A phobia is an exaggerated, usually inexplicable, and illogical fear of a particular object class of objects or situation. Phobias are typically characterized by a strong fear and anxiety response that can be triggered by exposure to the feared object or situation. Phobias can be classified into several types, including specific phobias, social anxiety disorders, and generalized anxiety disorders. The DSM-5 diagnostic criteria for a specific phobia include the presence of a marked and persistent fear of an object or situation, avoiding the feared object or situation, and the fear causing significant distress or impairment in social, occupational, or other areas of functioning.