Depersonalization/derealization disorder (Box 26A) is a dissociative disorder characterized by feelings of depersonalization—feeling detached from oneself or one’s body—and derealization—feeling detached from the external world or reality (Table 26A.1). People may experience a feeling of detachment from their own thoughts, emotions, or body sensations. This condition, also known as depersonalization disorder, affects about 0.1% of the general population. It is often accompanied by anxiety or depression and can sometimes lead to suicidal thoughts.

Depersonalization/derealization disorder is typically diagnosed during adulthood, and its onset usually occurs between the ages of 25 and 35. The disorder affects both men and women equally. While the cause of the disorder is not fully understood, research suggests that it may be related to genetic, biological, and psychological factors. Depersonalization/derealization disorder is thought to be underdiagnosed and underrecognized, as many people may not seek help due to the stigma associated with the disorder or because they do not recognize their own experiences as significant.

Symptoms of depersonalization/derealization disorder include:
- Feeling detached from oneself or one’s body
- Feeling detached from the external world or reality
- Feeling numbness or disconnectedness
- Feeling like one is living in a dream or not in control of one’s life
- Difficulty concentrating or remembering information

Treatment options for depersonalization/derealization disorder may include:
- Cognitive behavioral therapy
- Medications, such as antipsychotics, antidepressants, or mood stabilizers
- Support groups

It is important for individuals experiencing symptoms of depersonalization/derealization disorder to seek help from a healthcare provider. Early treatment can help manage symptoms and improve quality of life. The disorder can also be associated with other mental health conditions, such as anxiety, depression, and post-traumatic stress disorder.

### References

### Further Reading
- *Depersonalization/Derealization Disorder: A Comprehensive Guide* by John A. Clark, M.D.