



Search Mayo Clinic

- Request an Appointment
Find a Doctor
Find a Job
Give Now
- Log in to Patient Account
Translated Content

PATIENT CARE & HEALTH INFO	DEPARTMENTS & CENTERS	RESEARCH	EDUCATION	FOR MEDICAL PROFESSIONALS	PRODUCTS & SERVICES	GIVING TO MAYO CLINIC
----------------------------	-----------------------	----------	-----------	---------------------------	---------------------	-----------------------

Appointments at Mayo Clinic

Mayo Clinic offers appointments in Arizona, Florida and Minnesota and at Mayo Clinic Health System locations.

[Request Appointment](#)

Diseases and Conditions

[Print](#)

Agoraphobia

- Basics
- In-Depth
- Resources
- News From Mayo Clinic

Definition

Symptoms

Causes

Risk factors

Complications

Preparing for your appointment

Tests and diagnosis

Treatments and drugs

Alternative medicine

Coping and support

Prevention

Definition

By Mayo Clinic Staff

Agoraphobia (ag-uh-ruh-FOE-be-uh) is a type of anxiety disorder in which you fear and often avoid places or situations that might cause you to panic and make you feel trapped, helpless or embarrassed.

With agoraphobia, you fear an actual or anticipated situation, such as using public transportation, being in open or enclosed spaces, standing in line or being in a crowd. The anxiety is caused by fear that there's no easy way to escape or seek help if intense anxiety develops. Most people who have agoraphobia develop it after having one or more panic attacks, causing them to fear another attack and avoid the place where it occurred.

People with agoraphobia often have a hard time feeling safe in any public place, especially where crowds gather. You may feel that you need a companion, such as a relative or friend, to go with you to public places. The fears can be so overwhelming that you may feel unable to leave your home.

Agoraphobia treatment can be challenging because it usually means confronting your fears. But with talk therapy (psychotherapy) and medications, you can escape the trap of agoraphobia and live a more enjoyable life.

Symptoms

- Share
- Tweet

May 02, 2014

Advertisement

Please see Important Safety Information, including **Boxed Warnings**, below and full Prescribing Information.



Eligible patients can pay as little as a \$15* copay per month

Learn more about savings

*Restrictions apply.

IMPORTANT SAFETY INFORMATION AND INDICATIONS FOR LATUDA
INCREASED MORTALITY IN ELDERLY PATIENTS WITH DEMENTIA-RELATED PSYCHOSIS; AND SUICIDAL THOUGHTS AND BEHAVIORS
Elderly patients with dementia-related psychosis (having lost touch with reality due to confusion and memory loss) treated with this type of medicine are at an **increased risk of death compared to patients receiving placebo (sugar pill).**

Mayo Clinic is a not-for-profit organization. Proceeds from website advertising help support our mission. Mayo Clinic does not endorse non-Mayo products and services.

Advertising & Sponsorship
[Policy](#) | [Opportunities](#)

Mayo Clinic Store

Check out these best-sellers and special offers on books and newsletters from Mayo Clinic.

- [Mayo Clinic Diet Book & Journal combo](#)
- [Guide to Stress-Free Living](#)
- [Mayo Clinic on Better Hearing and Balance](#)
- [Guide to Pain Relief](#)
- [Jump-start Your Weight Loss for 2016](#)

Ads by Google