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Depersonalization Derealization Disorder in Teens

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Omaha South 2022

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Abstract

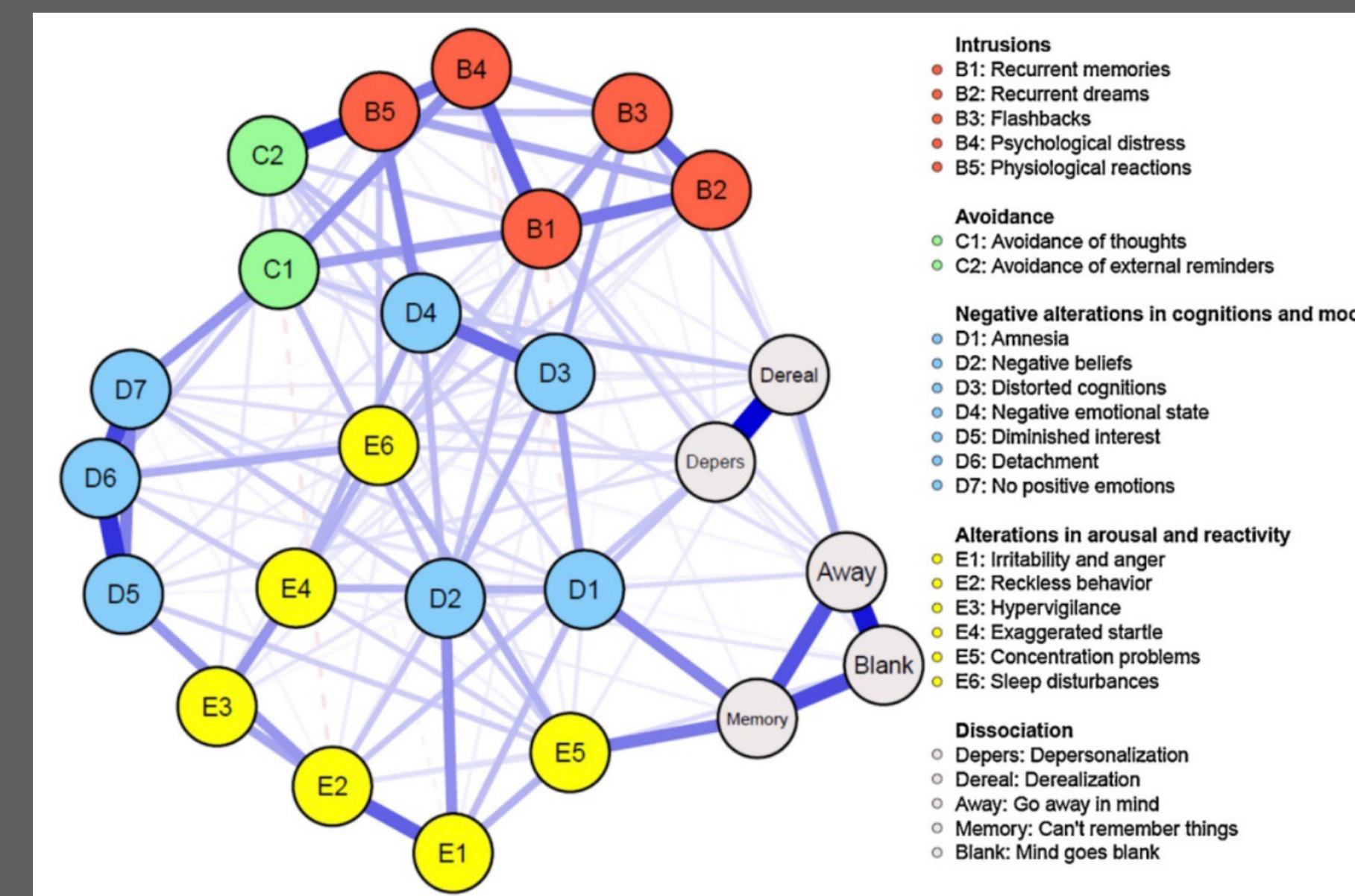
Depersonalization Derealization Disorder and its accompanying symptoms affect a teenager's life. DDD is a mental disorder that affects a diagnosed individual perspective of themselves and of the world around them, making it seem distant or dream-like. I became interested in this topic because of the symptoms that lead me into a spiraling rabbit hole of cross-construct connections with other dissociative disorders.

Key Points

- The development of "dissociation was significantly correlated with emotional abuse, physical abuse, sexual abuse, and neglect" (Simeon, 2001).
- Psychologists found that the average age of development is 16 years. There are some individuals that develop DDD at an even younger age. When it came to lifestyle, Ross claimed that the "youth may be more prone...to engage in active, pathological dissociation...and cognitive dysregulation that can overwhelm their capacity to respond in an organized fashion" (Ross, 2020).
- DDD can occur "when stressed,...very tired, anxious, or intoxicated" (Büetiger, 2020).
- It is also likely that the teen develops "behavior problems, including antisocial acts, sexual behavior problems, and substance abuse" (Leibowitz, 2010).
- DDD not only affects the individual that is diagnosed but it also affects that person's relationships.

Conclusions & Discussion

Teenagers could resort to DDD as a way of escaping a stressful environment. The severity of the symptoms depends on the individual and the level abuse that they were put through. I agree with the research I found. I would like to know how an adult with DDD would live their daily life in a family dynamic.



Ross, J., Armour, C., Kerig, P., Kidwell, M. & Kilshaw, R. (2020) A network analysis of post traumatic stress disorder and dissociation in trauma-exposed adolescents. *Journal of Anxiety Disorders*. Retrieved October 25, 2021.

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