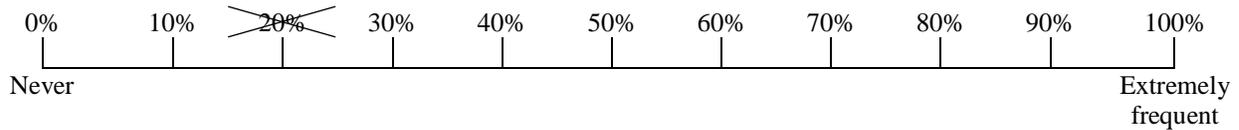
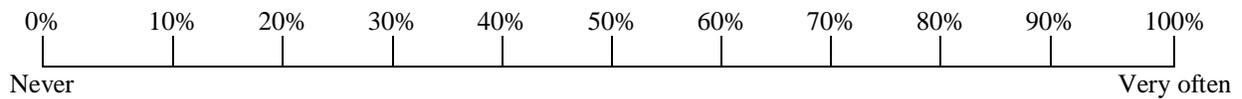


The 16-item Maladaptive Daydreaming Scale (MDS-16)
Eli Somer, Jayne Bigelsen, Jonathan Lehrfeld & Daniela Jopp

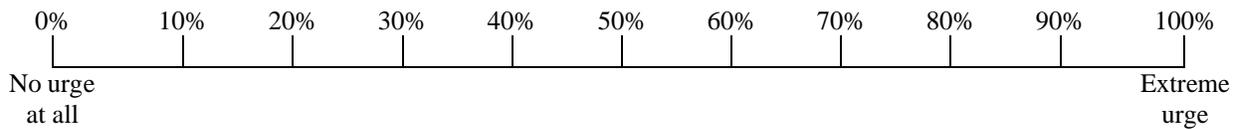
In answering the following questions, please refer to your daydreaming activities in the last month, if not otherwise specified. Choose the option that best fits your experience. For example: Some people get so caught up in their daydreaming that they forget where they are. How often do you forget where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



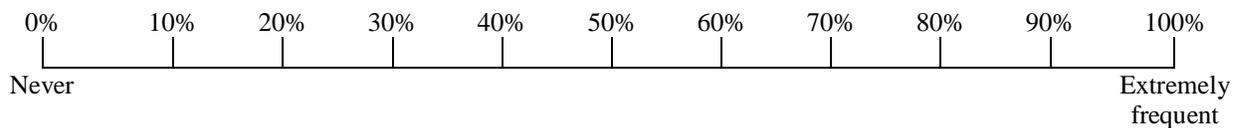
1. Some people notice that certain music can trigger their daydreaming. To what extent does music activate your daydreaming?



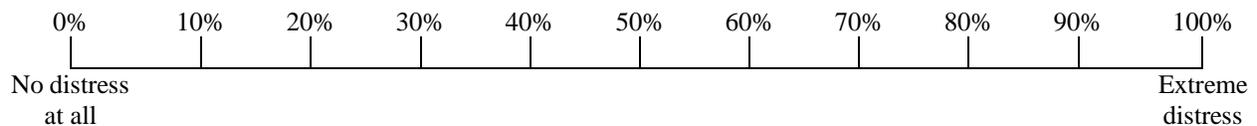
2. Some people feel a need to continue a daydream that was interrupted by a real world event at a later point. When a real world event has interrupted one of your daydreams, how strong was your need or urge to return to that daydream as soon as possible?



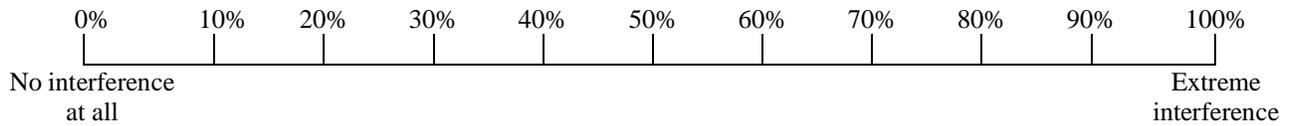
3. How often are your current daydreams accompanied by vocal noises or facial expressions (e.g. laughing, talking or mouthing the words)?



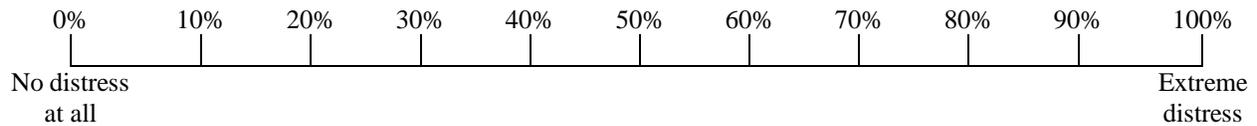
4. If you go through a period of time when you are not able to daydream as much as usual due to real world obligations, how distressed are you by your inability to find time to daydream?



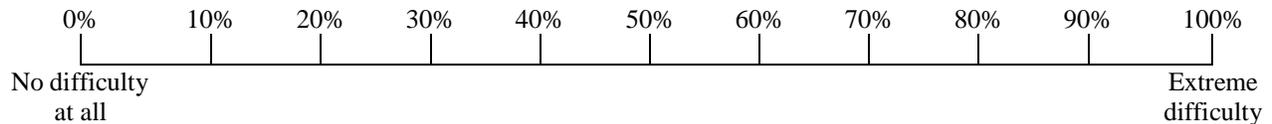
5. Some people have the experience of their daydreaming interfering with their daily chores or tasks. How much does your daydreaming interfere with your ability to get basic chores accomplished?



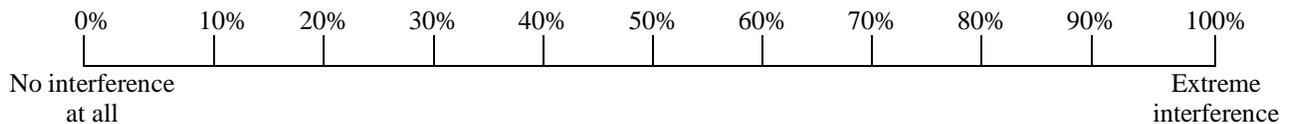
6. Some people feel distressed or concerned about the amount of time they spend daydreaming. How distressed do you currently feel about the amount of time you spend daydreaming?



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?



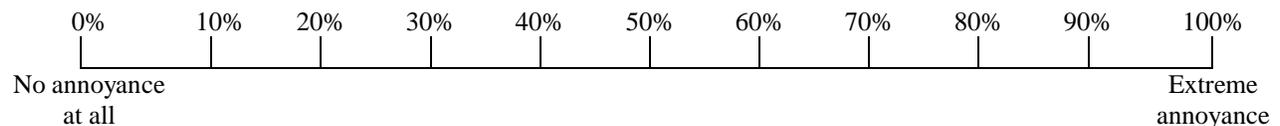
8. Some people have the experience of their daydreaming hindering the things that are most important to them. How much do you feel that your daydreaming activities interfere with achieving your overall life goals?



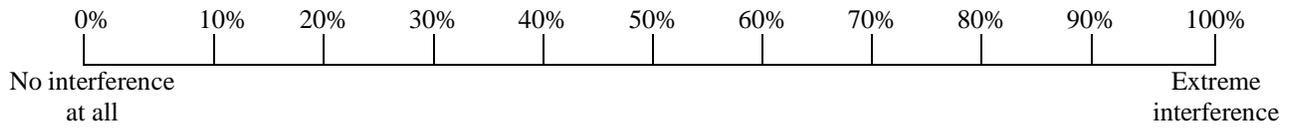
9. Some people experience difficulties in controlling or limiting their daydreaming. How difficult has it been for you to keep your daydreaming under control?



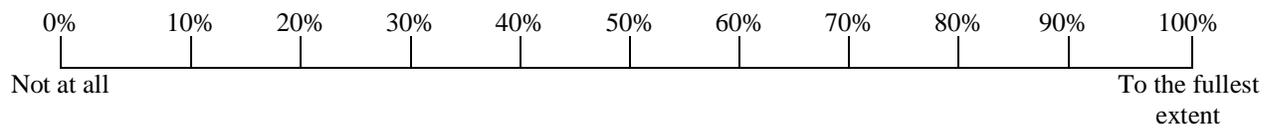
10. Some people feel annoyed when a real world event interrupts one of their daydreams. When the real world interrupts one of your daydreams, on average how annoyed do you feel?



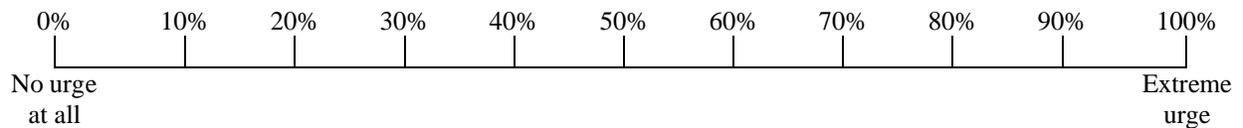
11. Some people have the experience of their daydreaming interfering with their academic/occupational success or personal achievements. How much does your daydreaming interfere with your academic/occupational success?



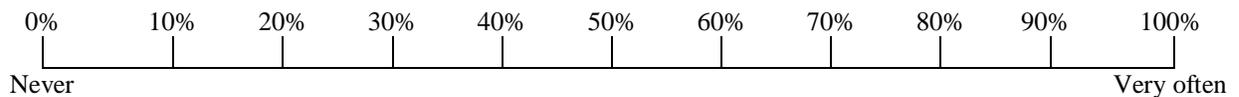
12. Some people would rather daydream than do most other things. To what extent would you rather daydream than engage with other people or participate in social activities or hobbies?



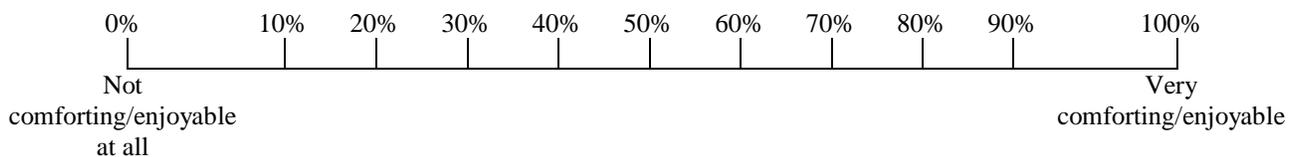
13. When you first wake up in the morning, how strong has your urge been to immediately start daydreaming?



14. How often are your current daydreams accompanied by physical activity such as pacing, swinging or shaking your hands?



15. Some people love to daydream. While you are daydreaming, to what extent do you find it comforting and/or 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?

