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ONLINE ISSN : 1349-6174

PRINT ISSN : 1348-8406

The Japanese Journal of Personality

Vol. 15 (2006) , No. 3 (2007) pp.362-365

[\[PDF \(223K\)\]](#) [\[References\]](#)**Escape from Existence: The Classification of Depersonalized Experiences and the Relationship between Depersonalization and Avoidance**[Noriaki Kanayama](#)¹⁾²⁾, [Takahiro Osumi](#)¹⁾ and [Hideki Ohira](#)¹⁾

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(Received: 2006/05/24)

(Accepted 2006/09/24)

Depersonalization is considered to be elicited by traumatic stress, and is characterized by episodes of detachment or estrangement from one's self. Recently, this phenomenon was understood as a coping mechanism, reducing the impact of a traumatic event. But findings of previous empirical studies were not consistent, possibly because depersonalization has not been classified into more detailed, finer categories. In this study, we preliminarily investigated the classification scheme of Cambridge depersonalization scale using factor analysis, and the relationships between depersonalization and behavioral inhibition system (BIS). Results suggested that depersonalization might lead to reduced and maladaptive emotional responses.

Keywords: [depersonalization](#), [avoidance](#), [emotional response](#)[\[PDF \(223K\)\]](#) [\[References\]](#)Download Meta of Article [\[Help\]](#)[RIS](#)

To cite this article:

Noriaki Kanayama, Takahiro Osumi and Hideki Ohira, *The Japanese Journal of Personality*, Vol. **15**, p.362 (2007) .

doi:10.2132/personality.15.362

JOI JST.JSTAGE/personality/15.362

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