Depersonalization and Derealization Disorder (DPDR)

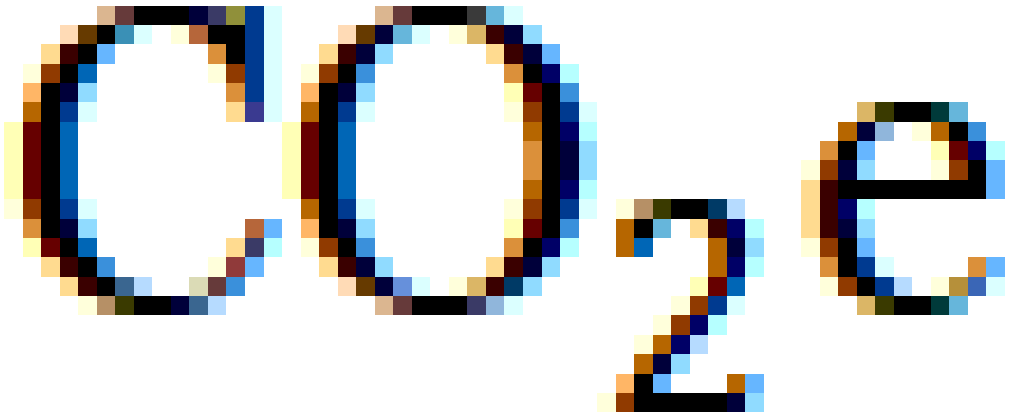
Why in News?

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	• A sense of feeling of detachment from environment, objects & people in it.	• A feeling of detachment from themselves.
Symptoms	• Distortion of the distance from the size or shape of objects • A heightened awareness of surroundings. • Feeling as recent events happened in the distant past.	• An inability to recognize or describe emotions. • Feeling unconnected to body, mind and feelings. • Sense of body and limbs are distorted and head is wrapped in cotton.

- **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

