

Intelligence, Creativity and Personality Differences Between Individuals Who Vary in Self—Reported Lucid Dreaming Frequency

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Well—educated, predominately white adults with incomes averaging \$20,000 a year (males 81; females 102) responded to a two—phase mail survey project due to their interest in dream lucidity. Intellectual, creative and personality differences between individuals who differed in the frequency with which they reported spontaneously experiencing this type of dream were the focus of this inquiry. Four scales (i.e., verbal, numerical, spatial, and perceptual completion) from the Comprehensive Ability Battery (CM) were used to assess intellectual differences. The Remote Associations Test (RAT) and four scores (i.e., fluency, flexibility, originality and elaboration) from the Torrance Test of Creative Thinking (TTCT) constituted the creativity measures. Personality characteristics assessed included: masculinity, femininity, and androgyny scores from the Personal Attributes Questionnaire (PAQ), public and private self—consciousness and social anxiety from the Self—Consciousness Scale (SCS) and internal and external risk from the Dane Risk Scale (DRS).

Respondents were classified as either frequent lucid dreamers (more than one per month) or rarely lucid dreamers (once in a lifetime to several times per year) based on their self—reported lucidity frequency. Only those dreamers who demonstrated an understanding of the concept by supplying a lucid dream transcript were included in subsequent analyses. Sex (male and female) by dreamer type (frequent and rare) analyses of covariance where self—reported dream recall, which correlated significantly with mean daily call from dream logs kept as another aspect of this project, served as a covariate for all analyses (for the personality analyses social desirability was a second covariate) were computed on all the aforementioned dependent variables. Frequent lucid dreamers were found to be more intelligent and non verbally creative across all subscale scores the CAB and the TTCT. The former was predominately accounted for by females. Additionally, frequently lucid dreamer preferred externally risky situations more so than their dreamer counterparts while this was only for females in terms of internal risk situations. In subsequent step—wise multiple regressions, high private self—consciousness was the best predictor, followed by high femininity, for self—reported lucid dreaming frequency among males. For females low social anxiety and high perceptual completion scores were the best two predictors of lucid dreaming frequency.

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