

Table 1. Proposed diagnostic criteria for Daydreaming Disorder (Maladaptive Daydreaming)

A. Persistent and recurrent fantasy activity that is vivid and fanciful as indicated by the individual exhibiting 2 (or more) of the following in a 6-month period. At least one of these should include criterion (1):

1. While daydreaming, experiences an intense sense of absorption/immersion that includes visual, auditory or affective properties.
2. Daydreaming is triggered, maintained or enhanced with exposure to music.
3. Daydreaming is triggered, maintained or enhanced with exposure to stereotypical movement (e.g., pacing, rocking, hand movements).
4. Often daydreams when feels distressed, or bored.
5. Daydreaming intensity and length intensify in the absence of others (e.g., daydreams more when alone).
6. Is annoyed when unable to daydream or when daydreaming is interrupted or curbed.
7. Would rather daydream than engage in daily chores, social, academic or professional activities.
8. Has made repeated unsuccessful efforts to control, cut back, or stop daydreaming.

B. The disturbance causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.

C. The disturbance is not due to the direct physiological effects of a substance (e.g., a drug of abuse, a medication) or a general medical condition (e.g., dementia) and is not better explained by another disorder, e.g., Autism Spectrum Disorders, Attention-Deficit/Hyperactivity Disorder, Schizophrenia Spectrum Disorders, Bi-Polar I Disorder, Obsessive-Compulsive and Related Disorders, Dissociative Identity Disorder, Substance related and Addictive Disorders, an Organic Disorder or Medical Condition.

Specify current severity:

Mild: Experiences mainly distress, no obvious functional impairment.

Moderate: One area of functioning is affected (e.g., work).

Severe: More than one area of functioning is affected (e.g., work, school or social life).