Specific Phobias
Specific phobia symptom criteria remain unchanged from the DSM-IV, except (as previously noted) adults no longer must recognize that their anxiety or fear is excessive or unreasonable. Symptoms must also now have been present for at least 6 months for all ages in order for a diagnosis to be made of specific phobia.
A relatively enduring or persistent tendency to experience unreasonable or excessive fear in the presence or anticipation of being exposed to a rather specific object or situation e.g spiders.

Exposure to the feared object results in the exceedingly fast anxiety response or even a panic attack (Larson et al 2006).

The person realizes that their fear is unreasonable or exaggerated.

The phobic situation is either endured with intense anxiety or avoided completely.

The anxiety invoked by the phobic situation must interfere significantly with the person’s usual routine example at work at home or in social interactions or the person is strongly distressed by having this phobia.

In children these symptoms must be present for at least six months.