

The relationship between Childhood trauma, Dissociation and Maladaptive daydreaming among recovering substance use disorder patients

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Abstract

The model employed in the present research study and its hypotheses are based on the assumption that although extensive daydreaming may contain adaptive properties it could also serve as an escapist relief for those who need to cope with mental pain. Participants in this study were 180 male Arab individuals residing in Israel, 100 of whom were recovering from substance use disorder (SUD) and were taking part in rehabilitation programs, while the other 80 participants were sampled from the general population as a comparison group.

We measured demographic variables, maladaptive daydreaming, trauma, and dissociation. Data collection was carried out in two stages. At the first stage, a self-report questionnaire was filled-out. A 50% cut-off score on the maladaptive daydreaming scale median was used as the dividing criterion between maladaptive and normal daydreaming. At the second stage we administered the Structured clinical interview for maladaptive daydreaming (SCIMD) was conducted with the sub-sample of respondents who scored above the cut-off score in order to determine if they meet the suggested diagnostic criteria for maladaptive daydreaming.

Our data suggest that 1) the prevalence of maladaptive daydreamers among our recovering sun from SUD was almost 5%, whereas no maladaptive daydreamers were identified in the control group; 2) a modest but statistically significant connection was found between childhood trauma and dissociative experiences, most of this relationship was attributed to emotional neglect; 3) a modest but statistically significant was found between childhood trauma and maladaptive daydreaming, which was mainly attributed to emotional neglect; 4) dissociation was a mediating factor in the relationship between childhood trauma and maladaptive daydreaming.