

Some Rare Phobias

Word	Fear
Ailurophobia	Cats
Antlophobia	Floods
Chionophobia	Snow
Dromophobia	Crossing streets, wandering
Erythrophobia	The color red
Gymnophobia	Naked bodies, the left side of naked bodies
Harpaxophobia	Robbers
Metallophobia	Metals
Ospheisiophobia	Body odors
Phasmophobia	Ghosts
Ponophobia	Work
Scopophobia	Being stared at
Theophobia	God
Triskaidekaphobia	The number 13

Sample Items from the Yale-Brown Obsessive-Compulsive Symptom Checklist

Scale	Sample Items (Check Yes or No)
Aggressive obsessions	Fear might harm self Fear of blurting out obscenities Fear will be responsible for something else terrible happening (e.g., fire, burglary)
Contamination obsessions	Concerns or disgust with bodily waste or secretions (e.g., urine, feces, saliva) Bothered by sticky substances or residues
Sexual obsessions	Forbidden or perverse sexual thoughts, images, or impulses Sexual behavior toward others (aggressive)
Hoarding/saving obsessions	Distinguish from hobbies and concern with objects of monetary or sentimental value
Religious obsessions	Concerned with sacrilege and blasphemy Excess concern with right/wrong, morality
Obsession with need for symmetry or exactness	Accompanied by magical thinking (e.g., concerned that another will have an accident unless things are in the right place)
Miscellaneous obsessions	Fear of saying certain things Lucky/unlucky numbers Colors with special significance Superstitious fears
Somatic obsessions	Concern with illness or disease Excessive concern with body part or aspect of appearance (e.g., dysmorphophobia)
Cleaning/washing compulsions	Excessive or ritualized hand-washing Excessive or ritualized showering, bathing, toothbrushing, grooming, or toilet routine
Checking compulsions	Checking locks, stove, appliances, etc. Checking that nothing terrible did not/will not harm self Checking that did not make mistake completing a task
Repeating rituals	Rereading or rewriting Need to repeat routine activities (e.g., in/out door, up/down from chair)
Counting compulsions	(Check for presence)
Ordering/arranging compulsions	(Check for presence)
Hoarding/collecting compulsions	Distinguish from hobbies and concern with objects of monetary or sentimental value (e.g. carefully reads junk mail, sorts through garbage)
Miscellaneous compulsions	Excessive list making Need to tell, ask, or confess Need to touch, tap, or rub Rituals involving blinking or staring

Examples of Obsessions and Compulsions

Obsessions

A student has the urge to shout obscenities in a quiet classroom while listening to a lecture.

A woman cannot get the thought out of her mind that she might accidentally leave her gas stove turned on, causing her house to explode.

A 9-year-old boy worries incessantly that something terrible might happen to his mother while his family is sleeping.

A young woman is constantly terrified by the image that cars might careen onto the sidewalk and run her down.

A man is tormented by the concern that he might inadvertently contaminate food as he cooks dinner for his family each night.

Compulsions

She screws and unscrews the cap of a ballpoint pen.

Each day before leaving for work, she feels the irresistible urge to check the stove exactly 10 times.

On his way to bed each night, he insists that he must climb the stairs according to a fixed sequence of three steps up, followed by two steps down, in order to ward off danger.

She feels that she must walk as far from the street pavement as possible, and she always wears red clothes when in town, so that she will be immediately visible.

On a daily basis, he sterilizes all cooking utensils in boiling water, scours every pot and pan before placing food in it, and wears rubber gloves while handling food.