Dissociative Identity Disorder Websites
Reviewed and Critiqued by
Mary Lynch
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The first website that is listed under an internet search of dissociative identity disorder is the WebMD webpage. WebMD is a prominent website for individuals seeking health information. All the material provided comes from medical doctors wanting to present factual details on specific disorders or illnesses to the general public. The website breaks the disorder down into many different, easy to digest parts. It provides an overall definition, as well as a description of the symptoms of the disorder. WebMD also explains the difference between DID and schizophrenia, who gets diagnosed with the disorder, and famous people with the disorder. The authors created the site for normal populations to gain a better understanding of the mental disorder.

The website does a good job of informing the reader about dissociative identity disorder. WebMD presents the material in a way that most individuals will understand and provides the most up–to-date (DSM-5) diagnostic criteria. A medical doctor reviewed the page less than a year ago and it has a list of all of the sources used to contribute to the material. The authors note that the diagnosis takes time, as it can be difficult to make an accurate diagnosis. This presents an accurate view of how the disorder comes to be diagnosed in clients, especially with DID. WebMD provides an unbiased review of dissociative identity disorder, but utilizes excessive advertisement of their own pages as well as outside sites with no relevance. All the advertising is a way for the site to remain public, so individuals do not have to pay to access information. The page is quite useful, just unnecessarily overcrowded.


While Wikipedia might not be the most reliable source, it was the second page to show up when searching dissociative identity disorder. This site is usually one of the first pages that individuals go to when looking for information. Wikipedia has been known to provide skewed information though, as anyone can update the pages. Most of the authors of their pages are unknown. The DID page is kept up-to-date; since it was last updated a few days ago. Like the WebMD site, this one is split up into different sections. Wikipedia looks at the definition, symptoms, causes, making a diagnosis, treatment, prognosis, among many other sections relevant for understanding the disorder. Each of the segments provides very in-depth information, much more than some of the other sites. They also present the information in ways not every reader will understand. Wikipedia utilizes big words and difficult theories in the page. Wikipedia wants to provide “real”, unregulated information to the public. While each section contains a large amount of information, some of it refutes the possibility of an individual having dissociative identity disorder. The page reports that early trauma has been shown to be unassociated with the development of the disorder, or that therapists are creating the disorder in
their clients. Wikipedia presents a good amount of useful information for the reader, but also provides information about DID that says it is not really a disorder. It is important for the reader to understand that the article is offering opposing views on dissociative identity disorder. It is a free site that can be updated by any individual, professional or not. The dissociative identity disorder page should be used for gaining overall knowledge of the disorder, but not for specifics.


The National Alliance on Mental Illness, or NAMI, was created to provide support and raise awareness for individuals with mental disorders. They are a non-profit organization that works to provide education about mental illnesses for families and individuals. With education and support as their main purpose, the page centers on defining the disorder and how to provide support. It presents the information straightforward so that anyone can understand it. The page also spends less time describing the disorder and more time on treatment and support. NAMI looks to give friends and family information on how to help someone they know with the disorder. They focus the free page on the information rather than advertisements or other useless material.

NAMI does a good job of providing material for individuals. They talk about the therapy process and how an individual would work through it. A correct version of therapy is presented in this section. This makes the section even more useful. Finally, the website provides a set of bullet points on how to support someone with DID. This section presents useful material on what friends and family members can do to help. It is something that most other websites do not do, setting it apart. NAMI provides great ideas on helping a loved one, proposing the individual learn all they can, be patient during alter “switches”, and being aware of suicidal ideation. NAMI provides relevant information that a loved one would be looking to research.


This website is relevant to most of the websites. It provides material on the definition, symptoms, causes and treatment of dissociative identity disorder. The website is run by Psychology Today, a prominent news source for psychological information. DID’s page on the website is informed by the American Psychological Association, National Institute of Mental Health, and Handbook of Psychology. Each of these sources informs practicing mental health professionals, so the information is trustworthy.

Psychology Today’s website is good, but provides limited information. The definition and symptoms sections are the longest with only a few short paragraphs. The causes and treatment parts are just a few sentences long. The information was updated within the last few months and is relevant, but lacks volume. Psychology Today, as a news source, presents both sides of the controversial diagnosis. It notes the suggestibility of the disorder, but how brain imaging has supported client claims. This can be a useful site for an individual wanting quick information about the disorder.

Medicine Net is a similar website to WebMD, where it enlists medical professional to write informational pages about diseases and disorders. The article is set up in different divisions, like definition, symptoms, treatment, causes, overview facts, and complications. For each of the sections of the article, the authors provide a lot of information. They detail each of the symptoms to the fullest extent. Controversy that occurs among professionals is presented in full detail. Much of the information is easy to understand and straightforward for the reader. The first section of the article focuses on a quick overview of all the important information. It allows the reader to skim through this section or read the more in-depth other sections.

While the website is free, it is bogged down by advertisements for irrelevant articles. The focus is more on the advertising rather than the article. The article also frequently notes that individuals suffer from the disorder like it is a disease that can easily be treated. DID can take months to years to diagnose and even longer to treat. Most individuals with the disorder might not even recover to baseline functioning. The website provides good information, but presents it from a medical doctor stance rather than a psychologist. It comes off too medical. Lastly, the website provides complications associated with DID and how to prevent the disorder. The section attributed to complications looks at how the disorder can affect other aspects of the client’s life. It is interesting that the authors provide a section on preventing the disorder. This again takes a medical doctor approach, equivilating the disorder to a disease. The authors note that prevention can occur by working to minimize the effects of trauma as soon as it happens, which is useful for the general public to know. The page takes a depersonalized approach to dissociative identity disorder, which might not be what clients or family members are looking for in their research.