



Four French researchers start an international game to explore the secrets of thinking

HUMAN THOUGHT is as rich as it is mysterious. It can help you dive into a novel for hours, or wander over full paragraphs that are being read without a clue to their meaning, or even about the very fact that your mind has now gone somewhere else. Literature can perfectly describe its characters' train of thoughts, but, as far as science is concerned, no one really understands how thinking works, and what facilitates deep focus rather than vivid daydreams. Indeed, how can subjective mental states be studied using objective scientific tools?

Four French researchers try to address precisely these issues with the help of modern technology. Inspired by great scientific data-gathering games such as Foldit or the Great Brain Experiment, and adding laboratory tools such as standardized questionnaires and “experience sampling”, they managed to develop an android app for smartphones: ***Daydreaming***

This English language app targets an international audience, and everyone is invited to take part in this great adventure by responding, day after day, to diverse questions on the nature of their thoughts, and, most importantly, to the contexts that engender these thoughts.

This alternative and participative method, which allows for the study of experiences that are broader than what the laboratory can muster, is totally anonymous and secure. The data will stay strictly within academic hands and will be used exclusively for research purposes.

BONUS: the experiment lasts for 30 days, at the end of which the app provides a feedback about the participants' thoughts characteristics. Percentage off-task, proportion of visual thought, or even mindfulness scores : you can help science AND get to know what kind of daydreamer you are!

Now, how focused were you during the reading of this text?

Daydreaming Experiment app (Android): <http://bit.ly/1x8u21a>
More information at <http://daydreaming-the-app.net>
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