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Horror fans can be classified along three dimensions: Adrenaline Junkies, White Knucklers, and Dark Copers. Dark copers are a newly-identified type of horror fans, who use horror to cope with problems like feelings of anxiety. Adrenaline junkies get a mood boost from the intense experiences of horror.

How 3 Types of Fans Benefit from Horror | Psychology Today

psychologytoday : blog : morbid-minds : how-3-types-fans-be...

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The enjoyment that some people get from fear is likely not from fear itself. Instead, thrills stem from the physical and emotional release that follows scary situations, according to Seeker, a division of Discovery. For some horror fans, the desire to feel fear is a manifestation of an adrenaline-seeking personality.

The Psychology of Fear: Exploring the Science Behind Horror Entertainment

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