Attempts to investigate the relation of the nocturnal dream to other types of fantasy have been more intriguing than conclusive. Early studies compared morning-after dream reports of individuals with their Thematic Apperception Test (TAT) stories and observed significant thematic resemblance between them (Sarason, 1944; Gordon, 1953; Shulman, 1955). More recent studies employing the sleep laboratory technique of dream collection, however, indicated negligible or inconsistent relations between dreams and TAT stories regarding thematic content, and noted instead some stylistic and structural similarities (Eagle, 1964; Foulkes and Rechtschaffen, 1964; Ben-Horin, 1967; Cartwright, 1969). Reliance on the relatively structured, volitional TAT story as the sole sample of waking fantasy, moreover, has limited the applicability of these research efforts regarding broad questions about the nature of fantasy in waking and sleeping. Upon completing an extensive review of the relevant literature, Klinger (1971) concluded “... the degree of relationship in thematic content between dreams and fantasy is highly dependent on the kind of fantasy. Clearly there is a pronounced need for the study of samples of normal waking fantasy to compare with samples of dreams.” He also noted that evidence to date suggests that stylistic and structural consistencies such as length of report, imaginativeness, and conceptual activity are more likely to be found across waking and sleeping fantasy than thematic consistencies.

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Advances in the experimental study of daydreaming have now made it possible to examine the relationship between patterns of spontaneous waking fantasy and characteristics of nocturnal dreams. The existence of three "styles" of daydreaming has been documented in several factor-analytic studies using the Imaginal Processes Inventory (Singer and Antrobus, 1963, 1972; Starker, 1973; Isaacs, 1975). A Guilty-Dysphoric factor describes a waking fantasy life dominated by guilts, fears, hostilities, ambitions, and conflicts. A Positive-Vivid factor, on the other hand, involves an ability to enjoy vivid imaginal experiences that are not conflictual. The Anxious-Distractible factor involves absorption in fantasy that is often intrusive, frightening, or bizarre, along with markedly poor attentional controls. These three factors are not independent, and most people display aspects of each, but tendencies toward predominance of one or another of them describe an individual's personal fantasy style.

The three studies described below explore the possibility of significant thematic and structural continuities that transcend the arousal continuum of consciousness to manifest themselves in seemingly disparate types of fantasy experiences. They are part of a broader research effort into diverse aspects of inner experience (e.g., illusion, imagery, hallucination, hypnosis, sleep, dreams and daydreams) that attempts further to integrate our growing knowledge of the subjective (Starker and Goodenough, 1970; Starker, 1972, 1973, 1974a, b, c; Starker and Singer, 1975a, b; Starker and Starker, 1976; Starker and Hasenfeld, 1976; Brett and Starker, 1977).

1. Experimental Studies of Dreaming and Daydreaming

1.1. Study 1

1.1.1. Method. Fifty-five male college students were administered the Imaginal Processes Inventory. Composite scores were computed using those subscales known to be closely linked with the different daydream styles. For the Positive-Vivid style the relevant scales were those of Absorption in Daydreaming, Daydream Frequency, and Positive Reactions in Daydreams. The Guilty-Dysphoric style involved scales of Guilt in Daydreams, Fear of Failure in Daydreams, and Hallucinatory Vividness of Daydreams. For the Anxious-Distractible style the scales of Distractibility, Mind-wandering, and Boredom were employed. Composite scores indicated the degree to which a particular subject could be said to display a particular daydream pattern.

All students kept a dream diary at home for 14 nights, recording dreams in detail immediately upon awakening. In order to take an