



What is the most common treatment for acrophobia?

What is the most common treatment for acrophobia?

- A. Medication
- B. Therapy
- C. Hypnotherapy
- D. Exposure therapy

Show Answer...

Correct Answer: D. Exposure therapy

Explanation:

Exposure therapy is considered the most effective treatment for acrophobia. It involves gradually exposing the person to the object or situation that triggers their fear and desensitizing them over time. This can be done in a controlled environment, such as a therapist's office, or in a real-life setting.

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