

Daily Survey: Phobias



Sample 1000 U.S. Adult Citizens
Conducted June 8 - 13, 2022
Margin of Error ±3.3%

1. Do you fear any of the following? Select all that apply.

Spiders	24%
Snakes	30%
Heights	28%
Flying	9%
Dogs	6%
Cats	3%
Storms	9%
Needles	10%
Social situations	11%
Crowded spaces	17%
Open spaces	2%
Germs	10%
Dirt	2%
Darkness	8%
Clowns	7%
Feet	2%
Insects	15%
Public speaking	23%
Vomiting	10%
Blood	6%
Strangers	10%
Clusters of small holes	6%
Disease	21%
Large bodies of water	12%
Bright lights	3%
Enclosed spaces	17%
Animals	3%
Fire	13%
Loud noises	7%
Being touched	5%
Dentists	11%
Doctors	5%
Hospitals	7%
Driving	6%
Other	6%
I have no fears	16%

2. Do you have any fears?

Yes	83%
No	16%
Didn't answer	1%

3. How much do you fear each of the following?

Asked of those who say they have fears

	A great deal	A moderate amount	A little	Not sure
Spiders	51%	37%	12%	1%
Snakes	61%	30%	8%	1%
Heights	49%	38%	12%	1%
Flying	57%	31%	9%	2%
Dogs	28%	47%	20%	5%
Cats	53%	35%	12%	0%
Storms	26%	56%	17%	2%
Needles	32%	49%	18%	1%
Social situations	33%	47%	19%	1%
Crowded spaces	36%	47%	16%	1%
Open spaces	18%	40%	38%	4%
Germs	36%	50%	13%	1%
Dirt	34%	46%	13%	8%
Darkness	35%	42%	23%	0%
Clowns	38%	41%	20%	0%
Feet	39%	29%	29%	3%
Insects	37%	46%	15%	1%
Public speaking	49%	37%	11%	3%
Vomiting	35%	49%	15%	1%
Blood	29%	39%	33%	0%
Strangers	37%	46%	16%	1%
Clusters of small holes	42%	30%	27%	1%
Disease	49%	40%	9%	2%
Large bodies of water	53%	37%	9%	1%
Bright lights	44%	31%	21%	3%
Enclosed spaces	51%	36%	13%	1%
Sex	0%	0%	0%	0%
Animals	43%	39%	15%	4%
Fire	54%	31%	14%	1%
Loud noises	24%	52%	16%	7%
Being touched	27%	38%	28%	7%
Dentists	40%	50%	7%	3%
Doctors	31%	51%	18%	0%
Hospitals	36%	54%	8%	2%

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Driving	41%	47%	11%	2%
Death	0%	0%	0%	0%

4. Do you think your fears are mostly rational or irrational?

Asked of people who reported at least one fear

Mostly rational	26%
Somewhat rational	34%
Somewhat irrational	21%
Mostly irrational	9%
Not sure	9%

5. Do any of the fears you selected interfere with your daily life?

Asked of people who reported at least one fear

Yes	25%
No	67%
Not sure	8%

6. Have you ever discussed your fears with a partner, friend, or family member?

Asked of people who reported at least one fear

Yes	61%
No	33%
Not sure	6%

7. Have you ever discussed your fears with a therapist or other mental health professional?

Asked of people who reported at least one fear

Yes	23%
No	73%
Not sure	4%

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Interviewing Dates	June 8 - 13, 2022
Target population	U.S. Citizens, aged 18 and over.
Sampling method	Respondents were selected from YouGov's opt-in Internet panel using sample matching. A random sample (stratified by gender, age, race, education, geographic region, and voter registration) was selected from the 2018 American Community Study. Voter registration was imputed from the November 2018 Current Population Survey Registration and Voting Supplement.
Weighting	The sample was weighted based on gender, age, race, education, news interest, and 2020 Presidential vote (or non-vote). The weights range from 0.354 to 4.366, with a mean of one and a standard deviation of 0.376.
Number of respondents	1000
Margin of error	± 3.3% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	83 questions not reported.