

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"> • A sense of feeling of detachment from environment, objects & people in it. 	<ul style="list-style-type: none"> • A feeling of detachment from themselves.
Symptoms	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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.

WHAT CAUSES DEPERSONALIZATION- DEREALIZATION DISORDER?




- **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](#)

