NIGHTMARE ON KEPPEL STREET:
EXPLORING PHOBIA AT THE LONDON SCHOOL!

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What is a phobia?

- A phobia is a type of anxiety. An overwhelming and debilitating fear of an object, place, situation or animal.
- Phobias are more pronounced than fears.
- You may not experience any symptoms until you come in contact with the phobia.
- Symptoms can vary when you have a phobia. (psychological and physical).
GENDER DIFFERENCES WITH PHOBIAS
WHAT WE ALREADY KNOW

- Woman compared to men give higher fear ratings for all objects and situations in general.

- No research has established a relationship between specific phobias and gender.

HYPOTHESIS

Research question
How does gender relate to specific phobias?

Hypothesis:
Women have more phobias than men.
METHODS

Questionnaire

• Gender
• Age
• 7 top phobias
• 8 symptoms- trembling/sweating/confusion/tachycardia
• Overall intensity of each phobia.

• Analysis of our data was done by Excel and Stata.
Numbers and percentages of males and females who responded.
- Male 32.9% (23)
- Female 67.1% (47)

Most of our sample were aged 21-40 years old
<table>
<thead>
<tr>
<th>Phobias</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Misophonia</td>
<td>Fear of sounds and specific noises.</td>
</tr>
<tr>
<td>Acrophobia</td>
<td>Fear of heights.</td>
</tr>
<tr>
<td>Agoraphobia</td>
<td>Fear of outside crowded places.</td>
</tr>
<tr>
<td>Claustrophobia</td>
<td>Fear of small tight spaces.</td>
</tr>
<tr>
<td>Arachnophobia</td>
<td>Fear of spiders.</td>
</tr>
<tr>
<td>Mysophobia</td>
<td>Fear of germs.</td>
</tr>
<tr>
<td>Trypophobia</td>
<td>Fear of holes and irregular clusters.</td>
</tr>
</tbody>
</table>
Difference between Men and Women who have the phobia

<table>
<thead>
<tr>
<th>Phobia</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acrophobia</td>
<td>-6.0%</td>
<td>-1.0%</td>
</tr>
<tr>
<td>Arachnophobia</td>
<td></td>
<td></td>
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<tr>
<td>Trypophobia</td>
<td></td>
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<tr>
<td>Claustrophobia</td>
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<tr>
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Results 2
We calculated the mean, standard deviation and did the T Test which showed that there was no significant difference in phobia score between men and women for any specific phobia tested.
DISCUSSION

• We found out that women with phobias feel symptoms more strongly than men.

• We also found that women admitted to more phobias than men. However our results did not reach statistical significance.

• Our results suggest that our hypothesis could be true, but we don’t have enough evidence as yet to make a strong conclusion.

• It is possible that women are more likely to admit to symptoms of the phobias whereas men are less likely to admit their symptoms.
LIMITATIONS

- The survey was done in person.
- Smaller sample size.
- More female were willing to participate in the survey which gave a higher rate of females to males.
- The results are not accurate enough due to the fact that the number of males who participated was less than half of the women who participated.
What would we like to do next with phobias?

- Can phobias link with the age of people.
- Which age groups have the most phobias and is there an interaction with gender?
- A larger sample.
THANK YOU!

Coco
Sarah
Chris
Seyi
Erin
Vickie

Participants in our survey😊