

Maladaptive Daydream Test

Patient's Name: _____ Date of Birth: _____

Gender: _____ Referring Physician's Name: _____

Medical History (if needed):

MDS-16 Scale

In answering the following questions, please refer to your daydreaming activities in the last month, if not otherwise specified. Enter the percentage that best fits your experience. For example: Some people get so caught up in their daydreaming that they forget where they are. How often do you forget where you are when you daydream? In this example, 20% is entered.

Description (Example)	0%	Answer	100%
Some people get so caught up in their daydreaming that they forget where they are. How often do you forget where you are when you daydream?	Never	20%	Extremely Frequent

Description	0%	Answer	100%
1) Some people notice that certain music can trigger their daydreaming. To what extent does music activate your daydreaming?	Never		Very often
2) Some people feel a need to continue a daydream that was interrupted by a real world event at a later point. When a real world event has interrupted one of your daydreams, how strong was your need or urge to return to that daydream as soon as possible?	No urge at all		Extreme urge
3) How often are your current daydreams accompanied by vocal noises or facial expressions (e.g. laughing, talking or mouthing the words)?	Never		Extremely frequent
4) If you go through a period of time when you are not able to daydream as much as usual due to real world obligations, how distressed are you by your inability to find time to daydream?	No distress at all		Extreme distress
5) Some people have the experience of their daydreaming interfering with their daily chores or tasks. How much does your daydreaming interfere with your ability to get basic chores accomplished?	No interference at all		Extreme interference

6) Some people feel distressed or concerned about the amount of time they spend daydreaming. How distressed do you currently feel about the amount of time you spend daydreaming?	No distress at all		Extreme distress
7) When you know you have had something important or challenging to pay attention to or finish, how difficult was it for you to stay on task and complete the goal without daydreaming?	No difficulty at all		Extreme difficulty
8) Some people have the experience of their daydreaming hindering the things that are most important to them. How much do you feel that your daydreaming activities interfere with achieving your overall life goals?	No interference at all		Extreme interference
9) Some people experience difficulties in controlling or limiting their daydreaming. How difficult has it been for you to keep your daydreaming under control?	No difficulty at all		Extreme difficulty
10) Some people feel annoyed when a real world event interrupts one of their daydreams. When the real world interrupts one of your daydreams, on average how annoyed do you feel?	No annoyance at all		Extreme annoyance
11) Some people have the experience of their daydreaming interfering with their academic/occupational success or personal achievements. How much does your daydreaming interfere with your academic/occupational success?	No interference at all		Extreme interference
12) Some people would rather daydream than do most other things. To what extent would you rather daydream than engage with other people or participate in social activities or hobbies?	Not at all		To the fullest extent
13) When you first wake up in the morning, how strong has your urge been to immediately start daydreaming?	No urge at all		Extreme urge
14) How often are your current daydreams accompanied by physical activity such as pacing, swinging or shaking your hands?	Never		Very often
15) Some people love to daydream. While you are daydreaming, to what extent do you find it comforting and/or enjoyable?	Not comforting/enjoyable at all		Very comforting/enjoyable
16) Some people find it hard to maintain their daydreaming when they are not listening to music. To what extent is your daydreaming dependent on continued listening to music?	Not dependent		Totally dependent

Scoring: _____

Interpretation: