PEOPLE WITH FEAR OF HEIGHT; ACROPHOBIA

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ABSTRACT
People that have fear of heights may face irritation, uncomforted or other emotional and physical symptoms. This condition is referred as “ACROPHOBIA” (fear of height). They might feel fear on high floors, climbing ladder or other similar situations in which height involves. Symptoms include panic, rapid breathing, nausea or vertigo. Vertigo should not confuse with acrophobia because both have almost similar feeling but both are different conditions. It may reserve the individual’s common activities. There are certain therapies by which this phobia is treatable.

KEYWORDS: Acrophobia, phobia, fear of height.

INTRODUCTION
There are many people in this world some of them may be in our surrounding who have fear of heights. In medical terminology this condition is known as acrophobia. Acrophobia is composed of Greek words ákrón, meaning “peak, summit, edge” and phóbos, “fear. Person with this phobia may face trouble, feeling of irritation or fear while climbing a ladder, standing on high floor of a building or other activities that involve height. It is one of the common phobias which cause a severe irrational fear of objects or situations. This type of situation can be hazardous, as sufferers can experience an anxiety attack in a high place and become too agitated to get themselves down safely with a negative impact on life, limiting career opportunities as well as affecting simple day-to-day situations such as helping your child out of a tree or a visit on huge building even changing a light bulb.¹

Acrophobia should not be confused with vertigo. fear from heights, but it is accurately describe as medical condition that causes spinning sensation that occurs when one is not actually spinning. The fear caused by height can sometimes cause similar feeling, but conditions are totally different. Most people may generally feel a bit apprehensive when looking down from a very steep cliff – this is considered a natural even appropriate feeling. However, when anyone experience panic attacks, nausea, rapid breathing and dizziness or vertigo when walking onto a balcony, standing on a ladder or driving over a bridge, going up a flight of stairs your fear has now become an irrational obsession. If a person experience acrophobia, he may or may not experience vertigo symptoms. Instead he may feel panic when at height. He may instinctively begin to search for something to cling to, he may find that he is unable to trust on his own sense of balance.²

Common reaction that can observe include crawling, kneeling, descending immediately or otherwise lowering the body. This condition has same emotional and physical response that can see in other phobias. Person having acrophobia might avoid the visiting friend’s home with balconies or spending vocation in hotel’s room on high floor.³

Cause of Acrophobia may be any traumatic experience involving heights. Main treatment of choice for specific phobias is Cognitive-behavioral (CBT). Behavioral techniques by which survivor expose to feared situations (gradually or rapid) are frequently used. In addition, the patient is taught ways of stopping the panic reaction and regaining emotional control.

Traditionally, actual exposure to heights is the most ordinary solution. However, there have been a number of research studies into using virtual reality as a treatment for acrophobia. Studies performed since 2001 have shown that virtual reality may be just as effective. A major benefit of virtual reality treatment is the savings in both cost and time, as there is no need for “on-location” therapist accompaniment. More research will need to be carried on before this method becomes a readily available option, but if it is available it may be worth trying.⁴
RESULT AND DISCUSSION

Acrophobia is a terrible situation that can create underestimation, confusion and panic in a victim's life. So a very serious attitude towards these kinds of people is needed, in accordance of solution of trouble and a proper treatment. Luckily in this scientific era researchers have designed lots of therapies that can vanish this phobia and individual can live a calm and normal happy life by left the fear of height back. Now the need arises, sincere attentions for these survivors are obligatory to treat them. By providing basic knowledge and awareness, we can put our efforts to get people aware and sound practical to treat these psychoactive problems.

REFERENCES

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