

TRICK-OR-TRIVIA

Test your knowledge of Halloween-themed phobias

Halloween is one of the spookiest days of the year—and also one of the most fun! Whether you're dressing up as a monster, watching your favourite frightening film or carving a pumpkin, there are so many ways to celebrate this holiday.

Halloween is also the perfect time to learn about the science of fear and phobias. After all, the best way to overcome fear is to understand it.

Test your knowledge!

On the next page, you'll find a quiz about Halloween-themed phobias. Don't worry—we promise there's nothing to fear! You can print out the quiz and complete it on paper, or go ahead and fill it out on your computer or tablet.

When you're done, check your answers using the Answer Key on the final page.

Good luck!

Why do we feel fear?

Everyone feels afraid sometimes. In fact, **fear** is an important survival mechanism that helps people stay safe from danger. When something makes you feel unsafe, your brain tells your body that it's time to prepare for danger.

Your brain releases chemicals that trigger something called the **"fight or flight" response**.

This causes your blood pressure and heart rate to increase, and it makes you sweat. Together, your brain and body decide whether it's safer to face the scary thing head on ("fight") or run away ("flight").

What is a phobia?

A **phobia** is a type of anxiety disorder that causes irrational, uncontrollable fear of a specific object or situation. Phobias cause very intense fear, which makes the person want to actively avoid the object of their phobia.

For example, some people have a phobia of snakes—even the ones that can't harm them. A person with this phobia might avoid going places where they could see a snake, like wooded areas, zoos or even the Ontario Science Centre!

Helpful Hints



Try breaking down the words into smaller ones and relating them to similar-sounding words. Example: **chronophobia** → **chrono** → **chronology** = the study of time; therefore, **chronophobia** = the fear of passing time.

Think of the words in other languages. French, Spanish, Italian and Greek can be particularly helpful! Example: **lupophobia** → **loup** = wolf in French; therefore, **lupophobia** = the fear of wolves.



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PHOBIAS QUIZ



1

Cucurbitophobia
[cue-kur-bit-uh-phobia]
is the fear of

- Pumpkins
- Trick or treating
- Apples
- Candy

2

Entomophobia
[en-tuh-muh-phobia]
is the fear of

- Rodents
- Bugs and insects
- Bats
- Snakes

3

Triskaidekaphobia
[trisk-eye-deck-ah-phobia]
is the fear of

- The number 3
- The number 13
- The number 31
- The number 33

4

Placophobia
[pla-kuh-phobia]
is the fear of

- Tombstones
- The colour black
- Awards
- Darkness

5

Arachnophobia
[a-rack-nuh-phobia]
is the fear of

- Snakes
- Spiders
- Squirrels
- Squid

6

Nyctophobia
[nik-tuh-phobia]
is the fear of

- Light
- Dark
- Sunlight
- Moonlight

7

Kinemortophobia
[kinn-o-mor-tuh-phobia]
is the fear of

- Ghosts
- Zombies
- Vampires
- Demons

8

Chiroptophobia
[kai-rop-tuh-phobia]
is the fear of

- Crows
- Ravens
- Bats
- Pumpkins

9

Caramelaphobia
[care-a-mel-uh-phobia]
is the fear of

- Candy
- Pumpkins
- Apples
- Halloween

10

Hemophobia
[hee-muh-phobia]
is the fear of

- Eyeballs
- Blood
- Hair
- Vampires

11

Samhainophobia
[sah-win-nuh-phobia]
is the fear of

- Costumes
- Cemeteries
- Halloween
- Scarecrows

12

Masklophobia
[mass-clo-phobia]
is the fear of

- Masks and costumes
- Clowns
- Jack-o'-lanterns
- Candy

13

Skelephobia
[ske-luh-phobia]
is the fear of

- Old houses
- Skeletons
- Bones
- Skulls

14

Teraphobia
[terr-a-phobia]
is the fear of

- Ghosts
- Monsters
- Dirt
- Plants



PHOBIAS QUIZ

15

Lupophobia
[loo-puh-phobia]

is the fear of

1. Time travel
2. Full moons
3. Wolves and werewolves
4. Zombies

18

Phasmophobia
[faz-muh-phobia]

is the fear of

1. Ghouls
2. Werewolves
3. Ghosts
4. Zombies

21

Wiccaphobia
[wick-ah-phobia]

is the fear of

1. Straw
2. Wicker
3. Clowns
4. Witches

16

Coimetrophobia
[koi-met-ruh-phobia]

is the fear of

1. Money
2. Cemeteries
3. Tombstones
4. Candy

19

Sciophobia
[sigh-uh-phobia]

is the fear of

1. Shadows
2. Science
3. Ghosts
4. Zombies

22

Phobophobia
[fo-bo-phobia]

is the fear of

1. Ghosts
2. Phobias
3. Jack-o'-lanterns
4. Candles

17

Formidophobia
[for-mid-duh-phobia]

is the fear of

1. Haunted houses
2. Ghosts
3. Scarecrows
4. Masks

20

Sanguivoriphobia
[sang-wivv-o-rih-phobia]

is the fear of

1. Zombies
2. Blood
3. Vampires
4. Costumes and masks



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SPOILER ALERT

ANSWERS AHEAD!



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ANSWER KEY

1. Cucurbitophobia – Answer: Pumpkins

Pumpkin is a fruit of the genus *Cucurbita* and the family Cucurbitaceae. There are many different species within this genus that we know as “pumpkins.”

2. Entomophobia – Answer: Bugs and insects

The Ancient Greek word *entomon* means “insect.” A person with entomophobia would certainly never become an entomologist (a scientist who studies bugs).

3. Triskaidekaphobia – Answer: The number 13

In Ancient Greek, the word *treisaideka* means “thirteen.” In many cultures, 13 is considered an “unlucky” number.

4. Placophobia – Answer: Tombstones

Halloween decorations are sure to be frightening for people with placophobia, an irrational fear of tombstones.

5. Arachnophobia – Answer: Spiders

The Greek word for “spider” is *arachne*. Did you know there are more than 45,000 known species of spiders in the world?

6. Nyctophobia – Answer: Dark

The word nyctophobia comes from the Ancient Greek *nyktos*, or “night.” It refers to an extreme fear of nighttime or darkness. Nyctophobia is also known as *noctiphobia*, from the Latin root *noct*.

7. Kinemortophobia – Answer: Zombies

There are two root words at play here: *Kine* comes from the Ancient Greek for “movement,” and *mort* from the Latin for “dead.”

8. Chiroptophobia – Answer: Bats

There are many different species of bats, and all belong to different families within the order Chiroptera. The word *chiro* derives from the Ancient Greek for “hand,” while *pteron* means “wing.”

9. Caramelophobia – Answer: Candy

A less common phobia, the fear of candy can sometimes be caused by choking on hard candies. Sounds like a good reason not to run or play while eating candy!

10. Hemophobia – Answer: Blood

Hemo is a prefix—something attached to the beginning of a root word—meaning “blood.” You may have seen it before in medical terms like hemoglobin, hemophilia or hemorrhage.

11. Samhainophobia – Answer: Halloween

Halloween as we know it today has its roots in *Samhain* (pronounced sah-win), an old Gaelic festival celebrated on the evening of October 31st to mark the end of the harvest season.



ANSWER KEY

12. Masklophobia – Answer: **Masks and costumes**

Masklophobia is the fear of people in masks and costumes, including mascots and other oversized costumed characters.

13. Skelephobia – Answer: **Skeletons**

Halloween can be a very tricky time for people with a fear of skeletons! Fortunately, this phobia is not very common.

14. Teraphobia – Answer: **Monsters**

Derived from the Ancient Greek *teras*, for “monster,” teraphobia is sure to leave some people terrified on Halloween!

15. Lupophobia – Answer: **Wolves and werewolves**

In Latin, the word *lupus* means “wolf,” and the scientific name for wolves is *Canis lupus*. There are many different subspecies of *Canis lupus*, but don't worry—werewolf isn't one of them!

16. Coimetrophobia – Answer: **Cemeteries**

In Ancient Greek, the term *coimetro* sometimes referred to a “burial place.”

17. Formidophobia – Answer: **Scarecrows**

Scarecrows are meant to be formidable to crows, meaning they seem powerful and intimidating. They make less of a formidable opponent to humans—except for those with formidophobia!

18. Phasmophobia – Answer: **Ghosts**

Some people go looking for ghosts, while others do everything they can to avoid any sign of them! This word derives from the Ancient Greek *phasma*, for “apparition,” “spectre” or “phantom.”

19. Sciophobia – Answer: **Shadows**

This word is taken from the Ancient Greek *skia*, which refers to “shadow” and “shade.” In Greek mythology, the term “shade” also referred to the spirit or ghost of a dead person.

20. Sanguivoriphobia – Answer: **Vampires**

Lots of films and books are off limits for people with sanguivoriphobia, a fear of vampires.

21. Wiccaphobia – Answer: **Witches**

Some people think witchcraft is a whole lot of hocus pocus, but not people with wiccaphobia, an intense fear of witches.

22. Phobophobia – Answer: **Phobias**

We hope completing this quiz hasn't given you phobophobia: a fear of developing or experiencing a phobia!

