- **SANITY** is a game mechanic used in Call of Cthulhu. It represents the mental stability of the investigator and how they react to the horrors of the Mythos.

- **SANITY** loss can occur through various means such as encountering supernatural entities, enduring extreme stress, or engaging in dangerous activities.

- **Temporary Insanity** is a short-term condition that can occur when an investigator's SAN falls below a certain threshold. It can be resolved either naturally over time or with the use of various effects or equipment.

- **Larger Insanity** is a more permanent condition that can result in the investigator becoming insane. It can be due to prolonged exposure to Sanity-draining dangers or a significant SAN loss.

- **Sample Phobias** are examples of mental disorders that can affect an investigator. These phobias can drastically impair an investigator's ability to function.

- **Sample Sanity Losses** are conditions that can cause an investigator's SAN to decrease. These conditions can range from mundane events like being surprised to more sinister occurrences like encountering a mangler animal carcass.

- **Quick NPC Statistics** provide a quick reference for creating non-player characters, including their SAN, Characteristics, and Abilities.

- **Infinite Insanity** is a severe form of insanity that can result in the investigator becoming completely unpredictable and dangerous to others.

- **States of Sanity** outline the various levels of Sanity and the effects they have on an investigator.

- **Insane Insight** describes the characteristics of an investigator who has become insane, including their behaviors and actions.

- **Sample Phobias** include a variety of conditions, such as Acrophobia (fear of heights), Agoraphobia (fear of open spaces), and Hematophobia (fear of blood). Each phobia has a specific trigger and effect on the investigator.