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 whole paragraphs read without a clue as 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 answering, day after day, to diverse questions on the nature of their thoughts, and most importantly, on 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 and at the end the app provides feedback about your thought characteristics. This includes information about your percentage of time off-task, proportion of visual thought, and even mindfulness scores. You can help science AND get to know what kind of daydreamer you are!

Now, how focused were you while reading of this text?

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