

### DSM IV Criteria for Specific Phobia/Social Phobia

- Marked & persistent fear of a specific object or situation/of one or more situations in which the individual will be exposed to unfamiliar people or to the scrutiny of others
- Exposure to the phobic stimulus/feared social situation nearly always produces a rapid anxiety response
- The individual realises that his or her fear of the phobic object or situation is excessive
- The phobic stimulus/feared situations are either avoided or responded to with great anxiety
- The phobic reactions interfere significantly with the individual's working or social life, or her/she is very distressed about the phobia
- In individuals under 18, the phobia has lasted for at least six months (specific)

### DSM IV Criteria for Panic Disorder with Agoraphobia

- Recurrent unexpected panic attacks
- At least one panic attack has been followed by at least one month of worry about the attack, concern about having more panic attacks, or changes in behaviour resulting from the attack
- Agoraphobia, in which there is anxiety about being in situations from which escape might be hard or embarrassing in the event of a panic attack
- The panic attacks are not due to use of some substance