

Supplementary materials file for the article:

**“Maladaptive Daydreaming Should Be Included as a Dissociative Disorder in Psychiatric Manuals:
A Position Paper.”**

Table S1

A summary of some of the central studies supporting the validity of maladaptive daydreaming as a disorder, according to Robins and Guze criteria.

Robins and Guze criteria	Supporting studies	Need for further research
A recognizable clinical presentation	<p>A clear prototypical clinical presentation emerged from several studies including case studies, qualitative explorations, and quantitative research, both cross-sectional and daily diary studies. For example:</p> <p>Bigelsen & Schupak (2011)</p> <p>Bigelsen et al. (2016)</p> <p>Chaudhary et al. (2022)</p> <p>Margherita et al. (2022)</p> <p>Nowacki & Pyszkowska (2024)</p> <p>Pietkiewicz et al. (2018)</p> <p>Pietkiewicz et al. (2023)</p> <p>Schimmenti et al. (2019a)</p> <p>Schupak & Rosenthal (2009)</p> <p>Sharma & Mahapatra (2021)</p> <p>Soffer-Dudek & Somer (2018)</p> <p>Somer (2002)</p> <p>Somer (2018)</p> <p>Somer (2023)</p>	

	<p>Somer et al. (2016a,b)</p> <p>Somer et al. (2019)</p> <p>Wen et al. (2022)</p>	
Specific and reliable psychological tests	<p>The MDS-14 self-report scale was validated in Somer et al. (2016c)</p> <p>The MDS-16 is a later development in which two items were added (Somer et al., 2017a); it was translated and validated in several languages, such as Italian (Schimmenti et al., 2019b), Hungarian (Sándor et al., 2020), Polish (Pietkiewicz et al., 2023), Ukrainian (Balashevich et al., 2024), Brazilian Portuguese (Catelan et al., 2023), Arabic (Abu-Rayya et al., 2019), Turkish (Metin et al., 2022), Persian (Ahmadi et al., 2022), and Hebrew (Jopp et al., 2018). A large-scale cross-cultural research revealed its measurement invariance, supporting reliability and validity for most items (Soffer-Dudek et al., 2020)</p> <p>The MDS-SF5 is a recent development comprising 5 central items, shown to discriminate similarly to the full MDS (Soffer-Dudek & Oh, 2024)</p> <p>The SCIMD is a structured clinical interview based on the previous diagnostic criteria, that showed excellent inter-rater agreement (Somer et al., 2017b)</p>	Neurological markers not yet available
Reliable differentiation from other conditions	<p>A structured clinical interview study showed significant co-morbidity but also distinction by establishing co-morbidity rates between maladaptive daydreaming and additional diagnoses such as depression, anxiety, and obsessive-compulsive disorder (Somer et al., 2017a)</p> <p>A structured clinical interview study supported a distinction between maladaptive daydreaming and</p>	

	<p>attention-deficit/hyperactivity disorder (Theodor-Katz et al., 2022)</p> <p>A clinical interview large-scale study showed significant comorbidity, but also distinction, of maladaptive daydreaming from autism spectrum disorder (West et al., 2022)</p> <p>A study based on self-report clinical cutoffs found significant co-morbidity but also significant distinction between maladaptive daydreaming and obsessive-compulsive disorder (Salomon-Small et al., 2021)</p>	
Follow-up validity showing stability	Preliminary support for construct stability from a 1-year longitudinal study with a large sample (Musetti et al., 2023)	Need for longitudinal research on interview-diagnosed individuals
Family studies		No data available yet on family prevalence rates

List S1: Published papers on maladaptive daydreaming

The following list includes most or all accepted or published peer-reviewed articles or chapters where “Maladaptive Daydreaming” or otherwise labeled pathological daydreaming is the primary topic or one of the primary topics. We cannot guarantee that this list is exhaustive.

The following list was updated in October 2024. For a list that is continuously updated please visit: <https://daydreamresearch.wixsite.com/md-research/publications>.

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141. Mancinelli, E., Spisto, S., Sukhija, V.J. & Salcuni, S. (2024). Maladaptive daydreaming as emotion regulation strategy: exploring the association with emotion regulation, psychological symptoms, and negative problem-solving orientation. *Current Psychology*. <https://doi.org/10.1007/s12144-024-06487-3>

140. Soffer-Dudek, N. (2024). Seeing is believing: implications of the dreamlike cognitive style for waking spontaneous thought and psychopathology. *Philosophy and the Mind Sciences*, 5. <https://doi.org/10.33735/phimisci.2024.10208>

139. Nowacki, A. & Pyszkowska, A. (2024). The everchanging maladaptive daydreaming – a thematic analysis of lived experiences of Reddit users. *Current Psychology*. <https://doi.org/10.1007/s12144-024-06506-3>

138. Nowacki, A. & Pyszkowska, A. (2024). It is all about discomfort avoidance: maladaptive daydreaming, frustration intolerance, and coping strategies – a network analysis. *Current Psychology*. <https://doi.org/10.1007/s12144-024-06382-x>

137. Jain, S. (2024). Maladaptive and Negative Maladaptive Daydreaming Among Youth & Impact of Emotional Neglect on MD. *International Journal of Indian Psychology*, 12(2). <https://doi.org/10.25215/1202.194>

136. Ögü, Ç (2024). Association of maladaptive daydreaming with behavioral addiction, *Health Sciences Quarterly* 4(3), 233-241. <https://journals.gen.tr/jsp>.

135. Pezzi, M., Zagaria, A., Miguel-Alvaro, A., Gámez-Guadix, M., Gori, A., Santoro, G., & Musetti, A. (2024). Maladaptive Daydreaming and Problematic Online Behaviors: A Network Analysis Approach. *Journal of Psychiatric Research*. <https://doi.org/10.1016/j.jpsychires.2024.07.023>
134. Shimoni, H., & Axelrod, V. (2024). Elucidating the difference between mind-wandering and daydreaming terms. *Scientific Reports*, 14(1), 11598. <https://doi.org/10.1038/s41598-024-62383-7>
133. Chávez, J.E. (2024). La ensoñación excesiva como una respuesta al estrés en adolescentes (Maladaptive daydreaming as a stress response in adolescents). *Educación y Salud - Boletín Científico Instituto de Ciencias de la Salud Universidad Autónoma del Estado*, 12 (24), 47-52. <https://doi.org/10.29057/icsa.v12i24.12754>
132. Roy, A., Girija, V. S., & Kitzlerová, E. (2024). The Role of Momentary Dissociation in the Sensory Cortex: A Neurophysiological Review and its Implications for Maladaptive Daydreaming. *Medical Science Monitor: International Medical Journal of Experimental and Clinical Research*, 30, e944209. <https://doi.org/10.12659/MSM.944209>
131. Saladino, V., Calaresi, D., Cuzzocrea, F., and Verrastro, V. (2024). The Interplay between Binge Watching and Suicide Risk: Daytime Sleepiness and Maladaptive Daydreaming as Mediators. *Social Sciences*, 13, 283. <https://doi.org/10.3390/socsci13060283>
130. Zorlu, Ö., Beyazüz, E., Aytakin, S. & Albayrak, H. (2024). Maladaptive Daydreaming in Psoriasis Patients. *Namık Kemal Medical Journal*, 12(2), 85-92. <https://doi.org/10.4274/nkmj.galenos.2024.26349>.
129. Constantine, L. & Haque, S. (2024). Loneliness, Self-Esteem, and Maladaptive Daydreaming in University Students: The Mediating Role of Perceived Stress. *Research Square*. <https://doi.org/10.21203/rs.3.rs-4538726/v1>
128. Balashevich, O.K., Harahukiua, A.I., Molotokas, A.A., Bayer, O.O, Kurapov, A.O. (2024). Adaptation and Psychometric Evaluation of the Maladaptive Daydreaming Scale (MDS-16) on a Ukrainian Sample: A Pilot Study. *Perspectives and Innovations of Science*, 6(40), 609-629. [https://doi.org/10.52058/2786-4952-2024-6\(40\)-609-629](https://doi.org/10.52058/2786-4952-2024-6(40)-609-629)
127. Hedderly, T., Eccles, C., Malik, O., Abdulsatar, F., Mitchell, C., Owen, T., Soffer-Dudek, N., Grose, C., Fernandez, T.V., Robinson, S. and Somer, E. (2024). Intense Imagery Movements May Lead to

Maladaptive Daydreaming: A Case Series and Literature Review. *Movement Disorders Clinical Practice*, 11, 716-719. <https://doi.org/10.1002/mdc3.14011>

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122. Begum, A. & Khan, M.J. (2024). Childhood Emotional Maltreatment and Maladaptive Daydreaming Among Adolescents: Mediating Role of Emotional Processing. *Pakistan Journal of Psychological Research*, 39 (1) 123-137. <https://doi.org/10.33824/PJPR.2024.39.1.08>

121. Somer, E. (2024). When Imagination Feels Like Reality: A Case Study of False Memories and Maladaptive Daydreaming in Visual Impairment. *Case Reports in Psychiatry*, Article ID 9391645, 82024. <https://doi.org/10.1155/2024/9391645>.

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119. Balashevych, O.K., & Molotokas, A.A. (2024). Comparative Analysis of Maladaptive Daydreaming and Other Forms of Imagination. *Habitus*. <https://doi.org/10.32782/2663-5208.2024.57.56> (In Ukrainian).

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117. Somer, E. (2024). Calling the tune in maladaptive daydreaming: The impact of music on the experience of compulsive fantasizing. *Psychology of Music*.
<https://doi.org/10.1177/03057356231222290>

116. Soffer-Dudek, N., & Oh, H. (2024). Maladaptive daydreaming: A shortened assessment measure and its mental health correlates in a large United States sample. *Comprehensive Psychiatry*, 129, 152441.
<https://doi.org/10.1016/j.comppsy.2023.152441>

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<https://doi.org/10.3389/fpsyg.2023.1132800>

114. Sharma, M. & Jain, V. (2023). Fear of COVID-19 in Relation to Social Connectedness, Maladaptive Daydreaming, Depression and Anxiety: A Correlation Study. *Indian Journal of Health and Well-being*, 14(4), 491-494.

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