

Short Report

Depersonalisation Disorder

Paul Cusack TE

Saint John, Canada

Abstract

Stress that leads to anxiety is the root cause of many mental illnesses. Depersonalization is a symptom of greater mental illness such as schizophrenia. In this paper, we consider various mental illnesses that result in DP.

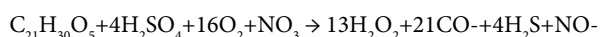
Keywords: Depersonalization; Anxiety; Mental illness

Introduction

Wikipedia defines Depersonalization Disorder as: “A detachment within the self, regarding one’s mind or body, or being a detached observer of oneself”.

Discussion

DP is a symptom of the illnesses indicated in (Table 1). At the heart of all mental illnesses is stress (Figure 1). The first line of treatment (or avoiding mental illnesses in the first place) is to alleviate stress through exercise, sex, and rest. These should be prescribed before medications.



Cortisol (Stress)+Free Radical+Salts → Hydrogen Peroxide+Neuro Tr

Table 1: Illnesses associated with DP and their causes.

Illness	Suspected Cause
Anxiety Disorder	PTSD; Bipolar; Sz; Phobias; Hypochondriac
Clinical Depression	Genetic
Bipolar	PTSD
Schizophrenia	PTSD and Depression
Schizoid Personality Disorder	“”
Hypothyroidism	LowT4=Pineal Gland=Melatonin=Schizophrenia
Obsessive - Compulsive Disorder	Anxiety
Migraines	Calcium Salts; Bruxism=Anxiety
Sleeplessness - Melatonin	Pineal Gland
Amyotrophic Lateral Sclerosis	H ₂ O ₂
Alzheimer’s disease	H ₂ O ₂
MS	H ₂ O ₂
PTSD	Injury=Trauma=Panic Attacks
Anxiety	Panic Attacks

Conclusion

There should be an education for people to realize the importance of stress relieving exercises.

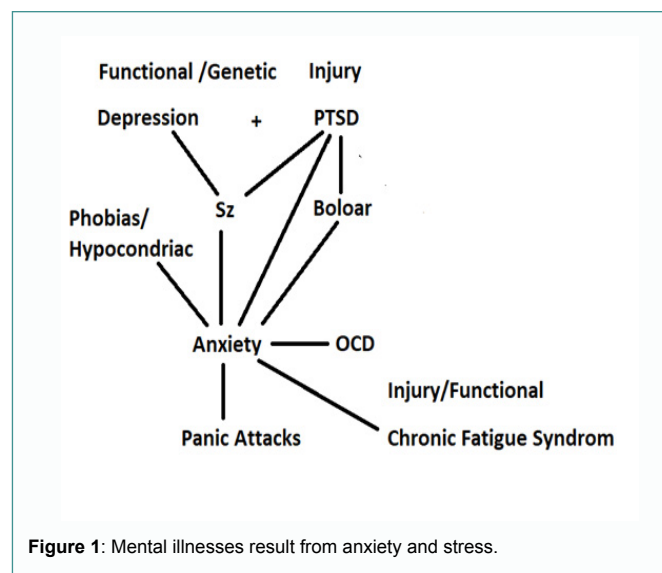


Figure 1: Mental illnesses result from anxiety and stress.

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***Corresponding author:** Paul Cusack TE, BSCE, Dule, 23 Park Ave, Saint John, E2J 1R2, Canada, E-mail: St-michael@hotmail.com