

Child Maladaptive Daydreaming Checklist (CMDCh)

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Date: _____ (dd/mm/yyyy) Age: _____ Sex: M F Child Identification # _____
Relation of assessor to the child (e.g., parent, teacher) _____

Below is a list of behaviors that describe children. For each item that describes the child NOW, please circle 3 if the item is FREQUENTLY OR VERY MUCH TRUE of your child. Circle 2 if the item is FAIRLY OFTEN OR MODERATELY true of your child, circle 1 if it is only OCCASIONALLY OR SOMEWHAT true and 0. If the item is NOT TRUE of your child, circle 0.

1	Child talks to him or herself.	0-No	1-Occasionally	2-Fairly often	3-Frequently
2	Child goes into a daze or trance-like state at times or often appears "spaced-out." Teachers may report that he or she "daydreams" frequently in school.	0-No	1-Occasionally	2-Fairly often	3-Frequently
3	Child gestures and displays facial expressions during solitary activity.	0-No	1-Occasionally	2-Fairly often	3-Frequently
4	Child engages in repetitive stereotypical movements (such as pacing, dancing, rocking, swinging, bouncing, moving hands).	0-No	1-Occasionally	2-Fairly often	3-Frequently
6	Your child's apparent nighttime daydreaming activity seems to interfere with the child's ability to fall asleep.	0-No	1-Occasionally	2-Fairly often	3-Frequently
7	Child seems lost in apparent daydreaming when left unsupervised to wash or get ready for school	0-No	1-Occasionally	2-Fairly often	3-Frequently
8	Child is distressed by his or her apparent daydreaming (e.g., is annoyed with unsuccessful attempts to stop it or with compromised functioning).	0-No	1-Occasionally	2-Fairly often	3-Frequently

9	Child prefers solitary activities to spending time with friends or family.	0-No	1-Occasionally	2-Fairly often	3-Frequently
10	Child is annoyed when his or her daydreaming is interrupted or when circumstances prohibit daydreaming (e.g., when unable to be alone or when required to meet his or her obligations).	0-No	1-Occasionally	2-Fairly often	3-Frequently
11	Child shows difficulties in focusing attention on monotonous or tedious tasks because he or she is distracted by apparent daydreaming.	0-No	1-Occasionally	2-Fairly often	3-Frequently
12	Child becomes oblivious to his or her surroundings (zones out) when exposed to music.	0-No	1-Occasionally	2-Fairly often	3-Frequently
13	Child's school performance is impaired by his or her apparent daydreaming.	0-No	1-Somewhat	2-Moderately	3-Very much
14	Child's social performance or status is compromised by his or her apparent daydreaming.	0-No	1-Somewhat	2-Moderately	3-Very much
15	Child drifts off in apparent daydreaming when exposed to certain kinds of music	0-No	1-Occasionally	2-Fairly often	3-Frequently