

# Agoraphobia DSM 5 Criteria

Client Name:	Age:
Gender:	
Date of Session:	
<input type="checkbox"/> <b>Marked fear or anxiety about two (or more) of the following five situations:</b>	
<input type="checkbox"/> Using public transportation (e.g., automobiles, buses, trains, ships, planes).	
<input type="checkbox"/> Being in open spaces (e.g., parking lots, marketplaces, bridges).	
<input type="checkbox"/> Being in enclosed places (e.g., shops, theaters, cinemas).	
<input type="checkbox"/> Standing in line or being in a crowd.	
<input type="checkbox"/> Being outside of the home alone.	
<b>Notes:</b>	
<input type="checkbox"/> The individual fears or avoids these situations because of thoughts that escape might be difficult or help might not be available in the event of developing panic-like symptoms or other incapacitating or embarrassing symptoms (e.g., fear of falling in the elderly; fear of incontinence).	
<b>Notes:</b>	

The agoraphobic situations almost always provoke fear or anxiety.

**Notes:**

The agoraphobic situations are actively avoided, require the presence of a companion, or are endured with intense fear or anxiety.

**Notes:**

The fear or anxiety is out of proportion to the actual danger posed by the agoraphobic situations and to the sociocultural context.

**Notes:**

The fear, anxiety, or avoidance is persistent, typically lasting for 6 months or more.

**Notes:**

- The fear, anxiety, or avoidance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.

**Notes:**

- If another medical condition (e.g., inflammatory bowel disease, Parkinson's disease) is present, the fear, anxiety, or avoidance is clearly excessive.

**Notes:**

- The symptoms of another mental disorder do not better explain the fear, anxiety, or avoidance.

**Notes:**

**Reference**

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington, DC.