Personality Traits and Maladaptive Daydreaming: Fantasy Functions and Themes in a Multi-Country Sample

Reut Brenner

THESIS SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE MASTER'S DEGREE

University of Haifa
Faculty of Social Welfare and Health Sciences
School of Social Work

November 2020
Personality Traits and Maladaptive Daydreaming: Fantasy Functions and Themes in a Multi-Country Sample

By: Reut Brenner

Supervised by: Emeritus Professor Eli Somer
Professor Hisham M. Abu-Rayya

THESIS SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE MASTER'S DEGREE

University of Haifa
Faculty of Social Welfare and Health Sciences
School of Social Work

November 2020

Recommended by: _____________________________ Date ___________________
(Supervisor)

Recommended by: _____________________________ Date ___________________
(Chairperson of master's studies Committee)
Personality Traits and Maladaptive Daydreaming: Fantasy Functions and Themes in a Multi-Country Sample

Abstract

This study aimed to observe the associations, if any, between the contents and functions of Maladaptive Daydreaming (MD) and other personality facets. We analyzed the responses of 539 adults who met the evidence-based criterion of probable MD and were characterized by at least one of the following personality facets: grandiosity, separation insecurity, and anhedonia. Respondents with reported grandiosity tended to use their fantasies as a means for wish-fulfillment, imagining themselves powerful or dominant. In their daydreams, many would carry out acts of physical and sexual violence or fantasize being either captors or rescuers. Respondents characterized by separation insecurity fantasized more about relationships with others. Separation-anxious individuals were also more likely to report that their daydreaming served as a coping mechanism against boredom. Their fantasies often featured an idealized relationship, sometimes of love, or an idealized version of their own family. Separation-anxious individuals reported fantasies in which they received extra attention on account of illness, vulnerability, or neediness. Respondents who checked anhedonia characteristics were more likely to use daydreaming as a distraction from an unpleasant reality and gravitated to fantasies experienced as rewarding. The daydreams of respondents with anhedonia imagined them as threatened by or escaping sometimes physical violence. Our data show that particular personality facets can uniquely distinguish the functions and contents of fantasies in MD. MD appears to have a compensatory role in regulating unmet personal needs. Our findings shed the first light on the interaction between personality traits and the mental role of specific content and functions in MD, thus demonstrating the potential relevance of daydreaming content in the assessment of the condition and its treatment.
Table of Contents

Abstract .......................................................................................................................... II
List of tables ................................................................................................................ VI

1. Introduction .............................................................................................................. 1
  1.1 Maladaptive daydreaming .................................................................................. 2
  1.2 Grandiosity and MD ......................................................................................... 3
  1.3 Separation insecurity and MD .......................................................................... 3
  1.4 Anhedonia and MD ......................................................................................... 4
  1.5 The current study ............................................................................................. 5

2. Method ...................................................................................................................... 6
  2.1 Participants ........................................................................................................ 6
  2.2 Measures ........................................................................................................... 6
    2.2.1 Demographic information ....................................................................... 6
    2.2.2 Maladaptive daydreaming ....................................................................... 6
    2.2.3 Daydreaming contents and functions ...................................................... 7
    2.2.4 Personality traits ....................................................................................... 8
  2.3 Study procedure ................................................................................................. 8

3. Results ...................................................................................................................... 9
  3.1 Data Analysis Strategy ..................................................................................... 9
  3.2 Prevalence of daydreaming functions and themes ......................................... 10
  3.3 H1: Grandiosity & daydreaming functions and themes .................................... 11
  3.4 H2: Separation insecurity & daydreaming functions and themes ...................... 12
  3.5 H3: Anhedonia & daydreaming functions and themes ....................................... 13

4. Discussion ............................................................................................................... 14

5. Conclusion .............................................................................................................. 17

References .................................................................................................................. 19

Appendices ................................................................................................................. 27
  Call for participation in research on daydreaming content .................................. 27
  and informed consent ............................................................................................. 27
  Abbreviated Questionnaire ..................................................................................... 29
  The 16-item Maladaptive Daydreaming Scale (MDS-16) ....................................... 30
  Childhood Trauma Questionnaire (CTQ) ............................................................... 33
  The Personality Inventory for DSM-5 Short Form (PID-5-SF) ............................... 35
  Immersive Daydreaming Content checklist ........................................................... 36
List of tables

Table 1  Descriptive statistics and reliability of the study scales……………………………10
Figure 1  Prevalence of daydreaming functions and themes among MDers……………….11
Table 2  Univariate logistic regression associations between grandiosity and daydreaming functions and contents…………………………………………………………11
Table 3  Univariate logistic regression associations between separation insecurity and daydreaming functions and themes………………………………………………12
Table 4  Univariate logistic regression associations between anhedonia and daydreaming functions and contents………………………………………………………13
1. Introduction

The psychoanalytic literature discusses daydreams as a means of settling internal conflicts between an unconscious wish and either a state of deprivation or societal demand (Freud, 1908, 1962). Jung (1961/1976, p. 258 [CW 18, para. 593]) believed that through daydreams, one becomes acquainted with unconscious processes and emotions. The content of daydreams may be more accessible to consciousness than of nighttime dreams because the ego is more active. Thus, conscious fantasies may reflect an individual’s motives, needs, wishes, desires, or ambitions (Fine, 1983). Contemporary developments in psychoanalysis have emphasized the adaptive aspect of daydreams, conceiving these as internal forms of play in healthy mental development (Winnicott, 1971). Daydreams can allow self-relaxation, planning, and problem-solving, and can enhance creativity (Singer, 1971).

In their seminal study, Singer & Antrobus (1963) mapped the content of daydreams in a non-clinical population. They identified people with consistently different daydreaming styles, such as “dark tone” daydreams and adaptive fantasies. Their categorization led to a line of studies that distinguished between three daydreaming styles associated with specific personality traits: positive and constructive daydreaming; guilty and dysphoric daydreaming; and poor attentional control (Blouin-Hudon & Zelenski, 2016; Huba et al., 1981; Zhiyan & Singer, 1997). The positive daydreaming style was associated with an openness to experience and characterized by a future orientation and a belief in the ability to daydream to help solve problems. In contrast, the guilty-dysphoric style was associated with neurotic and personality features; dreams were depressive and frightening (Zhiyan & Singer, 1997) and turned on a fear of failure or commitment, revenge, and triumph (Huba et al., 1981), or aggression and sexuality (Starker, 1974). Taken together, these findings suggested that both the presence and themes of daydreaming can reflect personality traits and persons’ unmet needs.
1.1 Maladaptive daydreaming

Daydreams vary not only in content but also in the time they take up: For example, some individuals report spending more than half of their waking time in fantasy (Bigelsen et al., 2016), daydreaming to an abnormal degree. Estimates of the prevalence of this increased tendency to fantasize range from 4% of the population (Lynn & Rhue, 1988, 1989; Wilson & Barber, 1981, 1982) to 6% (Rauschenberger & Lynn, 1995). Maladaptive daydreaming (MD) is a recently identified clinical condition: Subjects fantasize extensively and vividly, developing a compulsive psychological dependence on dreams that can compromise important obligations in life and substitute for human interaction (Somer, 2002). People who suffer from MD report frequent and intense fantasies featuring complex scenarios, that appear first in childhood and can be cued by evocative music and stereotypical movement (Schimmenti, Sideli, et al., 2019; Somer et al., 2016b). Social isolation, boredom, and mental distress may trigger MD (Somer et al., 2016a). Dreaming in turn exacerbates loneliness and pain, resulting in a vicious cycle of compulsive fantasy (Somer, 2018) that can cause distress and functional impairment (Schupak & Rosenthal, 2009).

MD has high comorbidity with various mental disorders (Somer, Soffer-Dudek, & Ross, 2017), sharing some features with attention-deficit and dissociative disorders (Schimmenti, Somer, et al., 2019). Several explanations for the formation of the phenomenon have been proposed (Greene et al., 2020; Pietkiewicz et al., 2018; Soffer-Dudek & Somer, 2018; Somer et al., 2020; Somer & Herscu, 2017); however, the mechanism of MD has yet to be understood. Excessive daydreaming, beginning in childhood and persisting into adulthood, may form a significant part of the daydreamer's personality, and the content of the dreaming may reflect a mechanism used to deal with daydreamers’ real unmet needs.
1.2 Grandiosity and MD

Grandiosity is defined as “believing that one is superior to others and deserves special treatment; self-centeredness; feelings of entitlement; condescension toward others” (American Psychiatric Association, 2013). Some maladaptive daydreamers (MDers) seem to create ideal alternative life-scenarios in fantasies featuring themes of self-idealization, power, or revenge; their motivation is apparently to cope with frustrating or painful realities (Somer et al., 2016b). Such mental activity allows daydreamers to restore their self-esteem while maintaining emotional equilibrium (Zelin et al., 1983). In this manner, fantasies of perfection constitute a narcissistic defensive function that aims to reduce the emotional pain associated with a feared loss of love (Rothstein, 1991). Daydreamers report fantasies in which they are an idealized version of themselves: more popular, or more the object of favorable attention (Bigelsen et al., 2016; Bigelsen & Schupak, 2011), more dominant or more in control. In some fantasies, they have burst from captivity, rescued others, or exerted sexual mastery (Somer, 2002). Based on these observations, the study’s investigation posited a relationship between the trait of narcissistic grandiosity and these MD themes.

1.3 Separation insecurity and MD

Separation insecurity, one of the core issues in borderline personality disorder (Fowler et al., 2018), is marked by “[f]ears of rejection by—and/or separation from—significant others, associated with fears of excessive dependency and complete loss of autonomy” (American Psychiatric Association, 2013). Evidence suggests that some MDers experience their loneliness as being assuaged by daydreams featuring soothing or supportive fantasy relationships (Bigelsen & Schupak, 2011; Pietkiewicz et al., 2018; Schupak & Rosenthal, 2009; Somer, 2002; Somer et al., 2016a, 2016b). Themes of companionship, intimacy, and romance in daydreaming are sometimes associated with adversity in childhood, including early rejection (Pietkiewicz et al., 2018; Somer, 2002; Somer et al., 2016a, 2016b), and with boredom (Somer et al., 2016a,
These fantasies offer daydreamers a compensatory emotional alternative to their dismal reality. By immersing themselves in fantasized scenarios of ideal close relationships (Breshtling & Somer, 2018; Somer et al., 2016a), MDers were able to experience forms of love and care they longed for (Bigelsen et al., 2016; Bigelsen & Schupak, 2011). It is, therefore, plausible that daydreaming may constitute a compensatory mechanism meeting a need for interpersonal security.

Evidence shows that some MDers experience anxious attachment (Schimmenti, Sideli, et al., 2019) and difficulties with emotional regulation (Greene et al., 2020; West & Somer, 2019), satisfying a concurrent diagnosis of Borderline Personality Disorder (Soffer-Dudek & Somer, 2018; Somer, Somer, et al., 2016a). Consequently, we assumed that daydreaming themes of stable, caring relationships might be related to the personality facet of separation insecurity, with dreams serving as a calming strategy in efforts to regulate emotional emptiness and the boredom associated with loneliness and insecure attachment.

1.4 Anhedonia and MD

A systematic review of 14 out of 15 cross-sectional studies indicated that increased daydreaming was related to a lowered experience of pleasure (Pitt, 2016). Further, specific cases of positive fantasies predict the onset or persistence of depressive symptoms over the long term (Oettingen et al., 2016). However, other studies suggested that excessive daydreaming was associated with reduced symptoms of physiological stress, and was a rewarding and enjoyable experience, enhancing mood (Bigelsen & Schupak, 2011; Somer, Somer, et al., 2016b). One possible explanation for this inconsistent picture is that while the pleasure experienced during the fantasies may momentarily decrease stress, it may also be related to a reduced capacity to achieve gratification from later real-life experience (Oettingen et al., 2016), as in anhedonia.
Anhedonia is a personality facet of detachment, and a core feature of depression, defined as a “[l]ack of enjoyment from, engagement in, or energy for life’s experiences,” or “deficits in the capacity to feel pleasure and take an interest in things” (American Psychiatric Association, 2013). Because MD is associated with depression (Bigelsen & Schupak, 2011; Soffer-Dudek & Somer, 2018; Somer, Soffer-Dudek, Ross, et al., 2017) and detachment (Schimmenti, Sideli, et al., 2019), it is understandable why some MDers describe their daydreaming as an escape from a dreary reality and an uplifting experience promoting vivacious emotions (Bigelsen & Schupak, 2011; Somer, 2002; Somer, Somer, et al., 2016b). Existing data suggest that daydreaming might serve as a rewarding compensatory mechanism for anhedonia.

1.5 The current study

The purpose of the present inquiry is to investigate the relationship between the specific personality facets of MDers and their daydreaming content. We postulated that MDers would tend to address unmet emotional needs by engaging in compensatory fantasies that were specific to given personality traits. Hence, we hypothesize that MDers’ personality traits will be associated with a greater likelihood of their generating specific daydreaming fantasies according to the following scheme:

\[ H1: \] The facet of narcissistic grandiosity will be related to daydreaming serving wish-fulfillment and featuring themes of idealized versions of the self, dominance, control, and physical and sexual aggression.

\[ H2: \] The facet of separation insecurity will be associated with a motivation to distract from painful past events and the emotional emptiness of boredom. We predict that separation insecurity will be related to fantasy themes featuring an idealized version of dreamers’ families and to their being shown attention and care.
**H3:** The facet of anhedonia will be associated with a motivation to experience pleasure or reward in a daydream as a distraction from current unpleasantness. We also predict that anhedonia will be related to daydreaming on themes of escape.

### 2. Method

#### 2.1 Participants

A total of 630 participants completed the online-study questionnaire, 539 of whom scored above a cut-off score indicating probable MD (see information on the MDS-16 below). The respondents’ mean age was 24.78 years ($SD = 8.10$; range: 18–72 years), with a majority (77.6%) being female, and 19.1% male, and 3.3% marking other gender categories. Most participants were single (81.8%), and the remainder married or living with partners (15.9%), divorced (1.5%), separated (0.4%), or widowed (0.4%). Most respondents had attended higher education: only 27.8% reported high school education or lower. 50.5% were undergraduate students or had completed a bachelor’s degree, and 21.7% graduate students, or had completed a graduate degree. Respondents from 72 countries and various continents participated in our study (e.g., from Australia, Austria, Bangladesh, Bosnia Herzegovina, China, Egypt, Finland, France, Germany, Israel, Italy, Japan, Kuwait, Lebanon, Macedonia, Malaysia, Norway, Pakistan, Philippines, Russia, Saudi Arabia, Tunisia, Vietnam). The most significant number of participants were from the USA (34.5%), UK (11.9%), and Canada (6.9%).

#### 2.2 Measures

##### 2.2.1 Demographic information.
Participants provided information on general demographic characteristics such as age, gender, education, marital status, and country of residence.

##### 2.2.2 Maladaptive daydreaming.
The 16-item Maladaptive Daydreaming Scale (MDS-16; Somer, Soffer-Dudek, Ross, et al., 2017) is an expanded version of the original 14-item
Maladaptive scale (Somer, Lehrfeld, et al., 2016), which measures characteristics of MD across four components with high internal consistency: Yearning (e.g., “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?”), Kinaesthesia (e.g., “How often do your current daydreams accompany exercise like walking, swinging or shaking hands?”), Impairment (e.g., “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?”) and the relation to music (e.g., “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?”). Participants were asked to respond to each item using a scale ranging from 0% (never) to 100% (extremely frequent), with 10% increments. We used a cut-off score-of 50 to differentiate maladaptive from non-maladaptive daydreamers, as recommended in previous research (e.g., Abu-Rayya et al., 2019; Somer et al., 2016). In our study, the MDS-16 displayed good internal consistency, at a Cronbach's $\alpha = .83$.

2.2.3 Daydreaming contents and functions. The 58-item self-report maladaptive daydreaming content checklist (binary coded Y/N) was developed by the authors drawing on data from previously published literature (Bigelsen et al., 2016; Bigelsen & Schupak, 2011; Somer et al., 2016b; Wen et al., 2018). The final instrument was developed by an online focus group that included three MD scholars and three members of an online maladaptive daydreaming support community. The focus group discussed the literature-derived items and modified a checklist until they reached consensus. Daydreaming contents and functions in the present study included two sets: 1. The daydreaming function (e.g., wish fulfillment, a distraction from painful feelings). 2. Daydreaming themes (for example, idealized versions of
the self and relationships; contents relating to death, escape and rescue; rewriting the past, and future plans). Participants could select more than one option in each set of questions.

2.2.4 Personality traits. Respondents were asked to answer the short form of the Personality Inventory DSM–5 for adults (PID-5-SF; Maples et al., 2015) an abbreviated version of the 220 item-PID-5 Personality Inventory DSM–5 for adults (PID-5; Krueger, Derringer, Markon, Watson, & Skodol, 2012). The PID-5 is an alternative model for personality disorders (AMPD; American Psychiatric Association, 2013), which was developed to resolve several important issues, including high levels of comorbidity and heterogeneity, lack of reliability, and instability over time. According to the DSM-5, the PID-5 recognizes five maladaptive personality trait domains; however, if there is no convergence on one of the specific personality disorder domains, the accuracy, and sensitivity of the PID-5 enable the identification of 25 personality facets that may allow the elaboration of a personality trait domain. In the current study, we focused on three personality facets using the PID-5-SF, finding the instrument reliable and valid without loss of information: anhedonia (e.g., “Nothing seems to interest me very much”), grandiosity (e.g., “I’m better than almost everyone else”), and separation insecurity (“I’ll do just about anything to keep someone from abandoning me”). The PID-5-SF is graded on a 4-point scale ranging from 0 (Very False or Often False) to 3 (Very True or Often True). Facet scores were calculated as the average of items. The three personality facets displayed good internal consistency with Cronbach's α-s ranging from 0.79 to 0.83, as shown in Table 1.

2.3 Study procedure

The Human Ethics Committee of the University of Haifa Faculty of Social Welfare & Health Sciences approved the study (approval # 2331). Participants were recruited through online MD communities, forums, and blogs, and among participants in previous MD studies who had indicated their interest to take part in future MD research. All respondents received a
link to an online Qualtrics survey where they gave their informed consent and responded confidentially to study questions.

3. Results

3.1 Data Analysis Strategy

We first carried out a series of multivariate logistic regression models positioning each daydreaming fantasy (binary-coded as Yes/No) as a dependent variable. The respondents’ sociodemographic characteristics (age, gender, education, and marital status) were entered as independent variables. The outcome of this set of analyses revealed null relationships between sociodemographic variables and daydreaming fantasies. To prevent statistical constraints on further logistics regression models, we excluded sociodemographic variables from subsequent analyses. Second, since we were interested in exploring the associations between each daydreaming function or theme and the personality facets of grandiosity, separation insecurity, and anhedonia under investigation, we chose to run a series of univariate logistic regression models where a particular personality facet acted as the independent variable.
Table 1

*Descriptive statistics and reliability of the study scales*

<table>
<thead>
<tr>
<th></th>
<th>Mean</th>
<th>SD</th>
<th>Cronbach's α</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Grandiosity</td>
<td>0.50</td>
<td>.77</td>
<td>.83</td>
</tr>
<tr>
<td>2. Anhedonia</td>
<td>1.78</td>
<td>.81</td>
<td>.83</td>
</tr>
<tr>
<td>3. Separation insecurity</td>
<td>1.40</td>
<td>.86</td>
<td>.79</td>
</tr>
<tr>
<td>4. MD</td>
<td>66.90</td>
<td>15.23</td>
<td>.83</td>
</tr>
</tbody>
</table>

*Note. * p < .001

3.2 Prevalence of daydreaming functions and themes

We identified a range of daydreaming functions and themes in the fantasies of our participants. Most respondents used daydreaming as a distraction from an unpleasant current reality (93.1%), as a wish-fulfillment (89%), a means to fight boredom (85.4%), and as a rewarding pastime (78.7%). Furthermore, as shown in figure 1, the majority of respondents reported daydreaming about a relationship with another person or finding love (81.3%), and about being powerful and dominant (72.1%).
Figure 1. Prevalence of daydreaming functions and themes among MDers.

3.3 H1: Grandiosity & daydreaming functions and themes

As shown in Table 2, the narcissistic personality facet of grandiosity was significantly correlated with MD fantasies featuring wish-fulfillment, physical violence as a perpetrator, sexual violence as a perpetrator, being a captor, being a rescuer, and being powerful and dominant. As implicated by odds ratios (ORs), a one-point increase in grandiosity was associated with an 83% increase in the utilization of MD fantasies for wish-fulfillment. Furthermore, a one-point increase on the grandiosity scale was associated with a 26%–132% increase in the utilization of these MD themes. Thus, our findings supported the first hypothesis.
Table 2

*Univariate logistic regression associations between grandiosity and daydreaming functions and contents*

<table>
<thead>
<tr>
<th></th>
<th>$\chi^2$ (1)</th>
<th>B</th>
<th>SE</th>
<th>p</th>
<th>OR</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wish-fulfillment</td>
<td>5.80</td>
<td>.60</td>
<td>.25</td>
<td>.016</td>
<td>1.83</td>
<td>1.12–2.985</td>
</tr>
<tr>
<td>Physical violence</td>
<td>4.05</td>
<td>.23</td>
<td>.114</td>
<td>.044</td>
<td>1.26</td>
<td>1.006–1.58</td>
</tr>
<tr>
<td>Sexual violence</td>
<td>4.39</td>
<td>.39</td>
<td>.19</td>
<td>.036</td>
<td>1.47</td>
<td>1.025–2.11</td>
</tr>
<tr>
<td>Being a captor</td>
<td>13.45</td>
<td>.50</td>
<td>.14</td>
<td>.000</td>
<td>1.65</td>
<td>1.26–2.16</td>
</tr>
<tr>
<td>Being as rescuer</td>
<td>10.59</td>
<td>.40</td>
<td>.12</td>
<td>.001</td>
<td>1.5</td>
<td>1.17–1.9</td>
</tr>
<tr>
<td>Being powerful and</td>
<td>21.78</td>
<td>.84</td>
<td>.18</td>
<td>.000</td>
<td>2.32</td>
<td>1.63–3.31</td>
</tr>
</tbody>
</table>

Note. B = regression coefficient; SE = standard error; p = p-value; OR = Odds Ratio; CI = Confidence Interval.

3.4 H2: Separation insecurity & daydreaming functions and themes

Increased odds to employ daydreaming as a means to fight boredom (OR = 1.43) or to recall a rewarding pastime (OR = 1.28) were associated with elevated separation insecurity. Furthermore, as shown in Table 3, a one-point increase on the separation insecurity scale was associated with an increase of 24–26% in fantasies about situations where the respondents were receiving attention in response to their neediness, their vulnerability or illness, fantasies about relationships, or finding love, and about an idealized version of their own families. Our second hypothesis was, therefore, also supported.
Table 3

Univariate logistic regression associations between separation insecurity and daydreaming functions and themes

<table>
<thead>
<tr>
<th></th>
<th>$\chi^2$ (1)</th>
<th>B</th>
<th>SE</th>
<th>p</th>
<th>OR</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fighting boredom</td>
<td>5.9</td>
<td>.36</td>
<td>.15</td>
<td>.015</td>
<td>1.43</td>
<td>1.07–1.91</td>
</tr>
<tr>
<td>Recalling a rewarding pastime</td>
<td>6.0</td>
<td>.25</td>
<td>.10</td>
<td>.014</td>
<td>1.28</td>
<td>1.05–1.56</td>
</tr>
<tr>
<td>Receiving extra attention (e.g., due to illness/vulnerability/neediness)</td>
<td>3.92</td>
<td>.21</td>
<td>.10</td>
<td>.048</td>
<td>1.24</td>
<td>1.00–1.53</td>
</tr>
<tr>
<td>Relationships/finding love</td>
<td>4.45</td>
<td>.28</td>
<td>.13</td>
<td>.035</td>
<td>1.32</td>
<td>1.02–1.71</td>
</tr>
<tr>
<td>Having an idealized version of own family</td>
<td>9.15</td>
<td>.31</td>
<td>.10</td>
<td>.002</td>
<td>1.36</td>
<td>1.11–1.67</td>
</tr>
</tbody>
</table>

Note. B = regression coefficient; SE = standard error; p = p-value; OR = Odds Ratio; CI = Confidence Interval.

3.5 H3: Anhedonia & daydreaming functions and themes

In support of our third hypothesis and as shown in Table 4, our data indicate that MDers with anhedonia are likely to employ their daydreaming to distract from an unpleasant reality or to relive a rewarding pastime. As implicated by ORs, a one-point increase on the anhedonia scale was associated with a 150% increase in the utilization of MD fantasies for the distraction from an unpleasant reality and a 30% decrease in fantasies involving a reliving of a rewarding pastime. We also found that a one-point increase on the anhedonia scale was associated with a 30% elevation in fantasies about being a victim of physical violence and an increase of 27% in fantasies about escape.
Table 4

*Univariate logistic regression associations between anhedonia and daydreaming functions and contents*

<table>
<thead>
<tr>
<th></th>
<th>$\chi^2$</th>
<th>$B$</th>
<th>$SE$</th>
<th>$p$</th>
<th>$OR$</th>
<th>95% CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Distraction from an unpleasant reality</td>
<td>17.31</td>
<td>.92</td>
<td>.22</td>
<td>&lt; .001</td>
<td>2.50</td>
<td>1.625–3.86</td>
</tr>
<tr>
<td>Recalling a rewarding pastime</td>
<td>6.56</td>
<td>-.35</td>
<td>.14</td>
<td>.01</td>
<td>.70</td>
<td>.54–.92</td>
</tr>
<tr>
<td>Physical violence as a victim</td>
<td>5.98</td>
<td>.27</td>
<td>.11</td>
<td>.014</td>
<td>1.30</td>
<td>1.05–1.61</td>
</tr>
<tr>
<td>Escape</td>
<td>4.52</td>
<td>.24</td>
<td>.11</td>
<td>.033</td>
<td>1.27</td>
<td>1.02–1.58</td>
</tr>
</tbody>
</table>

*Note.* $B$ = regression coefficient; $SE$ = standard error; $p$ = p-value; $OR$ = Odds Ratio; $CI$ = Confidence Interval.

**4. Discussion**

Individuals who endorsed narcissistic grandiosity features utilized MD as a wish-fulfillment by employing fantasy themes of power and dominance, physical and sexual violence as a perpetrator, being a captor, or a rescuer. These findings support our first hypothesis and highlight the self-aggrandizing, domineering, and aggressive features of this narcissistic trait (Dickinson & Pincus, 2003). Grandiose fantasies have been described as a way of coping with distress through the imagination of power, achievement, and revenge (Raskin & Novacek, 1991), which in turn can maintain a sense of entitlement and willingness to exploit others for personal gain (Miller et al., 2011). Kernberg (1984) and Kohut (1971, 1977) regarded narcissism as a normal personality developmental aspect. However, Kernberg (1998) also suggested that the severity of narcissistic pathology spans a continuum of aggression. When the
sense of entitlement is not met, the narcissistic individual with grandiose characteristics tends to feel consistent anger (Dickinson & Pincus, 2003) and use aggression to resolve conflicts (Cain et al., 2008). This hostility may take the form of sexual aggression, if sexual access is unattainable (Zeigler-Hill et al., 2013). The Narcissistic Reactance theory (Baumeister et al., 2002) suggests that the offender demands sexual access to prove his ability and to validate the self, emphasizing egotistic rather than physical pleasure. The cognitive distortion of entitlement among grandiose narcissists helps them to justify hurtful actions, believing that the victim genuinely wanted it. Their lower empathy allows them to deny the consequences of the victim's suffering. Our findings suggest that people endowed with a vivid ability to daydream who endorse grandiose personality traits utilized their daydreaming ability to realize their desires for power, dominance, and recognition to regulate their fragile self-worth and the compensatory sense of entitlement.

In line with our second hypothesis, MDers characterized by separation insecurity features used fantasies about idealized versions of their families of origin, romantic relationships, and finding love as a distraction from the emptiness in boredom. According to Firestone (1984), Bond Fantasies develop in infancy as a way of coping with separation anxiety or the parent's failure to provide for the toddler's basic needs, such as withholding of nourishment and emotional confidence. Engaging in self-nourishing behaviors, such as absorbing into an imaginary relationship with the caregivers, helps the child and later the adult turn off the pain of abandonment or rejection by protecting them from acknowledging their unmet dependence needs (Bassett, 2007). Presumably, adults can also use primary fantasies to cope with their fear of death by rendering immortal their spouses, the family of origin, or children through fantasized relationships (Firestone, 1984).

Similarly, relationships with imaginary companions (IC) have been mentioned as a common phenomenon ranging from 50-60% among children (Hoff, 2004; Singer & Singer,
IC may appear in toddlers’ mental life and persist for months or even years with evidence of imaginary companions present among 18-year-old individuals (Seiffge-Krenke, 1997; Taylor, 1999). A significant body of knowledge suggests that the IC phenomenon has adaptive qualities (Gleason & Kalpidou, 2014; Taylor & Carlson, 1997; Trionfi & Reese, 2009) that provide the child with comfort, help with boredom, increase self-regulation in situations of loneliness or fear, and improve self-esteem and overall quality of life. However, other studies reported negative consequences in adolescents who described having had IC in childhood. Similar to MDers (Greene et al., 2020; Wen et al., 2018), the maladaptive coping strategies in these adolescents are accompanied by higher levels of distress and emotional dysregulation, (Hoff, 2004). People endowed in childhood with a capacity for immersive daydreaming (of IC) who report high rates of separation insecurity as adults, may employ MD to create idealized relationships with significant others to satisfy primary needs for attention, pain relief, and compensatory care and to distract from their emptiness and boredom. MDers reported that their daydreaming had been rewarding so it became compulsive and addictive (Bigelsen, Lehrfeld, Jopp, & Somer, 2016; Bigelsen & Schupak, 2011; Pietkiewicz, Neciki, Banbura, & Tomalski, 2018; Somer, 2002, 2018; Somer & Herscu, 2017; Somer et al., 2016a; Somer, Somer, & Jopp, 2016b). Relatedly, Wilson and Barber (1981, 1982) used the term "fantasy addicts" to describe fantasy-prone individuals. Accordingly, studies suggest that daydreaming in MD is an uncontrollable behavior stemming from craving (Bigelsen et al., 2016; Somer & Herscu, 2017). In one such example, an MDer who underwent magnetic resonance imaging (fMRI) during daydreaming displayed an increased reward-related neural response (Bigelsen & Kelly, 2015), similar to responses observed in the behavioral addiction of gambling (Hewig et al., 2010). Pietkiewicz and his colleagues (2018) have argued that MD meets Griffiths' 2005 characteristics of behavioral addiction: (a) an excessive preoccupation with finding opportunities to engage in daydreaming, (b) emotional arousal and high excitement.
around the activity (mood modification), (c) increased need to participate in the activity (resilience), (d) conflicts relating to the avoidance of confronting problems and (e) nervousness when activity is interrupted. Withdrawal symptoms such as anxiousness and stress when MD is reduced were reported by Bigelsen and Schupak (2011). The area of the brain that is responsible for the experience of reward and pleasure is also the one that is often linked among individuals with disorders in the use of substances (DUS) to the antithetical experience of anhedonia (Destoop et al., 2019). The prolonged overactivity of cerebral reward systems among individuals with DUS may also be associated with a later decreased function of the neural reward circuits as in anhedonia (Koob, 2017), which in turn, may exacerbate the yearning of rewarding daydreaming to compensate for deficits in the experience of pleasure as argued and confirmed in our third hypothesis. The findings suggest that the MD content's reflected personal characteristics may have compensation for needs not met in reality and overtime becomes the motivation for compulsive and addictive behavior. Thus, daydreaming content may be a valuable diagnostic material. Therefore, to treat in-depth MD, it is not enough to eradicate compulsive behavior but to clarify the meaning of MD content with the patient and find a more effective response to its real unmet needs.

5. Conclusion

This study examined the relationship between specific personality traits, maladaptive daydreaming content, and functions. Investigated personality facets were linked with specific MD content themes and functions. Grandiose narcissism was related to themes of wish-fulfillment, power, dominance, and violence. Insecure separation was related to an MD function of distraction from boredom, recalling a rewarding pastime, and with soothing themes of caring relationships. Anhedonia seemed to evoke MD as a distraction from an unpleasant reality or as a rewarding pastime. Our findings shed the first light on the interaction between personality traits and the mental role of specific content and functions in MD.
Some limitations of this study ought to be acknowledged. First, we relied on an online self-report survey which may be biased. Future studies should strive to use clinician-administered diagnostic tools of MD and personality traits to bolster the findings' credibility. Second, while the sample included participants from a wide range of countries, our sample was neither random nor representative, so caution should be applied before any generalized implication is inferred. Third, this study was based on a cross-sectional methodology to examine the relationship between personality traits and daydreaming content. Therefore, although personality traits are often stable and life-long, the causality of the reported associations is difficult to ascertain. Lastly, binary coding was employed to measure daydreaming themes and functions, which may have reduced the statistical power. To determine more precisely the ontology of MD and its distinctiveness, future studies should further explore its relationship to particular personality structures.
References


Appendices

Call for participation in research on daydreaming content and informed consent

We would like to invite peoples of ages 18+, that recognize themselves as suffering from Maladaptive daydreaming, to take part in research examines the relation between personality traits and childhood trauma to dreaming content among people that deal with maladaptive dreaming.

This study’s aim is to expand the body of research regarding the phenomenon in order to develop proper therapeutically protocols and models.

Firstly, you will be asked to fill a short questionnaire consisting of 5 questions. In certain cases, you might be asked to fill in an extra questionnaire.

As part of the study, you will be asked to fill in a 6-parts questionnaire. It will take approximately 35 minutes of your time in order to finish filling out the questionnaire.

We would like to bring to your attention that as in every internet filled questionnaire, there is always a possibility of breach of confidentiality.

In regard to that, we would like to inform you that:

- Your private information and details given by you will remain anonymous and confidential and will not be passed on to any other third-party organizations.
- This consent form will remain separate to your questionnaire form in order to keep your answers anonymous and to keep your privacy intact.
- We would like to remind you that you have the right to stop your participation in the study at any moment you should choose, and this will not result in any negative influence on your part.
- During filling the questionnaire and after – you are eligible to request further information regarding the study (please read hereunder).
- The information provided by you, will be analyzed through statistical software, and the results may be anonymously published in a scientific journal.

As aforementioned, reaching a better understanding of the phenomenon will assist us in creating better and effective protocols in place in order to better treat maladaptive dreaming. **In other words, your participation may potentially be of great value in the field of research.**

After reading the consent form, I hereby agree to participate in the following research. By pressing this button, I give my consent. **“Press Here”**.

Our contact details for further information:
Reut Brenner reutbresearch@gmail.com
Professor Eli Somer somer@research.haifa.ac.il
Professor Hisham Abu Rea haburayya@univ.haifa.ac.il
Demographic questionnaire
Please mark/complete the correct details about you:

1. Gender:
   o Male
   o female

2. Age _________

3. Education:
   o Elementary, Junior or High school
   o Bachelors degree/ student
   o Graduate degree /student

4. Marital status:
   o Single, never married
   o Separated
   o Divorced
   o Married
   o Living with partner
   o Widowed

5. Country of residence _____________________________
Abbreviated Questionnaire

1. Please choose the option that best fits your experience.

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?

<table>
<thead>
<tr>
<th>0%</th>
<th>10%</th>
<th>20%</th>
<th>30%</th>
<th>40%</th>
<th>50%</th>
<th>60%</th>
<th>70%</th>
<th>80%</th>
<th>90%</th>
<th>100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>Extremely frequent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. Did you suffer from physical or sexual or emotional abuse or neglect in your childhood?
   - Yes
   - No

3. Instructions to the individual receiving care: This is a list of things different people might say about themselves. We are interested in how you would describe yourself. There are no “right” or “wrong” answers so you can describe yourself as honestly as possible, we will keep your responses confidential. We’d like you to take your time and read each statement carefully, selecting the response that best describes you.

<table>
<thead>
<tr>
<th>I often have to deal with people who are less important than me.</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>I worry a lot about being alone.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>I keep trying to make things perfect, even when I’ve gotten them as good as they’re likely to get.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>I almost never feel happy about my day-to-day activities</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>
The 16-item Maladaptive Daydreaming Scale (MDS-16)

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.

<table>
<thead>
<tr>
<th>0%</th>
<th>10%</th>
<th>20%</th>
<th>30%</th>
<th>40%</th>
<th>50%</th>
<th>60%</th>
<th>70%</th>
<th>80%</th>
<th>90%</th>
<th>100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>Extremely frequent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>0%</th>
<th>10%</th>
<th>20%</th>
<th>30%</th>
<th>40%</th>
<th>50%</th>
<th>60%</th>
<th>70%</th>
<th>80%</th>
<th>90%</th>
<th>100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>Extremely frequent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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?

<table>
<thead>
<tr>
<th>0%</th>
<th>10%</th>
<th>20%</th>
<th>30%</th>
<th>40%</th>
<th>50%</th>
<th>60%</th>
<th>70%</th>
<th>80%</th>
<th>90%</th>
<th>100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>Extremely frequent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>0%</th>
<th>10%</th>
<th>20%</th>
<th>30%</th>
<th>40%</th>
<th>50%</th>
<th>60%</th>
<th>70%</th>
<th>80%</th>
<th>90%</th>
<th>100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>Extremely frequent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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?

<table>
<thead>
<tr>
<th>0%</th>
<th>10%</th>
<th>20%</th>
<th>30%</th>
<th>40%</th>
<th>50%</th>
<th>60%</th>
<th>70%</th>
<th>80%</th>
<th>90%</th>
<th>100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>Extremely frequent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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?

<table>
<thead>
<tr>
<th>0%</th>
<th>10%</th>
<th>20%</th>
<th>30%</th>
<th>40%</th>
<th>50%</th>
<th>60%</th>
<th>70%</th>
<th>80%</th>
<th>90%</th>
<th>100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>Extremely frequent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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?

<table>
<thead>
<tr>
<th>0%</th>
<th>10%</th>
<th>20%</th>
<th>30%</th>
<th>40%</th>
<th>50%</th>
<th>60%</th>
<th>70%</th>
<th>80%</th>
<th>90%</th>
<th>100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>Extremely frequent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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?

<table>
<thead>
<tr>
<th>0%</th>
<th>10%</th>
<th>20%</th>
<th>30%</th>
<th>40%</th>
<th>50%</th>
<th>60%</th>
<th>70%</th>
<th>80%</th>
<th>90%</th>
<th>100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>Extremely frequent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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?

<table>
<thead>
<tr>
<th>0%</th>
<th>10%</th>
<th>20%</th>
<th>30%</th>
<th>40%</th>
<th>50%</th>
<th>60%</th>
<th>70%</th>
<th>80%</th>
<th>90%</th>
<th>100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>Extremely frequent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>0%</th>
<th>10%</th>
<th>20%</th>
<th>30%</th>
<th>40%</th>
<th>50%</th>
<th>60%</th>
<th>70%</th>
<th>80%</th>
<th>90%</th>
<th>100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>Extremely frequent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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?

<table>
<thead>
<tr>
<th>0%</th>
<th>10%</th>
<th>20%</th>
<th>30%</th>
<th>40%</th>
<th>50%</th>
<th>60%</th>
<th>70%</th>
<th>80%</th>
<th>90%</th>
<th>100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>Extremely frequent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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?

<table>
<thead>
<tr>
<th>0%</th>
<th>10%</th>
<th>20%</th>
<th>30%</th>
<th>40%</th>
<th>50%</th>
<th>60%</th>
<th>70%</th>
<th>80%</th>
<th>90%</th>
<th>100%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>Extremely frequent</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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?
**Childhood Trauma Questionnaire (CTQ)**  
(Copyright 1995 David P. Bernstein, Ph.d)

**Direction:** These questions ask about some of your experiences growing up as a child and a teenager. For each question are of a personal nature, please try to answer as honestly as you can. Your answers will be kept confidential.

<table>
<thead>
<tr>
<th></th>
<th>Never true</th>
<th>Rarely true</th>
<th>Sometimes true</th>
<th>Often true</th>
<th>Very Often true</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>I didn't have enough to eat</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>2.</td>
<td>I knew that there was someone to take care of me and protect me.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>3.</td>
<td>People in my family called me things like &quot;stupid&quot;, &quot;lazy&quot;, or &quot;ugly&quot;.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>4.</td>
<td>My parents were too drunk or high to take care of the family.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5.</td>
<td>There was someone in my family who helped me feel important or special.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>6.</td>
<td>I had to wear dirty clothes.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>7.</td>
<td>I felt loved.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>8.</td>
<td>I thought that my parents wished I had never born.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>9.</td>
<td>I got hit so hard by someone in my family that I had to see a doctor or go to the hospital.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>10.</td>
<td>There was nothing I wanted to change about my family.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>11.</td>
<td>People in my family hit me so hard it left me bruises or marks.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>12.</td>
<td>I was punished with belt, a board, a cord (or some other hard object).</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>13.</td>
<td>People in my family looked out for each other.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>14.</td>
<td>People in my family said hurtful or insulting things to me.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>15.</td>
<td>I believed that I was physically abused.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>16.</td>
<td>I had the perfect childhood.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>17.</td>
<td>I got hit or beaten so badly that it was noticed by someone like a teacher, neighbor, or doctor.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>18.</td>
<td>Someone in my family hated me.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>19.</td>
<td>People in my family felt close to each other.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>20.</td>
<td>Someone tried to touch me in sexual way or tried to make me touch them.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>21. Someone threatened to hurt me or tell lies about me unless I did something sexual with them.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>22. I had the best family in the world.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>23. Someone tried to make me do sexual things or watch sexual things.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>24. Someone molested me (took advantage of me sexually).</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>25. I believe that I was emotionally abused.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>26. There was someone to take me to the doctor if I needed it.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>27. I believe that I was sexually abused.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>28. My family was source of strength and support.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
The Personality Inventory for DSM-5 Short Form (PID-5-SF)


Instructions to the individual receiving care: This is a list of things different people might say about themselves. We are interested in how you would describe yourself. There are no “right” or “wrong” answers so you can describe yourself as honestly as possible, we will keep your responses confidential. We’d like you to take your time and read each statement carefully, selecting the response that best describes you.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Very True or Often True</th>
<th>Sometimes or Somewhat True</th>
<th>False Sometimes or Somewhat False</th>
<th>Very False or Often False</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Nothing seems to interest me very much.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>2 I almost never enjoy life.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>3 To be honest, I’m just more important than other people.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4 I worry a lot about being alone.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>5 If something I do isn’t absolutely perfect, it’s simply not acceptable.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>6 I’m better than almost everyone else.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>7 Even though it drives other people crazy, I insist on absolute perfection in everything I do.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>8 I almost never feel happy about my day-to-day activities</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>9 I fear being alone in life more than anything else.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>10 I’ll do just about anything to keep someone from abandoning me.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>11 I never want to be alone</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>12 I keep trying to make things perfect, even when I’ve gotten them as good as they’re likely to get.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>13 Nothing seems to make me feel good.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>14 I deserve special treatment</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>15 I simply won’t put up with things being out of their proper places</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>16 I often have to deal with people who are less important than me.</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>
Immersive Daydreaming Content checklist

Eli Somer, Hildy Wen, Reut Brenner (2020)

Name or respondent number________________

Please read the following statements and mark all that apply to your daydreaming:

The Sources of inspiration for the fantasy scenarios and characters in your daydreams often are:

- Current real life
- Past real-life
- Sci-Fi
- Fictional characters taken from a movie or a TV show
- Fictional characters taken from a video game
- Fictional characters taken from a book
- Imaginary characters created by the daydreamer
- Other: ____________________

- Which of the following statements characterizes your daydreams? (Mark all that apply)
  - Same daydream scenario is often repeated over many days
  - A particular daydream is repeated with minor changes
  - Minimal or no repetition in daydream themes
  - Same characters and world, but the storyline evolves over time
  - You are one of the daydream characters
  - You are just observing the characters interact in your daydream, but you are not part of them
  - The characters in your daydreams act independently. They are not under your control.

- Which of the following functions do your daydreaming fulfill? (Mark all that apply)
  - Wish fulfilment
  - Planning/practicing/rehearsing
  - Fighting boredom
  - Distraction from painful memories
  - Distraction from an unpleasant current reality
  - Distraction from or regulation of painful feelings
  - A rewarding pastime
  - A need to experience emotional pain/suffering
  - Other___________________________________

- Which of the following themes characterizes your daydreams? (Mark all that apply)
• An idealized version of you (you own the characteristics you yearn for)
• Having an idealized version of your own family of origin/your family members having idealized relationships with you and each other
• Having an idealized different family of origin
• Living an idealized life (perfect job, living in an ideal location, etc.)
• Life of another idealized family (not yours)
• Your current relationship
• An idealized version of your current relationship
• A relationship with a different person/finding love
• Having lots of friends
• Having conversations with friends
• Being a sexually attractive and desirable person
• Achievement of success, recognition, fame
• Being powerful, dominant
• Receiving extra attention (e.g., due to illness/vulnerability/neediness)
• The experience of emotions that are difficult to have in real life
• Death
• Physical violence as perpetrator
• Physical violence as victim
• Sexual violence as perpetrator
• Sexual violence as victim
• Taking revenge
• Being a captor
• Being captive

• Being rescued
• Being as rescuer
• Being a hero or heroine
• Escape

• Building a complex fantasy world (For example, worlds involving magic or magical abilities, nonexistent technology, historical or futuristic themes)
• Planning/imagining a successful, accomplished future
• Recalling/reliving past event
• Rewriting past events
• Other ______________________________
עבדות גמר מתקדימות (תזה) בוגרת מאמר המונע השכונה במקהל מחיה ושימור
ולקבלה מוגר "מסמכי האוניברסיטה"

מאת: רעות בר

בותנית: פרופסור אלי זומר
פרופסור האסלאם אובד רימ

אניברסיטט חיפה
הפקולטה למדעי הרוחות והחברה
בית הספר לעירואות סוציואליות

נובמבר 2020

מאות yıl עד דיב: 

(מאת הועברה)

נוכות

( yeni)

הועדה

חלום

ל턴ור

شيخ

38
מחקר זה נועד לבחון האם התוכן והתפקוד של חלימה בהקיץ חריגה (Maladaptive Daydreaming) אקראיים או שמה קשורים ליבטי אישיות מסוימים. נחננו את טובי 539 מבוגרים שטענוシアולא קורטיזון מצוירה שאלות שונות לאלחוט תחרותי, שאפשרו לפתח את מבנה המודל האישיות הבא: גראנדיסטיות, נפרדות לא בטוחה ואנהדוניה. נייסים עם גראנדיסטיות השמתו בפנטזיות שחלמה כמצב עליון של הידיעה ואלה. בחっくり החודשי של חלימה בכדי להפגין פנטזיות הסועדים ארבעה אמורים ופנתויים: חלימה שובם ואצילי. נייסים עם נפרדות לא בטוחה, אלבם דיווחו כי חלומיםיהם הם המשורשים של אידאליות וסידור, מציאת אהבה, או גרסה אידיאלית למשפחת המקור שחלמה. הם דיווחו כי בחלקת בחודש, קבלי התמודדות גיגם, כשלישיות על חוסמם צאנו. הרשת החברתית הפנטזיות שחלמה בכל אהובה, נוכחות, וחוזפי. נייסים עם היבטי האישיות אנדהוניה, השמתו בחלקת בחדרandscape, פניעה ואצילי. נייסים עם נפרדות לא בטוחה, מיסים עם נפרדות לא בטוחה, וחוזפי. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמן ושגף או דף. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמן ושגף או דף. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמן ושגף או דף. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמן ושגף או דף. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמן ושגף או דף. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמן ושגף או דף. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמן ושגף או דף. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמן ושגף או דף. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמן ושגף או דף. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמן ושגף או דף. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמן ושגף או דף. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמן ושגף או דף. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמן ושגף או דף. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלומותמה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלomesה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלomesה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלomesה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלomesה הקורעות הבהירות, ועימה отправו את פנטזיותמןendance. חלomesה kB= -MD. בובק מדגם את ערכו הפוטנציאלי של מונחי חלימה מבתרה וציוןتصفית.