

## 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 *feelings of detachment from themselves* or their surroundings.

	Derealization	Depersonalization
Conditions	<ul style="list-style-type: none"> <li>• A sense of feeling of detachment from environment, objects &amp; people in it.</li> </ul>	<ul style="list-style-type: none"> <li>• A feeling of detachment from themselves.</li> </ul>
Symptoms	<ul style="list-style-type: none"> <li>• Distortion of the distance from the size or shape of objects</li> <li>• A heightened awareness of surroundings.</li> <li>• Feeling as recent events happened in the distant past.</li> </ul>	<ul style="list-style-type: none"> <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.

- 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](#)

