

THE CONSTANT

DAYDREAMING

MALADAPTIVE DAYDREAMING

PROBLEM STATEMENT

We were to choose some sort of problem, this being in the world, illnesses, or many other things. Once you figured out what the project was going to be on, you had to create at least three deliverables with it. Each piece would be designed around the subject of choice and work cohesively.

VISION STATEMENT

When coming up with the concept there was many things I was looking over and trying to figure out what I wanted to go for. After many different thoughts, I finally decided to do my project on maladaptive daydreaming since not many people have heard of it and how rare it is to be diagnosed with it. The concept of showing a twisted version of this beautiful dreamstate seemed as the perfect thing since it shows more of that nightmare aspect to it.

RESEARCH

What is Maladaptive Daydreaming?

Maladaptive Daydreaming is when one is able to daydream for **multiple hours or minutes on end**, enough that it starts to effect one's **sleep or daily life**. People with it realize the difference between a daydream and reality though unlike someone with schizophrenia. Simple things can trigger a daydreaming being from the **smell** of something to simply **hearing** the words of others as to what is happening in that moment. Due to how **easy** it is to trigger it, one can go into a daydream at the **worst moments** and can cause **dangers** for the person and/or others around them. This requires others to have to be careful around them since they don't want to trigger one of their daydreams.

Due to how dangerous this can be, it can cause more than physical injuries, it can get to the point that it can cause **depression** in others. This is due to the fact that when having Maladaptive Daydreaming, there is a **fear of the reality** that can build since the **real world** is not as glamorous as the daydream they had created in their own head, so it makes it tough to be apart of their real world. Thus can cause depression in others because of this reason and can even make the daydreams **worse**. It can also be seen that Maladaptive Daydreaming can be caused by **OCD** and/or **ADHD** in some or even can cause one to develop these disorders.

It can be **very rare** to be truly **diagnosed** with Maladaptive Daydreaming and even doctor's **can't fully diagnose** someone with it, but they do have a **scale** to determine how bad one's dreams can get while they are in this state. This is done with the **Maladaptive Daydreaming Scale (MDS)**, something that is a **fourteen scale** process and having up to **five** and determine if you have Maladaptive Daydreaming. Even after determining if one has it or not, there is still the risk of the fact that one **can not** truly be **treated** since there is no real way to actually treat the syndrome. But have no fear there is still a way to be able to help make the triggers **accurate less** and helps to make others **aware** of those triggers so that way one doesn't end up having the daydreams.

MALADAPTIVE DAYDREAMING

What are the Symptoms of it?

- extremely vivid daydreams with their own characters, settings, plots, and other detailed, story-like features
- daydreams triggered by real-life events
- difficulty completing everyday tasks
- difficulty sleeping at night
- an overwhelming desire to continue daydreaming
- performing repetitive movements while daydreaming
- making facial expressions while daydreaming
- whispering and talking while daydreaming
- daydreaming for lengthy periods (many minutes to hours)

Can it cause other problems?

Some people who experience maladaptive daydreaming also experience:

- attention deficit hyperactivity disorder (ADHD)
- depression
- obsessive-compulsive disorder (OCD)

It's not yet understood how these disorders are related to maladaptive daydreaming.

Can a Doctor diagnose it?

There is no universal method used to diagnose maladaptive daydreaming. Somer developed the Maladaptive Daydreaming Scale (MDS). This scale can help determine if a person is experiencing maladaptive daydreaming.

The MDS is a 14-part scale. It rates the five key characteristics of maladaptive daydreaming:

- the content and quality (detail) of dreams
- a person's ability to control their dreams and compulsion to dream
- the amount of distress caused by daydreaming
- a person's perceived benefits of daydreaming
- how much daydreaming interferes with a person's ability to carry out their daily activities

People also rate how often they experience maladaptive daydreaming symptoms. Maladaptive daydreaming is often diagnosed as schizophrenia, which is a type of psychosis. This is because people with schizophrenia cannot differentiate reality from fantasy. But Somer says maladaptive daydreaming is not a psychosis because people with maladaptive daydreaming recognize that their daydreams aren't real. It is currently not possible to formally diagnose maladaptive daydreaming.

A 14-point Maladaptive Daydreaming Scale was developed to help a person determine whether they are experiencing symptoms of the condition. However, the scale should only be used as an indication and is not designed to provide a formal diagnosis. There is insufficient evidence to suggest maladaptive daydreaming can be classed as a psychiatric condition, but it does have some similarities. For example, individuals with dissociative identity disorder can enter states of detachment from reality, becoming engrossed in a fantasy or disillusion.

However, in cases of a personality disorder, the person is unable to distinguish between reality and fantasy. People experiencing maladaptive daydreaming are aware that their daydreams are not reality.

CONCEPTS

Concept 1: "The Dream State"

Welcome to my mind! Stay awhile, here you can see how my mind ticks. See all the different dreams I can make up as I go through my day. There are so many adventures to be had, why don't we go on a quest together?

Going into an actual dream state and imagination aspect of it all. Making it seem as if your in a dream while the information is being presented. Giving it the heavenly and dreamy feeling so it plays to how they feel secure when they are daydreaming for times on end. Having the clouds be a big part too, so it's like they have their "heads in the clouds".

The design would have a very pastel look and a very soft look to give it more of that dream state. It would have a very simple design to it as well and have the block like shape, but softened so it keeps with the soft look.



Words List

Dreamy
Soft
Light
Imagination
Cloud 9
Beauty
Bliss

Target Market

- 16 & up
- Male & Female
- Creative People
- People interested in mental health
- Love for imaginative places

Font Choices

Elephant
abcdefghijklmnopqrstuvwxyz

Source Sans Variable
abcdefghijklmnopqrstuvwxyz



CONCEPTS

Concept 2: "This Just in! Do you dream way to much? Stay tune to find out!"

Has the pesky elf been stealing your breakfast? Have you been trying to defeat that dragon that keeps appearing at work? Well you just might have maladaptive daydreaming, stay tune to find out more!

This is to make it appear as a news anchor and have a dramatic look to it. But it's also to play around with the idea of imagination people can have when it comes to, this by making up situations that could be happening in their mind to bring people in. Because seeing a news anchor report about a elf stealing breakfast seems very bizarre to many people, but normal to anyone with Maladaptive Daydreaming.

The design would have a very simple and sleek look like the news usually does. But to also keep in mind of the imagination, it would go more towards and 70s or 80s look to the news.

Words List

Broadcast
TV
Reveal
Crisis
Bizarre
Daydream
Old Fashion

Target Market

- 20 & up
- Male & Female
- Creative People
- People interested in mental health
- Watches the news

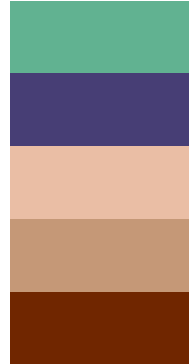
Font Choices

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Comfortaa

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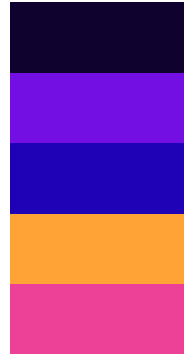
CONCEPTS

Concept 3: "Time to space out"

Come on a space adventure! See the many beautiful planets and stars while on it. There is so much to see as we go on this magnificent adventure.

Space is an empty place and where one can be alone. This can be like one's mind since all they have is their own thoughts and is to as if someone is spacing out. Having that imagination as well again it appears as your out in space as astronaut and seeing the brilliant colors of the planets.

The design would have a very cartoon look to it and have a darker color palette with pops of colors. The style would be very similar to the photos provided. Making the designs more childish as well, so it places to how only kids have these kinds of imagination.



Words List

Creative
Dark
Moving
SIFI
Stars
Adventure
Galaxy

Target Market

- 16 & up
- Male & Female
- Creative People
- People interested in mental health
- Interest in Space

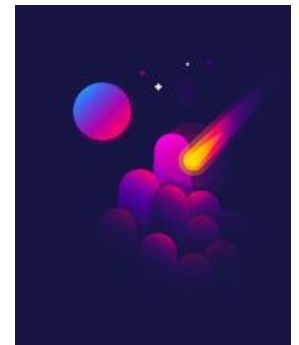
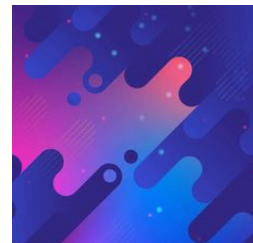
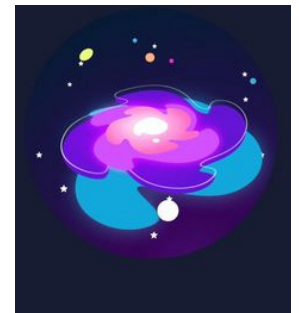
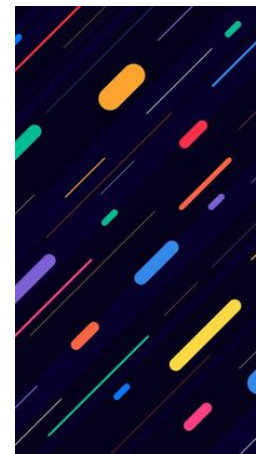
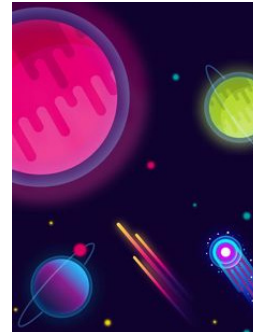
Font Choices

DISENGAGED

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Montserrat

abcdefghijklmnopqrstuvwxyz



REVISED CONCEPT

OVERVIEW & GOAL

The goal for this project is to make people understand what Maladaptive Daydreaming is and how bad it really is. This would be a nightmare world that would be represented. It would be showing these pretty scenes, but having the colors changed to show how much of a nightmare it truly is when dealing with this disorder. Even though it's such a "dream land" the disorder is actually a terrible thing and can cause depression.

FELIX TITLING
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OPQRSTUVWXYZ

Manjari
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opqrstuvwxyz

WORD LIST

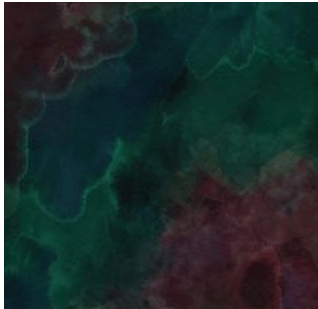
- Nightmare
- Terrifying
- Dark
- Disorder
- Fatigue
- Medication
- Depression

TARGET

- 16 & up
- Male & Female
- Creative People
- People interested in mental health
- Love for imaginative places

DELIVERABLES

- Website
- Story Book
- Outside Advertisements



TYPE STUDY

Manrope

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VWXYZ0123456789.!?,’”()

FELIX TITLING

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Minion Pro

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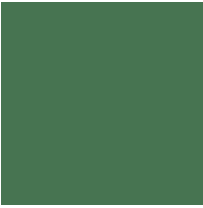
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COLOR PALETTE



POSTER SKETCHES



BOOK SKETCHES

FEAR OF REALITY ~~~~~		THE PANIC ~~~~~	
	DREAM STATE ~~~~~		DEPRESSION SETS IN ~~~~~
HOOR TO HOOR ~~~~~		NO TREATMENT ~~~~~	
	LIFE EFFECT ~~~~~		

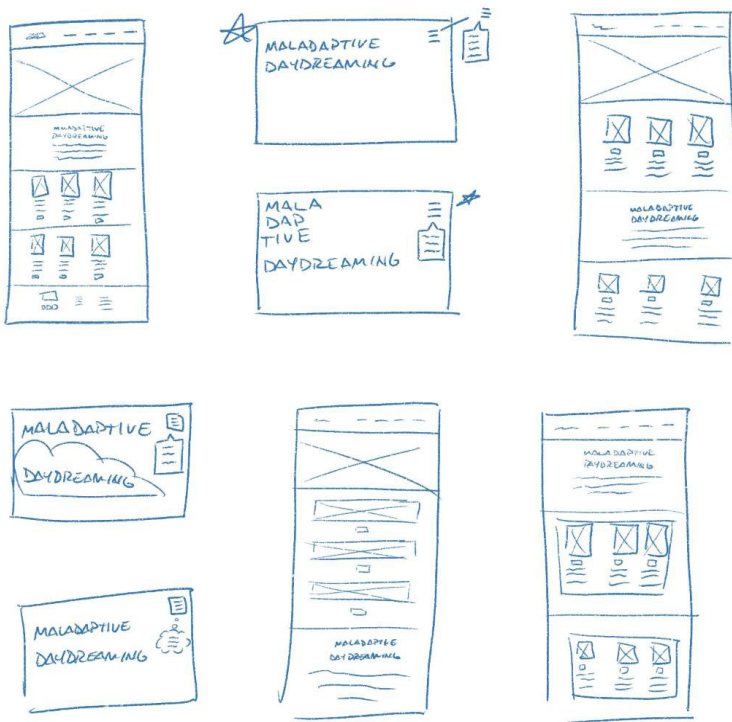
FEAR OF REALITY	~~~~~	THE PANIC	~~~~~
DREAM STATE	~~~~~	DEPRESSION SETS IN	~~~~~
HOOR TO HOOR	~~~~~	NO TREATMENT	~~~~~
LIFE EFFECT	~~~~~		

BOOK SKETCHES

FEAR OF REALITY ~~~~~		THE PANIC ~~~~~		FEAR OF REALITY ~~~~~		THE PANIC ~~~~~	
DREAM STATE ~~~~~		DEPRESSION SETS IN ~~~~~		DREAM STATE ~~~~~		DEPRESSION SETS IN ~~~~~	
HOUR TO HOUR ~~~~~		NO TREATMENT ~~~~~		HOUR TO HOUR ~~~~~		NO TREATMENT ~~~~~	
LIFE EFFECT ~~~~~				LIFE EFFECT ~~~~~			

WEBSITE SKETCHES

HOME PAGE



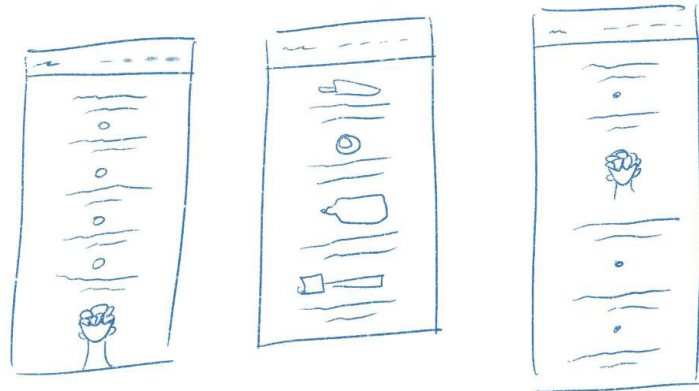
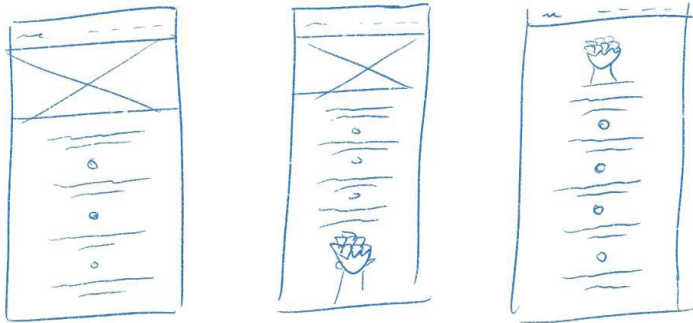
DREAM PAGE (INFO)



* STILL HAVE THE ILLUSTRATIVE STYLE *

WEBSITE SKETCHES

PERSONAL EXPERIENCE PAGE



PROBLEMS WITH IT PAGE

