



Increased Emetophobia Awareness on TikTok: Key Points

Description

Emetophobia, a fear of vomiting, is gaining attention on TikTok. Clinical psychologist Dr. Kirren Schnack explains that emetophobia can be debilitating, causing sufferers to avoid certain foods, places, and situations that could induce vomiting. This extreme phobia can develop in childhood and persist into adulthood, triggering intense anxiety and physical symptoms. Schnack recommends Cognitive Behavioral Therapy and Exposure Therapy as effective treatments for emetophobia. Additionally, relaxation techniques and mindfulness can help alleviate anxiety. Educating children about the natural process of vomiting may prevent the development of emetophobia. Seeking timely psychological support after a traumatic vomiting experience can also help prevent the phobia from escalating. Overall, raising awareness and understanding of emetophobia can offer support to individuals struggling with this condition.

Vocabulary List:

1. **Emetophobia** /ˌɛmɪtəˈfoʊbiə/ (noun): An extreme fear of vomiting.
2. **Debilitating** /dɪˈbɪlɪteɪɪŋ/ (adjective): Causing a severe and often crippling impairment.
3. **Anxiety** /æŋˈzaɪ.ə.ti/ (noun): A feeling of worry nervousness or unease.
4. **Symptoms** /ˈsɪmp.təmz/ (noun): Physical or mental features that characterizes a condition or syndrome.
5. **Therapy** /ˈθerəpi/ (noun): Treatment intended to relieve or heal a disorder.
6. **Mindfulness** /ˈmaɪnd.fəl.nəs/ (noun): The quality or state of being conscious or aware of something.

Comprehension Questions

Multiple Choice

1. What is emetophobia?
Option: Fear of vomiting
Option: Fear of heights
Option: Fear of spiders
Option: Fear of public speaking
2. How can emetophobia impact individuals according to Dr. Kirren Schnack?



- Option: Avoiding certain foods and situations
- Option: Avoiding social interactions
- Option: Preventing physical exercise
- Option: Enhancing creativity

3. Which therapies are recommended by Dr. Kirren Schnack for treating emetophobia?

- Option: Physical Therapy and Medication
- Option: Cognitive Behavioral Therapy and Exposure Therapy
- Option: Acupuncture and Herbal Remedies
- Option: Hypnotherapy and Sound Therapy

4. What preventive measures are suggested to avoid developing emetophobia?

- Option: Avoiding all stressful situations
- Option: Educating children about vomiting
- Option: Ignoring anxiety symptoms
- Option: Avoiding seeking psychological support

5. How can individuals alleviate anxiety related to emetophobia?

- Option: Through physical exercise
- Option: By avoiding situations that trigger anxiety
- Option: By using relaxation techniques and mindfulness
- Option: By consuming anti-anxiety medication

6. What is a recommended action after a traumatic vomiting experience according to the information provided?

- Option: Ignoring the experience
- Option: Seeking timely psychological support
- Option: Avoiding all food
- Option: Engaging in extreme physical activities

Answer

Multiple Choice: 1. Fear of vomiting 2. Avoiding certain foods and situations 3. Cognitive Behavioral Therapy and Exposure Therapy 4. Educating children about vomiting 5. By using relaxation techniques and mindfulness 6. Seeking timely psychological support

Vocabulary quizzes



Multiple Choice (Select the Correct answer for each question.)

1. What is a sudden interruption in the blood supply to the brain called?
Option: Heart attack
Option: Stroke
Option: Aneurysm
Option: Hypertension
2. What is the treatment intended to relieve or heal a disorder called?
Option: Counseling
Option: Therapy
Option: Surgery
Option: Medication
3. Which term refers to the condition of being grossly overweight?
Option: Anemia
Option: Obesity
Option: Malnutrition
Option: Starvation
4. What bodily reaction causes shivering and feeling cold?
Option: Chills
Option: Fever
Option: Sweating
Option: Hot flashes
5. What is the fear of vomiting known as?
Option: Emetophobia
Option: Agoraphobia
Option: Arachnophobia
Option: Claustrophobia
6. What unit of energy is used to measure the energy content of food?
Option: Gallons
Option: Miles
Option: Calories
Option: Pounds
7. What type of treatment involves working on emotional issues with a trained professional?
Option: Surgery
Option: Therapy
Option: Pharmacy



Option: Rehabilitation

8. Which term describes the feeling of worry nervousness or unease?

- Option: Peace
- Option: Anxiety
- Option: Joy
- Option: Contentment

9. What are harmful substances in the environment known as?

- Option: Nutrients
- Option: Pollutants
- Option: Antioxidants
- Option: Toxins

10. What is the blockage or accumulation of fluid in a bodily tube or duct?

- Option: Fascination
- Option: Congestion
- Option: Desolation
- Option: Contradiction

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. A person who has lived through a life-threatening event is called a _____.

12. A different form or version of something is known as a _____.

13. Choosing not to notice or acknowledge something is the act of _____.

14. The process of transferring an organ from one person to another is called a _____.

15. To discover or identify the presence of something is to _____ it.

16. A deliberate action taken to modify a situation is an _____.

17. The systematic investigation into and study of materials and sources in order to establish facts and reach new conclusions is known as _____.

18. Expelling air from the lungs with a sudden sharp sound is called _____.



19. The mental state achieved by focusing one's awareness on the present moment is termed

_____.

20. The relationship or association between two or more things is known as a _____.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Indications of a particular disease or condition as experienced by a patient.
22. Individuals who take part in a particular activity or study.
23. Material with particular physical characteristics.
24. A link or relationship between two or more concepts or entities.
25. Systematic investigation and collection of information for analysis.
26. Causing weakness or impairment in someone.
27. A form or version of something that differs in some way.
28. Treatment intended to relieve or heal a disorder.
29. Harmful substances that contaminate the environment.
30. Paying attention to the present moment purposefully and without judgment.

Answer

Multiple Choice: 1. Stroke 2. Therapy 3. Obesity 4. Chills 5. Emetophobia 6. Calories 7. Therapy 8. Anxiety 9. Pollutants 10. Congestion

Gap-Fill: 11. Survivor 12. Variant 13. Ignoring 14. Transplant 15. Detect 16. Intervention 17. Research 18. Coughing 19. Mindfulness 20. Connection

Matching sentence: 1. Symptoms 2. Participants 3. Substances 4. Connection 5. Research 6. Debilitating 7. Variant 8. Therapy 9. Pollutants 10. Mindfulness

CATEGORY

1. Health - LEVEL2

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