

The Qualities of Daydreaming Scale (QuOD)

This questionnaire asks about your experience of daydreaming. Please indicate to what extent you agree/disagree with each of the following statements:

	Do not agree	Agree a little	Agree moderately	Agree very much	Agree totally
1 My daydreams usually provide me with pleasant thoughts	0	1	2	3	4
2 My daydreams are often stimulating and rewarding	0	1	2	3	4
3 My daydreams offer me useful clues to tricky situations I face	0	1	2	3	4
4 My daydreams often leave me with a warm, happy feeling.	0	1	2	3	4
5 I daydream about what I would like to see happen in the future.	0	1	2	3	4
6 I find my daydreams are worthwhile and interesting to me.	0	1	2	3	4
7 Many of my daydreams have a realistic intensity.	0	1	2	3	4
8 Many of my daydreams are often just as lively as a good movie.	0	1	2	3	4
9 I often confuse my daydreams with real memories.	0	1	2	3	4
10 As an adult I (still) occasionally live in a make-believe world.	0	1	2	3	4
11 As an adult I spend a substantial part of my total waking day imagining.	0	1	2	3	4

Scoring

Add together all 11 items to obtain the total daydreaming score.

Subscale scores may be obtained by adding together the following items:

- Pleasantness - items 1, 2, 3, 4, 5, 6
- Realism – items 7, 8, 9
- Frequency – items 10, 11