ASPREDICTED

Maladaptive daydreaming and mind wandering as predictors of daily sleep (#21224)

Author(s)

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1) Have any data been collected for this study already?

No, no data have been collected for this study yet.

2) What's the main question being asked or hypothesis being tested in this study?

We expect that maladaptive daydreaming on the current day will predict sleep disturbances that night, controlling for overall mind wandering on the same day. We also expect that individuals with greater maladaptive daydreaming will report greater sleep disturbances.

3) Describe the key dependent variable(s) specifying how they will be measured.

Sleep disturbances will be measured with the 8-item Patient-Reported Outcomes Measurement Information System (PROMIS) sleep disturbances scale (maladaptive daydreaming will be measured with the 16-item Maladaptive Daydreaming Scale, and mind wandering with the 5-item Mind Wandering Questionnaire).

4) How many and which conditions will participants be assigned to?

Participants will be asked to complete each of the three questionnaires on each of 8 days.

5) Specify exactly which analyses you will conduct to examine the main question/hypothesis.

We will perform multilevel analyses with daily sleep disturbances as the continuous outcome variable.

Within-person predictors will be maladaptive daydreaming that day and mind wandering that day. Between-person predictors will be person means of maladaptive daydreaming and mind wandering. We plan to use full maximum likelihood estimation technique with robust standard errors.

6) Describe exactly how outliers will be defined and handled, and your precise rule(s) for excluding observations.

We will administer a control item on each of the daily surveys to check for careless responding. We will exclude individuals who give wrong answers to the control item on two or more occasions.

7) How many observations will be collected or what will determine sample size? No need to justify decision, but be precise about exactly how the number will be determined.

We aim to collect data from at least 150 individuals. We will start data collection on March 25th and end it 8 days later. If fewer than 150 individuals participate in this run, we will invite a second batch of participants.

8) Anything else you would like to pre-register? (e.g., secondary analyses, variables collected for exploratory purposes, unusual analyses planned?)

We will also analyze sleep and mind wandering and their interaction as predictors of maladaptive daydreaming.