DISSOCIATIVE IDENTITY DISORDER (DID) & ANTI-SOCIAL DISORDER

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DISSOCIATIVE IDENTITY DISORDER
SIGNS & SYMPTOMS:

Signs? Alcohol & Drug abuse, rituals, eating disorders, anxiety/panic attacks, mood swings, sleep walking, Hallucinations, memory loss

Symptoms? Suicidal, visual & auditory hallucinations, memory loss of significant events, experiencing blackouts, problem recalling people and places, feeling unreal, not being able to recognize oneself in a mirror, feeling like they are watching their life pass by without living it, feeling like more than one person

Signs and symptoms may overlap with other mental disorders such as depression, panic disorder, eating disorders, etc.
ETIOLOGY?

A lot of influence from childhood as a result of trauma, abuse (sexual & physical) and the lack of comfort from that trauma

Can also be caused by an innate ability to be able to dissociate easily

OR influence of family member also suffering from dissociative identity disorder
WARNING SIGNS/ TRIGGERS?

Some warning signs that might lead you to suspect DID is a significant loss of memory. The severity is what’s important when distinguishing it. A person may not know his/her name, birthday, major events like: graduation, past birthdays, birth of children.

Another warning sign is being able to notice a person have mood swings so severe that it’s almost is as they have become a total different person ( 2 noticeable distinct personality)

Signs & symptoms may be triggered when a person faces a situation similar to his/her past trauma or are asked to talk about it.
DIAGNOSIS:

It is difficult to diagnose a person with DID and can take up to many years. The Diagnostic and Statistical Manual of Mental Disorders (DSM) helps guide mental health practitioners on signs & symptoms to look for:

1. Presence of 2 or more distinct personalities
2. One of the personalities completely taking control of patient’s behavior
3. Severe memory loss of personal and significant information
4. The illness is not the result of the direct physiological effects of a substance
3 TYPES OF DISSOCIATIVE DISORDERS:

1. Psychogenic amnesia: not being able to remember major important events or memories from the past

2. Psychogenic fugue: memory loss but to the extent that they lose their “identity” & walk away from their old life (Mild)

3. Dissociative Identity Disorder: (multiple personalities) having 2 or more identifiable personalities (Severe)
TREATMENT?

1. Main one is psychotherapy-
   Used to allow them to learn to interact with other people, face their trauma and get to the stage where they are able to discuss it, allow both parts of them to coexist but in a peaceful manner, & help retrieve memory lapses

2. Hypnosis- helps get more info out of patient regarding signs & symptoms

3. Eye movement desensitization and reprocessing (EMDR)- mostly associated with the Psychogenic amnesia type of DID

4. Medication- help regulate the other mental health problems that tend to arise with disassociative disorder like depression, severe anxiety, anger, and impulse-control problems

Treatment can take up to a minimum of 5-7 years but is very effective
LIFESPAN/ PROGNOSIS?

People living with DID are able to live well-adjusted normal lives when given the correct treatment for multiple symptoms (range depending on psychiatric help)
ANTISOCIAL PERSONALITY DISORDER
SIGNS & SYMPTOMS:

Signs? Lack of conforming to laws (repeatedly committing crimes), telling lies, failure to think and plan ahead, disregard of personal safety, persistent lack of taking responsibility such as failing to establish a pattern of good work, habits, or keeping financial obligations

Symptoms? Does not feel guilty
ETIOLOGY?

Can be a result of genetic and Environmental factors- strongly encouraged by outside forces
WARNING SIGNS/ TRIGGERS?

Some behaviors that might make you believe a person is dealing with anti-social disorder is reckless lifestyle (does not take into consideration his/her personal safety), bullying behavior, obsession with weapons, & bed wetting.
DIAGNOSIS:

It is hard to diagnose and is usually spotted because the patient goes to seek help for other problems such as marital discord, alcohol or drug abuse, and thoughts of suicide
The two treatment methods most commonly used to help regulate symptoms are: counseling and medication.

A neuropsychological assessment may also be completed.
LIFESPAN/ PROGNOSIS?

The disorder can decrease lifespan as a result of reckless behavior but if treatment is successful then it tends to stabilize with age.
SITES:

http://www.mentalhealthamerica.net/conditions/dissociation-and-dissociative-disorders

