• **Agoraphobia**
  o Fear of certain places and/or situation
  o Going anywhere than house or specific places
  o People who have panic attacks developed agoraphobia
  o At least 2 situation
  o Sometimes develop before panic attacks

• **Phobias** (Phobic disorder)
  o Disproportional fear of something
  o Causes anxiety, avoided or endured
  o 5 sub-types: animal, natural environment, blood-injection-injury, situational, other...
  o One of the most prevalent

• **Social anxiety** (phobia)
  o Abnormal concern about being judged
  o Lack of social skills, critical
  o Extreme level of shyness?

• **Generalized anxiety Disorder (GAD)**
  o Worried about everything in life
  o 3 or more symptoms
  o Not always know why feeling anxious

• **OCD**
  o Hoarding disorder (keep everything) related with OCD
  o Body focus repetitive disorder
    ▪ Trichotillomania (pulling out hair) = compulsion in response of negative emotional stage or anxiety
    ▪ Excoriation (skin picking)
  o OCD is the main one
    ▪ **Obsession**: obsessive thoughts
      • Cause distress
      • Can get out of mind
    ▪ **Compulsion**: behaviour based
      • Wash your hand compulsively
      • Need to do something to get rid of thoughts