

The Bizarre Phobia You've Never Heard Of: Fear of Holes

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LiveScience:

A strange phobia makes people feel panicked or ill at the sight of holes, and new research hints at the cause.

In people who suffer from tryphobia, the sight of soap bubbles, aerated chocolate, or other objects with clusters of holes can cause migraines, panic attacks, hot sweats and a racing heart. The fear may stem from a visual resemblance to poisonous animals, according to a new study.

Tryphobia is “the most common phobia you have never heard of,” said study researcher Geoff Cole, a psychologist at the University of Essex, in England, who suffers from the fear himself.

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