

Title:

Causes Of Public Speaking Phobia

Word Count:

447

Summary:

According to World Book Online Research Encyclopedia, "Phobia is an unreasonable yet strong fe

Phobia may be classified into two types:

- Specific Phobia, such as fear of animals (i.e. Arachnophobia - Fear of spiders; Necrophobia
- Social Phobia is an anxiety disorder wh...

Keywords:

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Article Body:

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Phobia may be classified into two types:

- Specific Phobia, such as fear of animals (i.e. Arachnophobia - Fear of spiders; Necrophobia
- Social Phobia is an anxiety disorder where the sufferer fears being assessed adversely in fr

According to World Psychiatric Association (1995), Social Phobia affects one to 10 people at s

Among the common effects of Social Phobia in a person are:

- Unstable employment record
- Have less or no friends
- Being single
- Having a low educational attainment

Studies show that public speaking phobia, and most phobias, develop in middle or late childho

Children who have been exposed to people with public speaking phobia, like their parents or fr

Research also shows that genetics also play an important role in developing phobias. It has a

Luckily, there are many ways to treat Phobia.

- PERSONAL MOTIVATION. There are many self-help books that can help you overcome your public s
- PROFESSIONAL TREATMENT. If self-treatment does not work for you, you can seek help from a pr
- Other kinds of treatment include:
 - Counseling - discussing your phobia with a professional.
 - Hypnosis
 - Medication - This method is used if the sufferer has other mental conditions that are affect

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