**Specific Phobia**

1. Marked fear or anxiety about a specific object or situation (e.g., flying, heights, animals, receiving an injection, seeing blood).
2. The phobic object or situation almost always provokes immediate fear or anxiety.
3. The phobic situation(s) is avoided or else is endured with intense anxiety or distress.
4. The fear or anxiety is out of proportion to the actual danger posed by the specific object or situation and to the sociocultural context.
5. The fear, anxiety, or avoidance is persistent, typically lasting for 6 months or more.
6. The fear, anxiety, or avoidance causes clinically significant distress or impairment in social, occupational or other important areas of functioning.
7. The disturbance is not better explained by another mental disorder, such as Obsessive-Compulsive Disorder (e.g., fear of dirt in someone with an obsession about contamination), Post-traumatic Stress Disorder (e.g., avoidance of stimuli associated with a severe stressor), Separation Anxiety Disorder (e.g., avoidance of school), Social Phobia (e.g., avoidance of social situations because of fear of embarrassment), Panic Disorder with Agoraphobia, or Agoraphobia Without History of Panic Disorder.

Reference:

American Psychiatric Association, 2013, Diagnostic & Statistical Manual of Psychiatric Disorders (DSM V)