

# Specific Phobia – Fear of Cockroaches

ANJA IVKOVIĆ<sup>1</sup>, MARTINA ILINIĆ<sup>1</sup>, DUNJA DEGMEČIĆ<sup>1,2</sup>

<sup>1</sup>UNIVERSITY OF OSIJEK, FACULTY OF MEDICINE, OSIJEK, CROATIA

<sup>2</sup>UNIVERSITY HOSPITAL CENTRE OSIJEK, CLINIC FOR PSYCHIATRY, OSIJEK, CROATIA

anjaivkovic28@gmail.com

Specific phobias are considered the most common phobias and the most common psychiatric disorder amongst woman (in men right behind of using psychoactive drugs). Katsaridaphobia is constant and irrational fear of cockroaches. Most people feel uneasy when they are near cockroaches but people with katsaridaphobia are having a feeling of intense fear. Phobia is presented individually with anxiety, tachycardia, sweating and with excessive cleaning, overuse of insecticide, keeping the doors and windows constantly closed. This irrational fear has it's roots in unpleasant experiences with cockroaches in childhood.

Our goal was to investigate the presence of katsaridaphobia in student population and to see variations between the sexes, students who have preferences toward humanities/ social vs. natural, technical and biomedical sciences, positive personal or family psychiatric anamnesis and the region where they are studying.

122 students of Croatian universities have filled in Fear of Cockroaches Questionnaire (FCQ) through Facebook poll.

Results have been divided in 5.categories (from 1.category: no fear or extremely low level of fear to 5.category: extreme fear, phobia). There are 57,38% respondents in 1.category (also 82,35% of male respondents belong here) and 7,38% in 5. category (all of which are women). Fear is more pronounced in women, students who have preferences toward humanities/social studies and in people with positive psychiatric anamnesis.

This research has confirmed the fact that specific phobias are more common in women. The fact that students in humanities/social studies have higher incidence of fear can be explained by the fact that 81,13% of students are female. People who have panic disorder and/or depression in personal/family anamnesis have higher incidence of fear.

Keywords: phobia, fear, cockroaches, questionnaire

[HTTP://DX.DOI.ORG/10.17486/GYR.3.2229](http://dx.doi.org/10.17486/GYR.3.2229)