

How Much Do You Really Know About Phobias?

QUIZ!

Created by the experts at





About this quiz

For some, a fear of spiders, heights, or small spaces might seem harmless, or even irrational. But for others, these fears can be overwhelming, all-consuming, and deeply disruptive to everyday life.

Phobias aren't just "overreactions", they're real psychological conditions that can impact how a person thinks, feels, and functions.

To help Australians better understand the reality of living with a phobia, Online Psychologists Australia has created a free, quick-fire interactive quiz.

Take the quiz and see if you can separate myth from reality.

PHOBIAS

QUIZ

1. **THE FEAR OF CLUSTERS OF HOLES OR BUMPS IS...**

- A. OCTOPHOBIA
- B. TRYPOPHOBIA
- C. CHIROPHOBIA
- D. GLOBOPHOBIA

2. **HIPPOPOTOMONSTROESQUIPPEDALIAPHOBIA IS THE FEAR OF...**

- A. LARGE BUILDINGS
- B. HIPPOS
- C. LONG WORDS
- D. MONSTERS

3. **THE FEAR OF THROWING UP, SEEING SOMEONE ELSE VOMITING, OR ENCOUNTERING VOMIT, IS...**

- A. EISOPTROPHOBIA
- B. EMETOPHOBIA
- C. EBULLIOPHOBIA
- D. EPHEBIPHOBIA

4. **SOMNIPHOBIA IS THE FEAR OF...**

- A. SOUND OF CHEWING
- B. SLEEP
- C. RAIN
- D. WATER

PHOBIAS

QUIZ

5. **THE FEAR OF THE OCEAN IS...**

- A. THALASSOPHOBIA
- B. ASTRAPHOBIA
- C. HYDROPHOBIA
- D. ABLUTOPHOBIA

6. **THE FEAR OF LEAVING ENVIRONMENTS CONSIDERED TO BE SAFE TO IS...**

- A. GLOSSOPHOBIA
- B. AGORAPHOBIA
- C. MONOPHOBIA
- D. MYSOPHOBIA

7. **THE FEAR OF PEANUT BUTTER STICKING TO ONE'S MOUTH IS...**

- A. PANOPHOBIA
- B. GELIOPHOBIA
- C. XANTHOPHOBIA
- D. ARACHIBUTYROPHOBIA

8. **OMPHALOPHOBIA IS THE FEAR OF...**

- A. PUBLIC SPEAKING
- B. FACIAL HAIR
- C. BELLY BUTTONS
- D. TOUCH

Did you get them right?

Check your answers below!

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Phobias are more than just fears. They're complex, deeply personal experiences that can shape someone's daily life in ways that aren't always visible.

If this quiz challenged what you thought you knew, you're not alone. Building understanding is the first step toward breaking down stigma and supporting those who live with phobias every day.

Ready to take the next step?

Whether you're looking to better understand your own fears or support someone else, professional help can make all the difference.

Connect with [Online Psychologists Australia](#) today and explore how expert support can help you regain control.