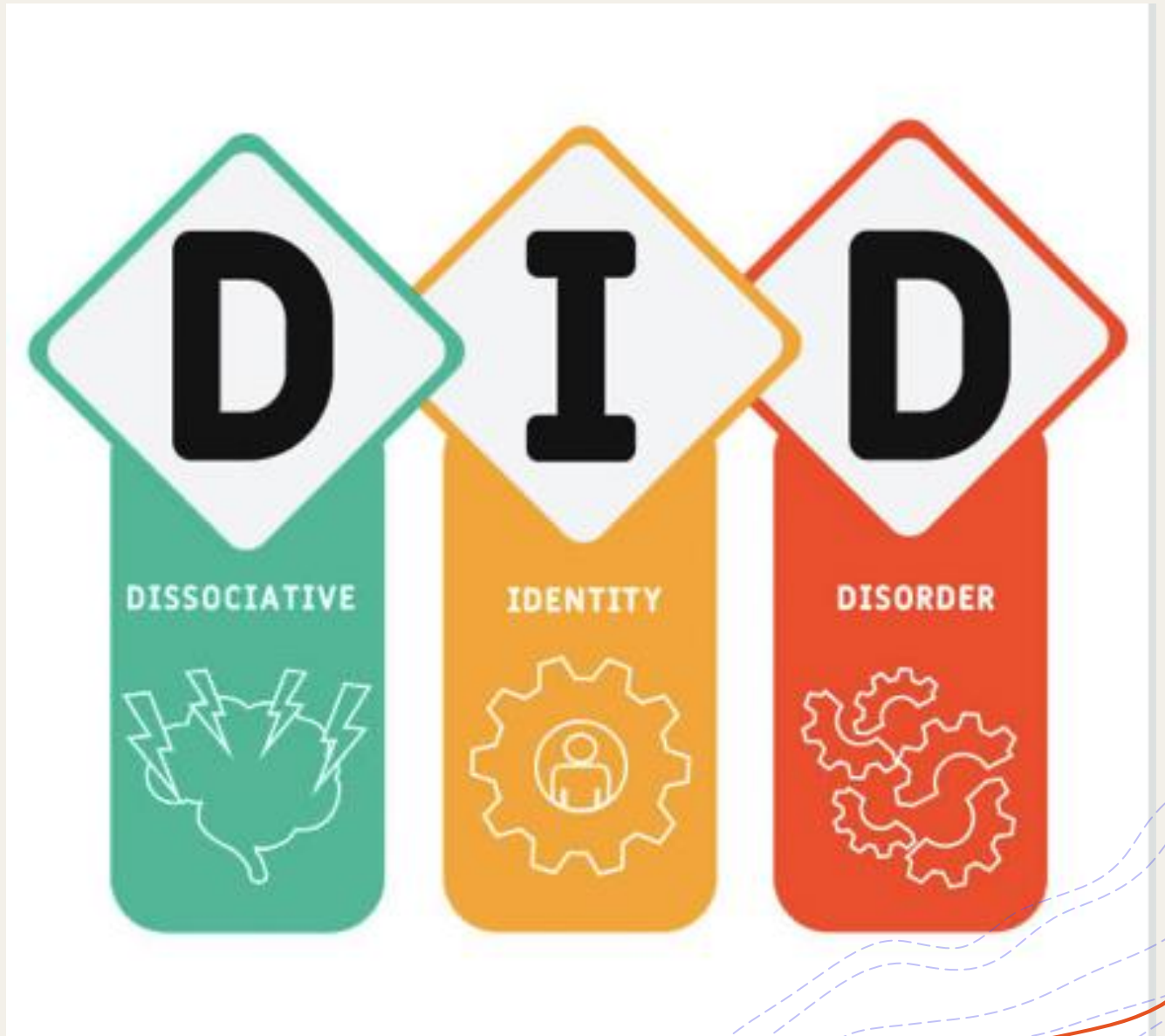


# Dissociative Identity Disorder

By: Sydney Howarth

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# What Is This Mental Illness's Name?

The most common name for this disorder is Dissociative Identity Disorder (DID) other names that are no longer accurate include: Multiple Personality Disorder and Split Personality Disorder.

Source: [https://en.wikipedia.org/wiki/Dissociative\\_identity\\_disorder](https://en.wikipedia.org/wiki/Dissociative_identity_disorder)

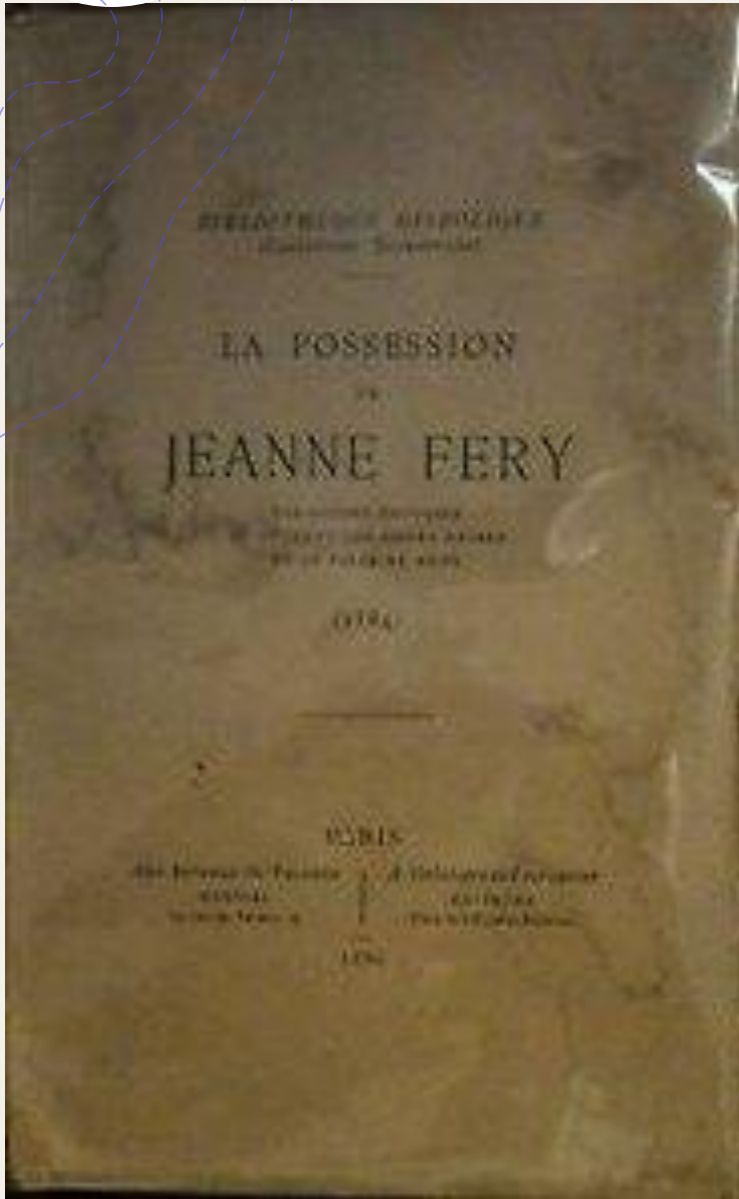
# What's The History Of DID?

- First Case: while not labeled as DID at the time, Jeanne Fery documented her exorcism, and she had many of the symptoms of DID today such as multiple alters.
- The First Labeled Case: Louis Auguste Vivet in 1882. Diagnosed by Doctor Camuset.
- Louis Diagnosis was Redoublement (or doubling) a term introduced to the world by French surgeon Étienne Azam.

## Sources:

<https://did-research.org/did/history/#:~:text=In%201918%2C%20it%20was%20first,the%20use%20of%20Institutions%20for>

<https://www.todayifoundout.com/index.php/2022/05/is-genuine-multiple-personality-disorder-as-depicted-in-movies-actually-a-thing-or-a-hollywood-invention/>



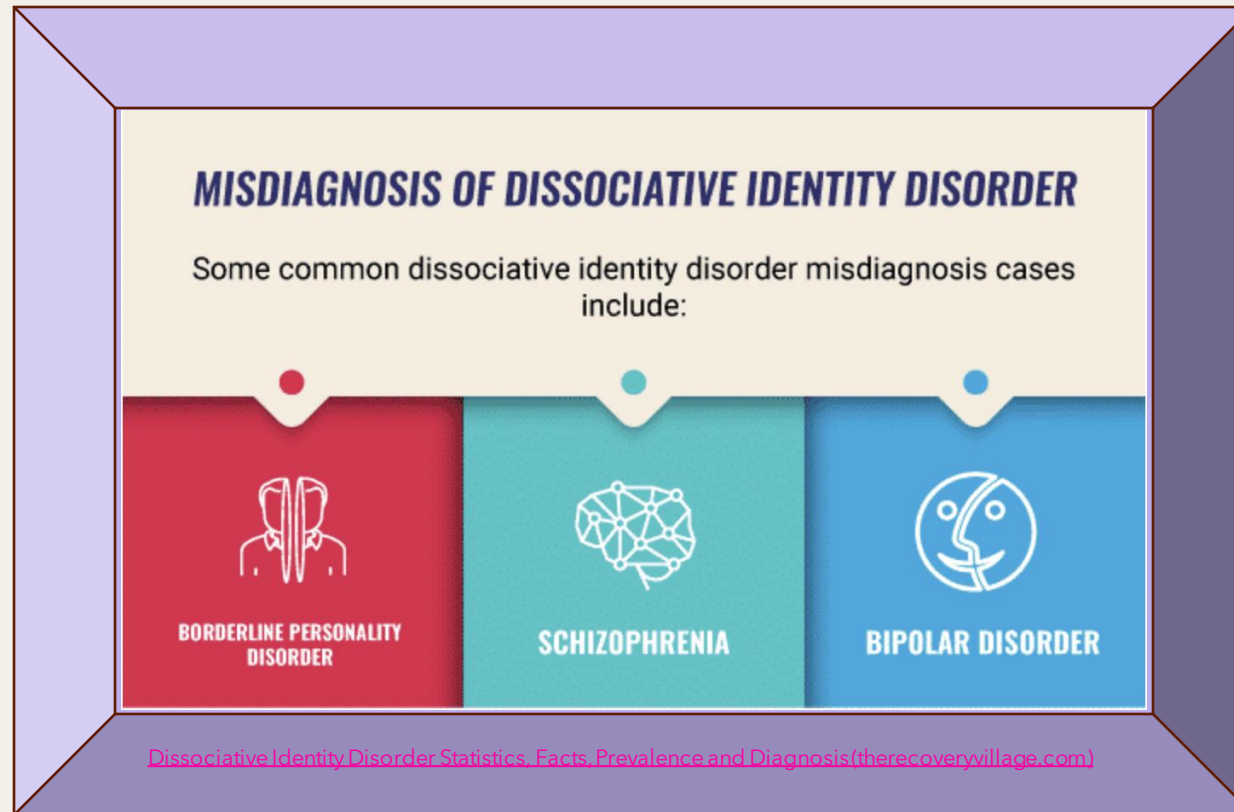
# Who's Affected?

- Anyone can be affected by DID but, they must have suffered some kind of abuse or some kind of other traumatic event in their early childhood that causes them to dissociate from that trauma.
- Not everyone who experiences trauma in their early childhood will develop DID.

Source: <https://my.clevelandclinic.org/health/diseases/9792-dissociative-identity-disorder-multiple-personality-disorder#:~:text=A%20note%20from%20Cleveland%20Clinic&text=Someone%20with%20DID%20has%20multiple,usually%20caused%20by%20past%20trauma.>

# How Common Is It?

- Dissociative Identity Disorder affects approximately 1% of the population.



Source: [https://www.mcleanhospital.org/tags/dissociative-disorders#:~:text=Dissociative%20identity%20disorder%20\(DID\)%20is,condition%20actually%20exhibit%20this%20behavior.](https://www.mcleanhospital.org/tags/dissociative-disorders#:~:text=Dissociative%20identity%20disorder%20(DID)%20is,condition%20actually%20exhibit%20this%20behavior.)





Extreme physical, sexual or mental abuse during childhood  
can cause dissociative identity disorder

© [www.medindia.net](http://www.medindia.net)

[Dissociative Identity Disorder | Multiple Personality Disorder \(medindia.net\)](http://www.medindia.net)

## What Causes DID?

- Dissociative Identity Disorder is caused by abuse or a traumatic event in the early childhood stage.
- Not everyone who experiences abuse will develop DID.
- The abuse can be emotional, physical, or sexual.

# What Are The Symptoms Of DID?

- Anxiety
- Depression
- Self-puzzlement
- Disordered eating
- Self-destructive behavior
- Substance misuse
- Memory gaps
- Suicidal thoughts or self-harm

Source: [https://www.mcleanhospital.org/tags/dissociative-disorders#:~:text=Dissociative%20identity%20disorder%20\(DID\)%20is,condition%20actually%20exhibit%20this%20behavior.](https://www.mcleanhospital.org/tags/dissociative-disorders#:~:text=Dissociative%20identity%20disorder%20(DID)%20is,condition%20actually%20exhibit%20this%20behavior.)

## Symptoms Of Dissociative Identity Disorder





# How Is DID Diagnosed?

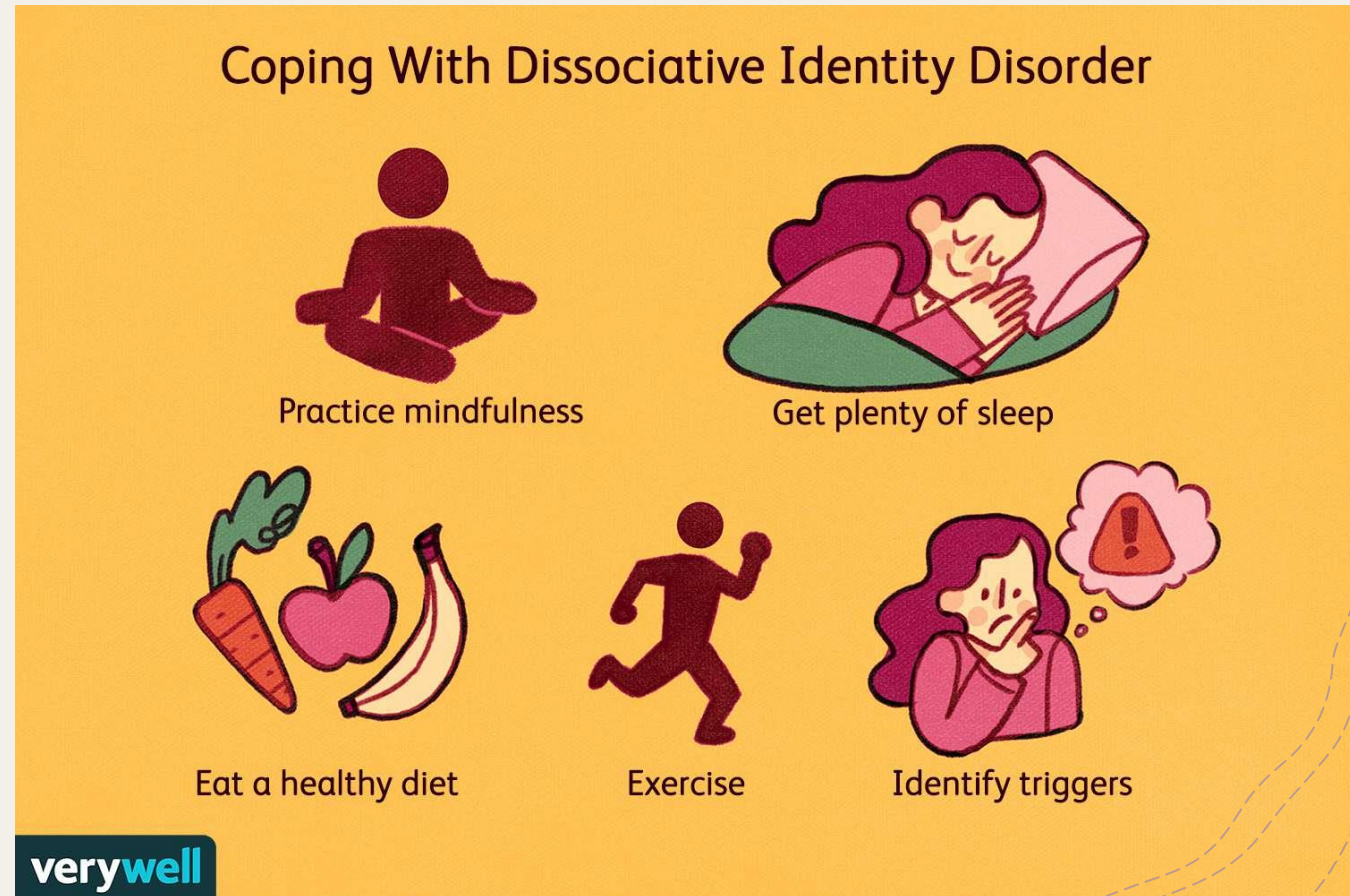
Source: <https://www.healthyplace.com/abuse/dissociative-identity-disorder/dissociative-identity-disorder-did-signs-and-symptoms>

- DID is diagnosed by a professional (ie: a psychiatrist or a psychologist) preferably one with a specialty in dissociative disorders.
- A general assessment can be made by your family doctor but, they can't make the diagnosis.
- You can also seek out professional help if you recognize the symptoms in yourself.



# Is There A Cure To DID?

- There is no cure to DID. It is a life-long condition.
- Different treatment will help reduce symptoms to help manage it though.
- Having a good, knowledgeable, and trustworthy person(s) as a support system is very valuable to someone with DID.

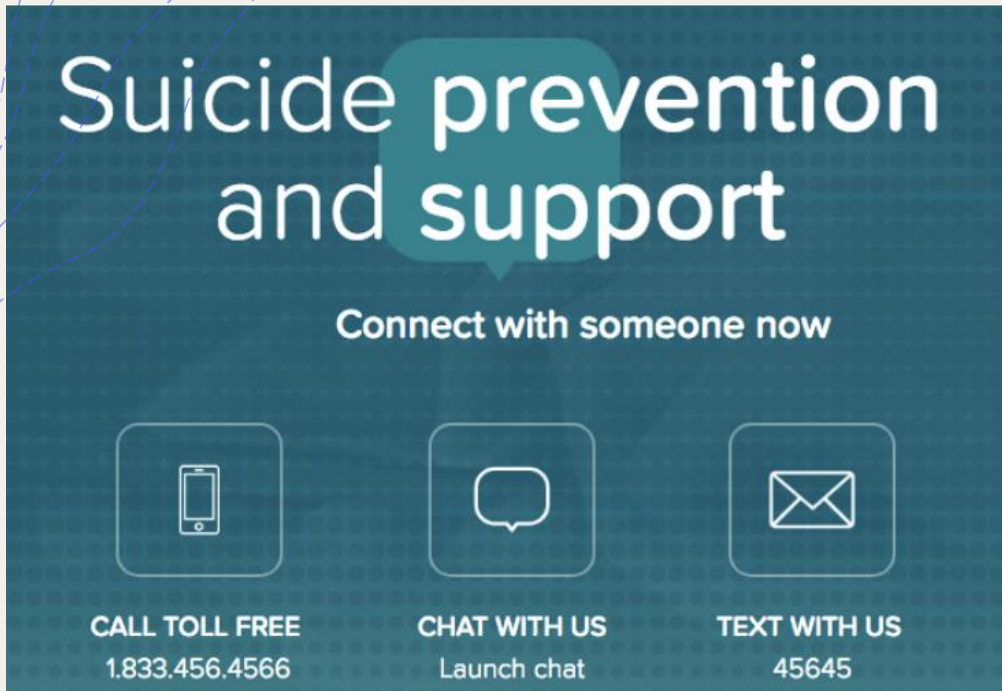


[How to Treat Dissociative Disorder \(verywellhealth.com\)](https://www.verywellhealth.com/how-to-treat-dissociative-disorder/)

Source: <https://my.clevelandclinic.org/health/diseases/9792-dissociative-identity-disorder-multiple-personality-disorder#:~:text=A%20note%20from%20Cleveland%20Clinic&text=Someone%20with%20DID%20has%20multiple,usually%20caused%20by%20past%20trauma.>

# Supports

- Friends and Family
- Therapists:
  - Allison Cordner at Speakeasy Counselling ([\(514\) 612-2875](tel:5146122875))
  - Tracy Joy at The PTSD Clinic ([\(866\) 270-1950](tel:8662701950))
- Should your symptoms get to the point of considering suicide then phone the suicide hot-line at 1-833-456-4566



<https://www.realagriculture.com/2017/11/crisis-services-canada-launches-canada-suicide-prevention-service/>

## Sources:

[https://www.psychologytoday.com/ca/therapists/british-columbia?gclid=Cj0KCQjwmvSoBhDOARIsAK6aV7iWzhoBXnbLS1vNxJFLHPrex9WB5Xg8y2GD0DB\\_hBQivEJ9GqwudfUaAlt2EALw\\_wcB](https://www.psychologytoday.com/ca/therapists/british-columbia?gclid=Cj0KCQjwmvSoBhDOARIsAK6aV7iWzhoBXnbLS1vNxJFLHPrex9WB5Xg8y2GD0DB_hBQivEJ9GqwudfUaAlt2EALw_wcB)

<https://my.clevelandclinic.org/health/diseases/9792-dissociative-identity-disorder-multiple-personality-disorder>

# Myths/Misconceptions About DID

- People with DID are violent. This is not true as there is no link between DID and criminal activity, all thinking this does is create stigma.
- DID is a personality disorder. This is also not true as DID is not multiple personalities of the same person it's different alters with memory and personalities of their own.
- DID in real life is the same as it is when it's portrayed in movies. This is incorrect most DID representation is incorrect and just lives to create stigma around the subject.

Source: <https://www.therecoveryvillage.com/mental-health/dissociative-identity-disorder/did-myths/>

# Long Term Prognosis

Dissociative Identity Disorder isn't something that goes away, it's a life-long disorder. Some days a person with DID will have worse symptoms than other days but, it will never go away and therefore never return.





# How Does DID Impact Youth

- DID can start to affect you at a very young age, with things like not remembering parts of your childhood, etc...
- DID can affect youth when young people consume bad information through social media or other platforms.

Sources: <https://www.charliehealth.com/post/teen-dissociative-identity-disorder-what-you-need-to-know#:~:text=Teens%20and%20young%20adults%20with,behaviors%20of%20their%20alternate%20personalities.>

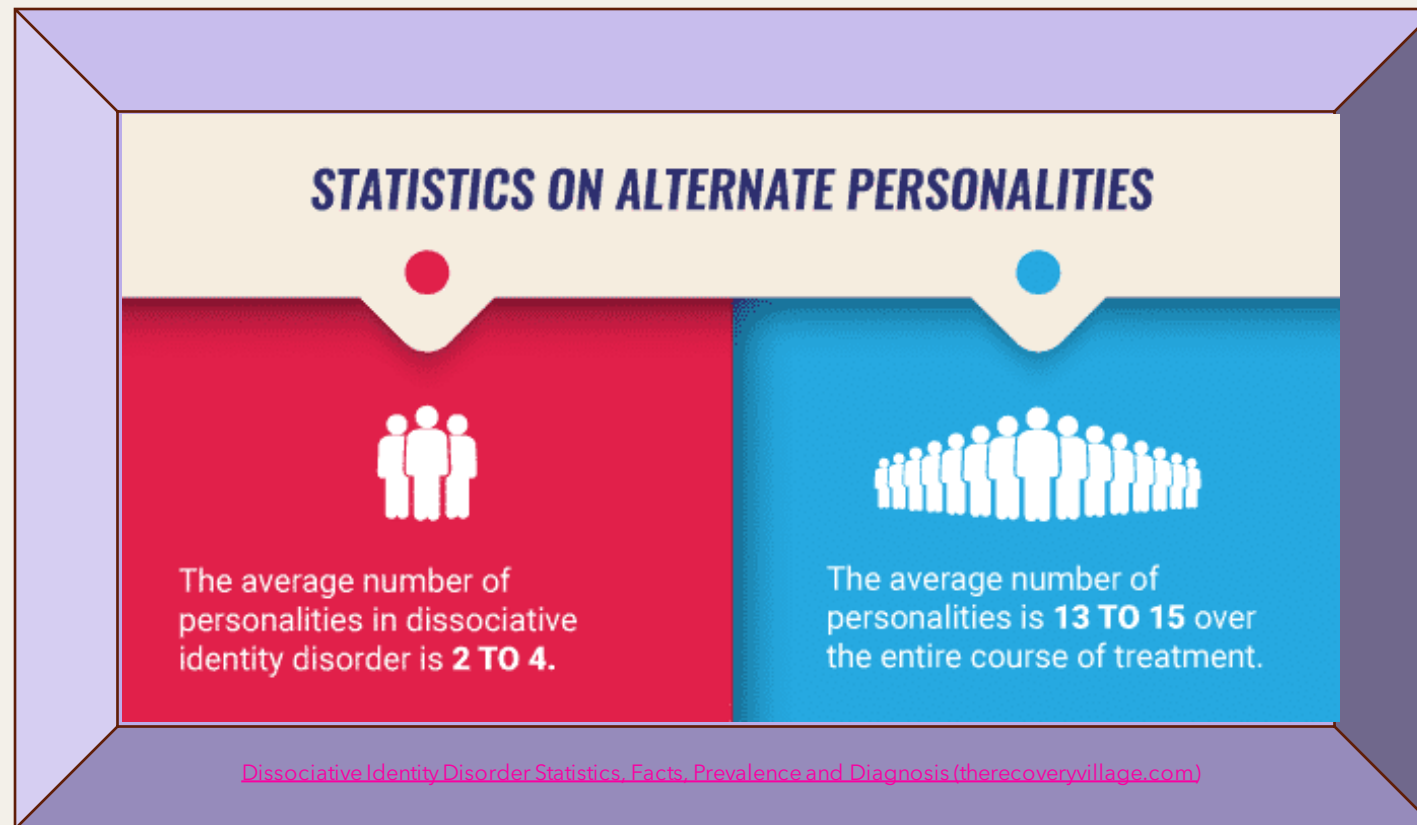
“I cut myself up really badly with the lid of a tin can. They took me to the emergency room, but I couldn’t tell the doctor what I had done to cut myself—I didn’t have any memory of it. The ER doctor was convinced that dissociative identity disorder didn’t exist. . . . A lot of people involved in mental health tell you it doesn’t exist. Not that you don’t have it, but that it doesn’t exist.”

— Alice Jamieson

# A Couple Of Scientific Studies On Dissociation and DID:

Department Of Psychiatry: <https://pubmed.ncbi.nlm.nih.gov/17107251/>

Department Of Psychiatry: <https://pubmed.ncbi.nlm.nih.gov/36425778/>



# Other Info/Fun Facts

- DID used to be called Multiple Personality Disorder but, that name has since been proven to be an incorrect name for the disorder.
- A lot of people with DID call themselves and, their alters a "system".
- When a specific alter is currently in control of the systems body it's generally called "fronting".



# Other Info/Fun Facts 2

- Most systems have an "inner world" which is the space in their brain that all alters not currently in control of the body stay in, it can look different for all systems.
- There are many different types of alters in a system (check out this link to find out about the different types of alters: <https://freyaj.com/alter-roles/>)