



## Dissociative Identity Disorder (Multiple Personality Disorder)



### Overview

This is a mental health disorder. With it, your personality is divided into two or more identities. They are often very different from each other. You also have gaps in your memory. This can cause severe problems in your life.

### Causes

We don't fully understand what causes this disorder. It's most commonly linked to severe abuse during childhood. It can happen to people who have been physically or sexually abused.

### Symptoms

If you have this disorder, you display two or more distinct personalities. These personalities are unique. They can have different names, genders, education levels and moods. They may not like each other. Or, they may not even know about each other. Each has its own way of perceiving the world and dealing with situations. If you have this disorder, you may feel that these personalities are in control of your body and your mind. And you have gaps in your memory that aren't like everyday forgetfulness.

### Treatment

This disorder is treated with talk therapy. If you have other underlying disorders, medications may help. Your healthcare provider can create a plan that's right for you.



Actor portrayals in photos

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