

We'd like to ask you some questions about fears. Are you personally afraid of each of the following things or situations?

		Gender		Age			Region			Ethnicity			
		British Columbia	Female	Male	18-34	35-54	55+	Metro Vancouver	Vancouver Island	Rest of BC	European	East Asian	South Asian
Public speaking	Very afraid	10%	11%	9%	9%	12%	9%	10%	12%	11%	10%	14%	14%
	Somewhat afraid	26%	29%	22%	25%	31%	23%	27%	24%	25%	27%	22%	22%
	Not too afraid	32%	33%	31%	37%	31%	31%	32%	30%	34%	31%	38%	33%
	Not afraid at all	31%	26%	37%	29%	26%	36%	30%	33%	31%	32%	25%	25%
	Not sure	1%	1%	1%	1%	0%	0%	1%	1%	0%	0%	1%	6%
	Total	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Heights	Very afraid	11%	12%	10%	8%	11%	14%	10%	15%	12%	12%	10%	11%
	Somewhat afraid	29%	30%	28%	35%	29%	28%	28%	32%	29%	30%	22%	22%
	Not too afraid	32%	33%	31%	30%	34%	33%	36%	29%	22%	33%	33%	33%
	Not afraid at all	27%	24%	30%	27%	26%	27%	28%	27%	32%	26%	25%	33%
	Not sure	1%	1%	0%	0%	0%	1%	1%	0%	0%	1%	1%	0%
	Total	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Insects	Very afraid	4%	6%	3%	9%	3%	3%	4%	2%	7%	3%	8%	6%
	Somewhat afraid	19%	24%	12%	20%	25%	12%	21%	12%	16%	15%	32%	28%
	Not too afraid	33%	35%	30%	33%	34%	32%	35%	35%	26%	34%	33%	19%
	Not afraid at all	44%	34%	54%	38%	38%	51%	40%	50%	51%	47%	26%	47%
	Not sure	1%	1%	0%	0%	0%	1%	1%	1%	1%	1%	1%	0%
	Total	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Spiders	Very afraid	11%	17%	5%	22%	11%	6%	12%	5%	12%	10%	12%	17%
	Somewhat afraid	22%	25%	17%	20%	29%	16%	23%	21%	18%	20%	27%	25%
	Not too afraid	26%	26%	25%	25%	24%	27%	26%	31%	22%	26%	27%	28%
	Not afraid at all	41%	32%	52%	32%	36%	51%	39%	43%	47%	44%	30%	31%
	Not sure	0%	0%	0%	0%	0%	0%	0%	0%	0%	1%	1%	0%
	Total	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Crowds	Very afraid	2%	3%	2%	4%	2%	2%	3%	1%	1%	2%	7%	3%
	Somewhat afraid	14%	15%	13%	12%	14%	15%	13%	12%	19%	15%	14%	3%
	Not too afraid	30%	33%	27%	40%	30%	24%	29%	31%	35%	28%	36%	36%
	Not afraid at all	53%	48%	58%	43%	52%	59%	55%	55%	45%	55%	42%	58%
	Not sure	1%	1%	0%	1%	1%	0%	1%	1%	0%	0%	1%	0%
	Total	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Blood	Very afraid	2%	3%	1%	5%	0%	1%	2%	2%	0%	1%	8%	3%
	Somewhat afraid	9%	8%	11%	10%	10%	8%	9%	9%	10%	7%	23%	11%
	Not too afraid	27%	31%	22%	30%	30%	23%	28%	22%	27%	26%	25%	39%
	Not afraid at all	60%	56%	65%	52%	59%	67%	60%	64%	60%	66%	42%	42%
	Not sure	2%	2%	1%	3%	1%	1%	1%	1%	2%	1%	1%	6%
	Total	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Fish	Very afraid	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%
	Somewhat afraid	2%	2%	2%	5%	1%	1%	2%	1%	3%	2%	0%	3%
	Not too afraid	12%	13%	11%	16%	13%	9%	14%	12%	7%	10%	25%	17%
	Not afraid at all	85%	83%	87%	77%	86%	89%	83%	88%	88%	88%	74%	81%
	Not sure	1%	2%	0%	1%	0%	1%	1%	1%	1%	1%	1%	0%
	Total	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Birds	Very afraid	0%	1%	0%	0%	0%	0%	0%	0%	0%	0%	1%	0%
	Somewhat afraid	3%	4%	2%	6%	2%	2%	3%	2%	4%	3%	3%	8%
	Not too afraid	15%	18%	12%	20%	15%	11%	17%	12%	12%	12%	23%	28%
	Not afraid at all	81%	77%	86%	73%	81%	86%	80%	84%	84%	85%	71%	64%
	Not sure	0%	1%	0%	0%	0%	0%	0%	1%	0%	1%	1%	0%
	Total	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Snakes	Very afraid	14%	19%	8%	15%	13%	15%	15%	9%	14%	11%	16%	19%
	Somewhat afraid	26%	25%	27%	27%	26%	25%	27%	24%	23%	23%	33%	25%
	Not too afraid	28%	26%	30%	27%	27%	29%	28%	28%	27%	30%	29%	25%
	Not afraid at all	31%	29%	34%	30%	33%	30%	29%	37%	35%	35%	21%	28%
	Not sure	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	6%
	Total	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Confined Spaces	Very afraid	6%	6%	6%	7%	4%	6%	5%	7%	7%	6%	4%	3%
	Somewhat afraid	28%	28%	27%	27%	27%	24%	22%	26%	37%	26%	27%	6%
	Not too afraid	32%	36%	32%	32%	36%	29%	35%	28%	24%	31%	36%	39%
	Not afraid at all	36%	29%	44%	33%	32%	40%	36%	38%	33%	36%	32%	50%
	Not sure	1%	1%	1%	1%	1%	1%	1%	1%	0%	1%	1%	6%
	Total	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Open Spaces	Very afraid	1%	0%	2%	4%	0%	0%	0%	0%	3%	0%	0%	0%
	Somewhat afraid	1%	1%	1%	4%	1%	0%	1%	0%	2%	1%	3%	8%
	Not too afraid	10%	12%	9%	11%	15%	6%	12%	8%	7%	7%	25%	17%
	Not afraid at all	86%	85%	88%	80%	83%	93%	86%	91%	84%	91%	71%	75%
	Not sure	1%	3%	0%	1%	1%	1%	1%	1%	3%	1%	1%	0%
	Total	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Flying (Airplane/Helicopter)	Very afraid	2%	2%	2%	4%	1%	1%	2%	3%	0%	2%	0%	3%
	Somewhat afraid	14%	18%	9%	17%	17%	9%	13%	12%	16%	12%	11%	22%
	Not too afraid	23%	26%	19%	20%	25%	21%	23%	27%	18%	18%	38%	28%
	Not afraid at all	61%	54%	70%	59%	55%	68%	60%	57%	66%	67%	48%	50%
	Not sure	1%	1%	0%	0%	1%	0%	1%	1%	0%	1%	1%	0%
	Total	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Open water (Ferry/Boat/Cruise ship)	Very afraid	1%	2%	0%	2%	0%	0%	2%	0%	2%	0%	1%	3%
	Somewhat afraid	9%	12%	6%	14%	0%	6%	9%	6%	12%	7%	21%	8%
	Not too afraid	20%	25%	14%	22%	19%	20%	22%	15%	18%	16%	29%	31%
	Not afraid at all	69%	61%	80%	63%	70%	73%	68%	78%	69%	75%	49%	61%
	Not sure	1%	1%	0%	0%	1%	0%	1%	1%	0%	1%	1%	0%
	Total	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mice	Very afraid	6%	8%	3%	8%	6%	4%	5%	3%	9%	3%	14%	11%
	Somewhat afraid	11%	16%	5%	12%	12%	9%	12%	5%	9%	8%	16%	14%
	Not too afraid	28%	33%	22%	32%	28%	25%	29%	30%	22%	28%	33%	31%
	Not afraid at all	55%	43%	70%	48%	53%	61%	53%	60%	59%	61%	36%	44%
	Not sure	1%	1%	0%	0%	0%	1%	0%	1%	1%	1%	1%	0%
	Total	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Germs	Very afraid	3%	4%	2%	5%	2%	3%	4%	1%	2%	1%	10%	6%
	Somewhat afraid	20%	20%	19%	25%	16%	20%	22%	17%	16%	16%	30%	25%
	Not too afraid	37%	41%	31%	32%	41%	35%	38%	38%	32%	38%	37%	31%
	Not afraid at all	40%	33%	48%	37%	39%	42%	36%	42%	50%	44%	22%	39%
	Not sure	1%	1%	0%	0%	1%	0%	1%	1%	0%	1%	1%	0%
	Total	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Being alone	Very afraid	1%	1%	2%	1%	2%	0%	2%	1%	0%	1%	1%	0%
	Somewhat afraid	11%	14%	9%	20%	12%	6%	13%	3%	12%	8%	16%	14%
	Not too afraid	23%	28%	18%	27%	28%	17%	24%	27%	20%	21%	36%	31%
	Not afraid at all	63%	57%	72%	51%	57%	76%	61%	67%	68%	69%	44%	56%
	Not sure	1%	1%	0%	1%	0%	0%	1%	1%	0%	1%	1%	0%
	Total	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Water / Drowning	Very afraid	7%	9%	6%	8%	7%	7%	7%	6%	9%	6%	8%	8%
	Somewhat afraid	17%	20%	15%	18%	18%	17%	18%	15%	18%	15%	29%	19%
	Not too afraid	33%	34%	33%	31%	38%	31%	33%	37%	31%	31%	34%	44%
	Not afraid at all	41%	37%	46%	42%	37%	45%	41%	41%	42%	47%	27%	25%
	Not sure	1%	1%	1%	1%	1%	0%	1%	1%	0%	1%	1%	6%
	Total	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strangers	Very afraid	1%	1%	0%	2%	0%	0%	1%	1%	0%	1%	1%	3%
	Somewhat afraid	11%	13%	9%	12%	12%	9%	10%	9%	14%	7%	23%	25%
	Not too afraid	38%	44%	30%	35%	38%	39%	39%	34%	38%	38%	41%	25%
	Not afraid at all	50%	41%	61%	51%	48%	51%	49%	55%	47%	54%	33%	50%
	Not sure	1%	1%	0%	0%	0%	1%	1%	0%	1%	1%	1%	0%
	Total	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Darkness	Very afraid	2%	2%	1%	4%	1%	0%						



**In the past, how have you dealt with any of these fears? (Select all that apply)**

	British Columbia	Gender		Age			Region			Ethnicity		
		Female	Male	18-34	35-54	55+	Metro Vancouver	Vancouver Island	Rest of BC	European	East Asian	South Asian
Come close to "losing it" in front of other people on account of a fear you had	13%	17%	8%	24%	12%	7%	13%	10%	13%	12%	11%	22%
Altered your plans (i.e. route, mode of transportation) to avoid a thing or situation you fear or feared	27%	30%	23%	40%	26%	19%	29%	26%	20%	24%	37%	25%
Used the stairs instead of the elevator to avoid being in a confined space out of fear (not because of fitness reasons)	7%	7%	7%	10%	6%	5%	6%	8%	7%	6%	8%	6%
Asked another person to "get rid" of an insect/bug/spider	32%	46%	14%	46%	34%	21%	34%	24%	30%	30%	41%	28%
Experienced a "panic attack" to avoid doing something out of fear	16%	21%	10%	25%	15%	12%	17%	16%	15%	17%	18%	22%
None of these	46%	33%	60%	32%	43%	55%	44%	49%	48%	47%	40%	33%