

PHOBIAS: TYPES, GENETIC AND ENVIRONMENT CAUSES, INFLUENCE AND THERAPY

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Introduction. Nowadays almost everyone has some irrational fear, for example, regular medical examination. For most people these fears are not serious problem. But, when fears become so severe that they cause tremendous anxiety and interfere with your normal life, they're called phobias. In our society, this problem is progressive, that is why it needs exploring.

Aim. In this research, I identified several goals: to learn the genetic and environment causes of the occurrences of phobias; to determine the major types of phobias; to understand their influence on the body; to identify the methods of treatment.

Materials and methods. Scientific literature and publications of last years were used for analysis. Phobias are classified into three categories, according to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-V), Agoraphobia, Social phobia and Specific phobias.

Results and discussion. There are three main reasons that play a significant role in causing anxiety and phobic disorders: genetic factors, social factors, and psychological factors. According to scientists, a connecting link between the presence of phobias and accelerated aging are the telomeres. Scientists suggest that a lot of stress accelerates shortening of chromosome fragments. A shortened telomeres increase the risk of cancer, heart disease and neurodegenerative diseases. However, there is no direct evidence of this phenomenon. Now it is one of the most promising hypotheses. There are two main methods for the treatment of phobias: medical treatment and analytical treatment.

Conclusions. A person have a sense of fear, that is normal. Fear is an ordinary protective function, without which it will never work for self-preservation instinct, and this, in turn, can be a reason of tragic consequences. For normal human mental development existence of fear it is absolutely necessary. Phobia is an absurd and inexplicable fear. Such fear is unjustified and is not necessary for survival. In 99.9% of cases, a person with phobia is afraid of certainly safe things. The fear can provide the biological survival of the individual and at the same take pathological forms. In this case, the intervention of the psychologist or psychotherapist is necessary. Scientists should pay more attention to the field of the phobias, their influence on the human body and more effective methods of treatment.