

Maladaptive Daydreaming Test

Name: _____ Age: _____

Gender: _____ Date: _____

This Maladaptive Daydreaming Test is based on the 16-item Maladaptive Daydreaming Scale. Respondents rate each statement based on their experience.

1. Some people notice that certain music can trigger their daydreaming. To what extent does music activate your daydreaming?										
0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Never						Extremely frequent				
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?										
0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
No urge at all						Extreme urge				
3. How often are your current daydreams accompanied by vocal noises or facial expressions (e.g. laughing, talking, or mouthing the words)?										
0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Never						Extremely frequently				
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?										
0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
No distress at all						Extreme distress				
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?										
0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
No interference at all						Extreme interference				
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?										
0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
No distress at all						Extreme distress				

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?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

No difficulty at all

Extreme difficulty

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?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

No interference at all

Extreme interference

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

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

No difficulty at all

Extremely difficult

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?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

No annoyance at all

Extreme annoyance

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?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

No interference at all

Extreme interference

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?

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Not at all

To the fullest extent

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

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

No urge at all

Extreme urge

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

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Never										Very often

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

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Not comforting/enjoyable at all								Very comforting/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?

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Not dependent at all								Totally dependent		

Scoring and interpretation

Total the scores:

The total MDS-16 score is calculated as the average of the 16 item scores, with a range from 0 to 100.

- **40 or higher:** Indicates suspected clinical-level maladaptive daydreaming
- **39 or below:** These scores suggest that the individual's daydreaming habits are within a normal range and are not causing distress or impairment in daily functioning.

The MDS-16 is an open access measure and can be used without charge, but the developers request that any research paper or publication that uses it share its results with the International Consortium for Maladaptive Daydreaming Research.

Additional notes