

# **Maladaptive daydreaming: validation of the French version of the maladaptive daydreaming scale (MDS-F)**

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## **Abstract**

Maladaptive daydreaming is a still little-known mental phenomenon, characterized by extensive fanciful fantasy activity sometimes accompanied by repetitive or stereotypical movements and that can have a negative impact on life. The objective of this study is the first validation of the French-language version of the Maladaptive Daydreaming Scale (MDS-F), initially developed and validated on an English-speaking population by Somer & al. (2016). Our sample was comprised of 456 French-speaking people from Switzerland and France. The results confirmed a three-factor model as expected from previous validation of this scale and demonstrated acceptable psychometric properties. MDS-F scores were associated with dimensions of sensory immersion and dissociation but less with dimensions of depression and amnesia. Given the moderate levels of sensitivity and specificity in distinguishing MDers from non-MDers, MDS-F merits re-evaluation. More robust validation of this scale appears necessary for it to be used in future research and clinical service. This study nonetheless describes a useful tool for the diagnosis of maladaptive daydreaming and contributes to the overall understanding of this disorder for which specialized treatment methods may soon be developed.