

## **Maladaptive daydreaming: trauma and predisposition to fantasy as risk factors**

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The objective of this research is to examine whether people who have experienced traumatic events tend to immerse themselves in a form of intense reverie that has become pathological, in this case maladaptive daydreaming (MD), by using their predisposition to reverie as a coping strategy designed to escape from a painful reality. This study was conducted on 447 participants from the study of Bigelsen, Lehrfeld, Jopp and Somer (2016). Of these, 336 were diagnosed with MD using the MDS scale (Somer et al., 2016), the remaining 111 respondents made up the control group. To test the link between trauma and MD we explored three aspects of trauma that can lead to distress, including the age of impact, the nature of the specific trauma and the degree of exposure to different types of trauma during the same period of development. The results indicate that MDers are more likely to have suffered trauma during childhood and showed that adolescence is also to be considered as a period of vulnerability. The trauma most associated with MD is emotional abuse. This study also showed that the relationship between the experience of several distinct traumas during development and MD diagnosis is mediated by the propensity to daydream (fantasy proneness). Individuals would then be more at risk of developing MD when they are faced with the weight of different traumatic events by mobilizing their predisposition to fantasy as a coping strategy which, through its repeated use, becomes maladaptive, leading to significant suffering.