Introduction

Daydream definition: Daydreaming is the stream of consciousness that detaches from current external tasks when attention drifts to a more personal and internal direction.

Maladaptive daydream: Eli Somer first introduced the concept of maladaptive daydreaming, which he defined as “extensive fantasy activity that replaces human interaction and/or interferes with academic, interpersonal, or vocational functioning” (2002).

Methodology

Maladaptive Daydreaming Scale (MDS-16)
Pittsburgh Sleep Quality Index (PSQI)
The Brief Coping Orientation For Problem Experiences (COPE)
The Patient Health Questionnaire-4 (PHQ-4)
Godin Leisure-time Exercise Questionnaire (GLTEQ)
Adverse Childhood Experiences (ACES)
The Mindful Attention Awareness Scale (MAAS)
Big Five Index (BFI)

Hypotheses

Those who self identify as maladaptive daydreamers will have other maladaptive coping skills i.e. drug use.
Those who self identify as maladaptive daydreamers will also score highly in areas of depression and anxiety.
Those who have experienced adverse childhood experiences will be more likely to self identify as maladaptive daydreamers.

Results

MD Descriptive Analyses

ACEs Descriptive Analyses

PHQ-4 Descriptive Analyses

COPE Inventory Analyses

Correlations with Maladaptive Daydreaming

PHQ .414***
Adverse Childhood Experiences .321***
(COPE) Self-Distraction .237**
(COPE) Substance Use -.063
(COPE) Behavioral Disengagement .067
(COPE) Emotional Support -.313**
Sig (2-tailed) .000

Conclusion

Maladaptive Daydreaming has a significant relationship with adverse childhood experiences. It does not have a significant relationship with drug abuse. There is a negative correlation with emotional support. Maladaptive Daydreaming has a significant relationship with anxiety and depression.

References