

Age	Psychological and social competencies and concerns relevant to development of fears, phobias and anxiety	Principal sources of fear
Early infancy (0-6 months)	<ul style="list-style-type: none"> • Sensory abilities dominate infants' adaptation 	<ul style="list-style-type: none"> • Intense sensory stimuli • Loss of support
Late infancy (6-12 months)	<ul style="list-style-type: none"> • Sensorimotor schemas • Cause and effect • Object constancy 	<ul style="list-style-type: none"> • Strangers • Separation
Toddler years (2-4 years)	<ul style="list-style-type: none"> • Pre-operational thinking • Capacity to imagine but inability to distinguish fantasy from reality 	<ul style="list-style-type: none"> • Imaginary creatures • Potential burglars • The dark
Early childhood (5-7 years)	<ul style="list-style-type: none"> • Concrete operational thinking • Capacity to think in concrete logical terms 	<ul style="list-style-type: none"> • Natural disasters • Injury • Animals • Media-based fears
Middle childhood (8-11 years)	<ul style="list-style-type: none"> • Esteem centres on academic and athletic performance in school 	<ul style="list-style-type: none"> • Poor academic and athletic performance
Adolescence (12-18 years)	<ul style="list-style-type: none"> • Formal operational thought • Capacity to anticipate future dangers 	<ul style="list-style-type: none"> • Peer rejection