

Phobias

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Definition: an anxiety disorder marked by a persistent, irrational fear and avoidance of a specific object, activity or situation

Symptoms: sweating, trembling, chills, hot flashes, shortness of breath or difficulty breathing, choking sensation, nausea

Causes: They can be caused by a stressful situation or experience, a frightening event, or a parent or household member who has a phobia which the child becomes progressively aware of.

Video

[Video](#)