

## Depersonalization and Derealization Disorder (DPDR)

## Why in News?

Recently, an article described about the Depersonalization and Derealization Disorder (DPDR).

• **A mental health condition** – A state where individuals experience persistent <u>feelings</u> of <u>detachment from themselves</u> or their surroundings.

|            | Derealization   | Depersonalization  |
|------------|---|--|
| Conditions | • A sense of feeling of detachment<br>from environment, objects & people<br>in it.            | • A feeling of detachment from themselves.   |
| Symptoms   | <ul> <li>A heightened awareness of surroundings.</li> <li>Eagling as recent events</li> </ul> | <ul> <li>An inability to recognize or describe emotions.</li> <li>Feeling unconnected to body, mind and feelings.</li> <li>Sense of body and limbs are distorted and head is wrapped in cotton.</li> </ul> |

• **Susceptible population** – It *affects 1 to 2% of the global population*, predominantly youngsters.



- **Symptoms** Sensation of being in a dream or fog.
  - The world appears flat, colourless or artificial.
  - *Distortions in visual perception*, with objects appearing either blurred or unusually sharp.
  - Sounds that seem either amplified or muted.

- $\circ$  An altered perception of time, which may seem to move too fast or too slow.
- The above symptoms can last for hours, days, weeks or even months.
- **Treatment** It is *treatable* by addressing the root cause, whether it is anxiety, trauma or depression.

## Reference

The Hindu | Understanding Depersonalization Disorder

