Explanation: Phobias are typically excessive or irrational compared with actual danger.

69. What is phonophobia?

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

Answer: A. Fear of loud sounds

Explanation: Phonophobia causes distress when hearing loud noises.

70. Which physical symptom may occur with phobias?

- A. Trembling
- B. Hair growth
- C. Improved balance

D. Weight gain

Answer: A. Trembling

Explanation: Anxiety commonly produces shaking or trembling.

71. Fear of hospitals and doctors can lead to:

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

Answer: A. Avoiding medical treatment

Explanation: Medical-related phobias may delay healthcare.

72. What is xanthophobia?

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

Answer: A. Fear of the color yellow

Explanation: Xanthophobia involves irrational fear associated with the color yellow.

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

- A. Intense dread
- B. Broken bones
- C. Fever
- D. Infection

Answer: A. Intense dread

Explanation: Strong fear or dread is central to phobias.

74. Fear of germs may lead to:

- A. Excessive cleaning
- B. Increased appetite
- C. Hair loss
- D. Blindness

Answer: A. Excessive cleaning

Explanation: People with contamination fears may clean repeatedly.

75. Which phobia involves fear of sleep?

- A. Somniphobia
- B. Acrophobia
- C. Claustrophobia
- D. Dentophobia

Answer: A. Somniphobia

Explanation: Somniphobia is fear associated with sleeping.

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

Answer: B. Build tolerance to fear triggers

Explanation: Exposure therapy reduces anxiety by repeated safe exposure.

77. Which phobia is fear of books?

- A. Bibliophobia
- B. Arachnophobia

- C. Cynophobia
- D. Agoraphobia

Answer: A. Bibliophobia

Explanation: Bibliophobia involves fear or hatred of books.

78. Which condition commonly occurs alongside phobias?

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

Answer: A. Anxiety disorders

Explanation: Phobias are closely related to anxiety conditions.

79. Fear of needles may trigger:

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

Answer: A. Fainting

Explanation: Some people experience vasovagal fainting during needle exposure.

80. What is decidophobia?

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

Answer: A. Fear of making decisions

Explanation: Decidophobia involves anxiety about choices and consequences.

81. Which treatment focuses on changing negative thinking?

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

Answer: A. Cognitive behavioral therapy

Explanation: CBT targets distorted thoughts and behaviors.

82. Fear of clowns is:

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

Answer: A. Coulrophobia

Explanation: Coulrophobia is fear related to clowns.

83. Which symptom may occur during a panic response?

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

Answer: A. Shortness of breath

Explanation: Anxiety often affects breathing patterns.

84. What is gamophobia?

- A. Fear of marriage or commitment

- B. Fear of heights
- C. Fear of mirrors
- D. Fear of birds

Answer: A. Fear of marriage or commitment

Explanation: Gamophobia involves anxiety about long-term commitment.

85. Which statement best describes phobias?

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

Answer: B. Intense fear reactions

Explanation: Phobias involve excessive fear and avoidance.

86. Fear of darkness is called:

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

Answer: A. Nyctophobia

Explanation: Nyctophobia is fear of dark environments.

87. Which coping skill may reduce phobia symptoms?

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

Answer: A. Mindfulness

Explanation: Mindfulness may help people manage anxious thoughts.

88. What is ergophobia?

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

Answer: A. Fear of work

Explanation: Ergophobia may involve anxiety related to workplaces or tasks.

89. Which phobia is fear of injections?

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

Answer: A. Trypanophobia

Explanation: Trypanophobia specifically concerns needles and injections.

90. Which factor may worsen phobias?

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

Answer: A. Continuous avoidance

Explanation: Avoidance reinforces fear and prevents adaptation.

91. What is brontophobia?

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

Answer: A. Fear of thunderstorms

Explanation: Brontophobia is another term for fear of thunder and storms.

92. Which symptom can accompany severe fear?

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

Answer: A. Nausea

Explanation: Anxiety can produce gastrointestinal symptoms.

93. Fear of strangers is called:

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

Answer: A. Xenophobia

Explanation: Xenophobia refers to fear of strangers or unfamiliar people.

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

Answer: A. Blood-injection-injury phobia

Explanation: This category includes fears related to medical procedures and injuries.

95. What is megalophobia?

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

Answer: A. Fear of large objects

Explanation: Megalophobia involves fear of oversized items or structures.

96. Which statement about treatment is true?

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

Answer: B. Therapy can be effective

Explanation: Many people improve significantly with proper treatment.

97. Fear of needles may be classified under:

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

Answer: A. Blood-injection-injury phobia

Explanation: Needle fears belong to this recognized phobia category.

98. Which phobia is fear of long words?

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

Answer: A. Hippopotomonstrosesquipedaliophobia

Explanation: Ironically, the name itself is very long and refers to fear of long words.

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

Answer: A. Seeking professional help

Explanation: Mental health professionals can provide effective coping strategies and treatment.

100. What is the main characteristic of a phobia?

- A. Mild curiosity
- B. Persistent and excessive fear
- C. Temporary boredom
- D. Increased appetite

Answer: B. Persistent and excessive fear

Explanation: Phobias are defined by ongoing intense fear that disrupts normal functioning.