

Taken from: Theodore-Katz, N., Marks, R. P., Ross, C. A., & Soffer-Dudek, N. (in preparation). For Information regarding citation please contact soffern@bgu.ac.il.

Childhood maladaptive daydreaming scale (C-MDS)

NAME

AGE

DATE

Some children have a special place inside them that they go to. Adults call it daydreaming. Please think about the times when you 'go away' by going to a special place inside you, or make your own 'world' inside your head (daydreaming), when answering these questions:

1

Some children feel that music, reading, TV, films, browsing, electronic games, Lego or toys help them to start their daydream. Does anything help you to start your daydreaming?

Please also circle the word/s in the question that describes what you do the best.

☐ Never

☐ A little

☐ Sometimes

☐ A lot of the time

☐ Always

2

Some children feel annoyed when somebody or something stop their daydreaming and they want to continue their daydream later. How much do you want to continue your daydream when someone or something stopped your daydreaming?

☐ Never

☐ A little

☐ Sometimes

☐ A lot of the time

☐ Always

3

Do you change your face, make noises like clicking, growling, humming, singing other sounds, laugh or pretend to say words while you are daydreaming?

Please also circle the word/s in the question that describes what you do the best

☐ Never

☐ A little

☐ Sometimes

☐ A lot of the time

☐ Always

4

If you really want to daydream but you have to stay in the real world to do things, do you become annoyed or angry that you cannot have time to daydream?

☐ Never

☐ A little

☐ Sometimes

☐ A lot of the time

☐ Always

5

Some children feel that the daydreaming interferes with the jobs and tasks they have to do. How much does your daydreaming interfere with the jobs and tasks you have to do?

☐ Never

☐ A little

☐ Sometimes

☐ A lot of the time

☐ Always

6

Some children feel worried about the time they spend daydreaming. How worried do you feel about how long you are daydreaming?

☐ Never worried

☐ A little

☐ Sometimes

☐ A lot of the time

☐ Always very worried

7	When you know you have something you have to do that you do not want to do, like homework, go somewhere, go to school, do a task you don't want to do, or any change, do you use daydreaming to help you get away?				
	<i>Please also circle the word/s in the question that describes what you do the best</i>				
	<input type="checkbox"/> Not at all	<input type="checkbox"/> A little	<input type="checkbox"/> Sometimes	<input type="checkbox"/> A lot of the time	<input type="checkbox"/> Always
8	Some children feel that their daydreaming stops them from doing the things that they really want to do or take part in. How much do you feel that daydreaming is stopping you from doing the things that you really want to do or take part in?				
	<input type="checkbox"/> Never	<input type="checkbox"/> A little	<input type="checkbox"/> Sometimes	<input type="checkbox"/> A lot of the time	<input type="checkbox"/> Always
9	Some children struggle to daydream less or stop their daydreaming. How difficult is it for you to daydream less or stop your daydreaming?				
	<input type="checkbox"/> Not difficult at all	<input type="checkbox"/> A little bit difficult	<input type="checkbox"/> Sometimes can be difficult	<input type="checkbox"/> Can be difficult a lot of the time	<input type="checkbox"/> Always very difficult
10	If someone or something stops your daydream, how often do you feel annoyed?				
	<input type="checkbox"/> Never annoyed	<input type="checkbox"/> A little	<input type="checkbox"/> Sometimes	<input type="checkbox"/> A lot of the time	<input type="checkbox"/> Always very annoyed
11	Some children feel that daydreaming stops them from doing things well, either at school or other places. How often does that happen to you?				
	<input type="checkbox"/> Never	<input type="checkbox"/> A little	<input type="checkbox"/> Sometimes	<input type="checkbox"/> A lot of the time	<input type="checkbox"/> Always
12	Some children prefer to daydream rather than doing most other things. Would you prefer to daydream, rather than being with people or be with friends or do hobbies?				
	<input type="checkbox"/> Never	<input type="checkbox"/> A little	<input type="checkbox"/> Sometimes	<input type="checkbox"/> A lot of the time	<input type="checkbox"/> Always
13	When you first wake up in the morning, how much would you like to immediately start to daydream?				
	<input type="checkbox"/> Never	<input type="checkbox"/> A little	<input type="checkbox"/> Sometimes	<input type="checkbox"/> A lot of the time	<input type="checkbox"/> Always
14	How often do you do physical activities such as walking, running, dancing, swinging, spinning, cartwheels, summersaults, gymnastics, shaking your hands or any other movements that you repeat to help you daydream?				
	<i>Please also circle the word/s in the question that describes what you do the best</i>				
	<input type="checkbox"/> Never	<input type="checkbox"/> A little	<input type="checkbox"/> Sometimes	<input type="checkbox"/> A lot of the time	<input type="checkbox"/> Always
15	Some children love to daydream. When you daydream, do you feel it is really nice and/or comforting, or helps you to feel calmer?				
	<input type="checkbox"/> Never	<input type="checkbox"/> A little	<input type="checkbox"/> Sometimes	<input type="checkbox"/> A lot of the time	<input type="checkbox"/> Always

16	Some children find it difficult to daydream if they are not listening to music, or play a video game or have the TV on in the background. How much do any of these things help you to daydream?				
	<i>Please also circle the word/s in the question that describes what you do the best</i>				
	<input type="checkbox"/> Never	<input type="checkbox"/> A little	<input type="checkbox"/> Sometimes	<input type="checkbox"/> A lot of the time	<input type="checkbox"/> Always
17	Do you start to daydream because you want to (on purpose), or does it just happen to you?				
	<input type="checkbox"/> Never on purpose	<input type="checkbox"/> A little on purpose	<input type="checkbox"/> Sometimes on purpose	<input type="checkbox"/> A lot of the time on purpose	<input type="checkbox"/> Always on purpose
18	How much does your daydreaming feel really real? Seeing and hearing as if you were watching T.V. in your head?				
	<input type="checkbox"/> Never feels really real	<input type="checkbox"/> A little	<input type="checkbox"/> Sometimes	<input type="checkbox"/> A lot of the time	<input type="checkbox"/> Always feels really real
19	Do some of your daydreams continue a story from an earlier daydream?				
	<input type="checkbox"/> Never continue as a story from earlier	<input type="checkbox"/> A little	<input type="checkbox"/> Sometimes	<input type="checkbox"/> A lot of the time	<input type="checkbox"/> Always continue as a story from earlier
20	Do people tell you that you do not hear them, while you are daydreaming?				
	<input type="checkbox"/> Never	<input type="checkbox"/> A little	<input type="checkbox"/> Sometimes	<input type="checkbox"/> A lot of the time	<input type="checkbox"/> Always
21	How often do you think you daydream in comparison with other children of your age?				
	<input type="checkbox"/> A lot less	<input type="checkbox"/> A bit less	<input type="checkbox"/> The same	<input type="checkbox"/> A bit more	<input type="checkbox"/> A lot more
22	Do you know of anyone in your family who daydreams a lot?			<input type="checkbox"/> No	<input type="checkbox"/> Yes
	<i>If you answered "yes" to the last question, could you tell us:</i>				
a	Who is it?				
b	Have you talked about your daydreaming with that person?				

Can you please draw a picture of your favourite daydream?

A large, empty rectangular box with a thin black border, intended for a child to draw their favorite daydream. It occupies the majority of the page area below the instruction.

