

IV. Fears of dangerous animals, such as snakes or spiders, could have provided an evolutionary advantage by promoting avoidance behaviors in prehistoric times (Ohman & Mineka, 2001). Classical conditioning, as described by Pavlov, can play a role in this, where a neutral stimulus (e.g., a dog) becomes associated with a fearful response due to a past trauma. A study by Hettema et al. (2001) found that if one parent has an anxiety disorder, children are more likely to develop phobias themselves. Cognitive and Behavioral Factors The cognitive-behavioral theory posits that phobias result from learned behaviors. 1.2.3.4