

Characteristics of Typical Japanese Dreams: Relationships with Age, Gender, and Self- Construal

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ABSTRACT

Several types of dream content are universally reported by many people and it is believed that typical dreams suggest people's shared mentality and psychological themes. The purpose of this study was to investigate typical dreams among Japanese people in relation to age, gender, and self-construal. An online questionnaire was administered to 400 non-clinical Japanese participants. Participants were asked to answer scales to investigate typical dream frequencies and self-construal. The results revealed age and gender differences in dream contents with respect to typical dream frequencies. In addition, some typical dreams had an increased frequency in relation to anthropophobia, an independent view of self, and an interdependent view of self. The effects of age and the association with anthropophobia suggest that typical dreams may occur in the process of establishing the self from a state of psychological immaturity. In addition, gender differences and the relationship between the independent and interdependent views of self in the frequency of typical dreams suggest psychological themes that arise in the process of self-establishment in Japanese people and the direction in which the ego is oriented for social adaptation.

Keywords: typical dream theme, self-construal, independence-interdependence, anthropophobia, empirical dream research

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Empirical Research on Typical Japanese Dreams

Scientific and objective research methods on dreams include obtaining quantitative results by systematic classification of dream contents, as in the dream content analysis by Hall & Van de Castle (1966). Prior research suggests that people report several types of dream content (Hall & Van de Castle, 1966). The existence of universally reported dream content common to many people was discussed by Freud (1900) in his clinical practice as “typical dreams”. In clinical psychology, subsequent research has indicated that typical dreams appear with the same psychological meaning to almost all individuals (Garfield, 2001). Jung (1952/1956) also considered typical dreams to have a common meaning for people's psyche that transcends personal meaning. Based on Jung's (1952/1956) theory, typical dreams are thought to contain images shared by the dreamer's culture and time period.

In a quantitative study of typical dreams, Nielsen et al. (2003) surveyed Canadian university students and created the Typical Dreams Scale (TDQ). Surveys using the TDQ scale have since been conducted in Germany (Mathes et al., 2014; Schredl et al., 2004) and China (Yu, 2011). The TDQ scale was used (Mathes et al., 2014; Nielsen et al., 2003; Schredl et al., 2004; Yu, 2011) to examine the cultural mentality and psychological themes of people in each country based on differences in typical dream frequencies by age and gender. These studies found stability in typical dream variation across cultures, suggesting the relevance of using the TDQ scale originally created in Canada to conduct research on typical dreams in other countries. On the other hand, typical dreams that occur with a high frequency differed in each culture. These results suggest that it is possible to examine the Japanese mentality based on the frequency of typical dreams using the TDQ scale for a Japanese sample.

Quantitative studies on typical dreams of university students in Japan by Griffith et al. (1958) and Kitami (1957, 1958, 1959) found relationships of the dreamer's age, gender, and culture with the frequencies of typical dreams. However, all of these studies are dated, and

there is little modern information on typical dreams in Japanese people. The meanings of typical dreams have been discussed in Japan through relationships to the psychotherapeutic process (Higashiyama, 2002; H. Kawai, 1967). The purpose of this study is to gain an empirical understanding of these meanings from the practical perspective of psychotherapists. Therefore, the TDQ scale was used in a Japanese sample with a wide age range, and psychological themes reflected in age or gender differences in frequencies of typical dreams were examined.

Relationship between Typical Dreams and Dreamer's Self-Construal

The classification of typical dreams, such as being purchased, falling, and making a mistake, includes the perspective on dream structure. This perspective on dream structure examines dreams in terms of the relationship between the dream-ego and other figures in the dream, and the situation of the dream-ego by the end of the dream, while regarding the dreamer's ego as the protagonist in the dream event. The self in dreams is referred to as the dream-ego, which is regarded as “the potential image of the ego” (H. Kawai, 1971). The ego, as the central component of the human psyche, plays a pivotal role in various mental functions, including decision making or conflict management. Consequently, the agency of the ego has a significantly impact on the process of self-establishment within the external environment while adapting to real-life circumstances. The dream-ego is differentiated from one's actual self, being more like an actor representing the self within a dream. The agency of the dream-ego can be discerned from the dream structure, which refers to the degree of initiative in the dream-ego's interactions with others and its capacity to deal with challenges within dream events.

Given that the dream-ego has the agency to think within the dream, the dreamer's values or beliefs could also shape how the dream-ego acts in the dream. Previous studies in

nonclinical populations have revealed that an individual's values or human relationships are influenced by their self-construal. Self-construal refers to individuals' own conceptualization of who they are, or how they experience themselves to be (Kitayama, 1994). Many psychological processes such as thinking styles, emotion, and motivation, have been shown to change in response to one's self-construal (Cross et al., 2002; Shao et al., 2018). Therefore, the actions and thoughts of the dream-ego in the dream may reflect the dreamer's self-construal, as in real life. The assumption in this study is that the dreamer's self-construal can be captured through the dream-ego's agency in dream content. There is little empirical research from this viewpoint, but a relationship of the dreamer's self-construal with the dream structure has been suggested (Konakawa et al., 2023; Roesler et al., 2018), with the behavior of the dream-ego reflecting self-construal regarding agency and the ego orientation toward social adaptation. Therefore, this study focused on the relationship of self-construal with typical dreams to clarify the cultural mentality and psychological themes of Japanese people.

The study also looked at independent and interdependent views of self, with exploration of anthropophobia to investigate participants' cultural self-construal. Previous research has focused on the concept of "anthropophobia mentality" with regard to the unique characteristics of the Japanese self. Anthropophobia is related to feeling afraid of neighbors and acquaintances (people in intermediate relationships) or feeling threatened by the gaze of other persons (Nagata, 1992). It is a typical neurosis for Japanese people. Those with interdependent self-construal tend to focus on fitting in and being accommodating to others because these acts produce pleasant, other-focused emotions (e.g., a feeling of connection) while eliminating unpleasant ones (e.g., shame; Markus & Kitayama, 1991). This indicates the degree to which participants give weight to others' perspectives to define their self.

Jung (1987/2008) noted that major psychological themes appear repeatedly in dreams. Therefore, the hypothesis of this study was that the frequency of each typical dream could

predict the psychological effects and associated psychological themes of independent and interdependent views of self and anthropophobia in Japanese people. Even in Japanese culture, which is dominated by an interdependent view of self, individual differences are expected to occur on the anthropophobia mentality scale (Horii, 2012) and the independent and interdependent views of self scale (Uchida, 2008). Based on previous research, I hypothesized that interpersonal phobia and independent and interdependent views of self would theoretically be related, and that the tendency for frequent typical dreams would be consistent with anthropophobia mentality and the interdependent view of self, revealing other-oriented psychological themes. In contrast, I hypothesized that the independent view of self would reflect differences in the dream-ego's agency, even in the tendency for frequent typical dreams, and would reflect psychological tasks for the establishment of an individual self.

In clinical practice, it has been suggested that the psychological task through which Japanese people establish an identity requires a different process from that of Westerners (H. Kawai, 2003). This study hypothesized that examining the relationship between the themes of typical dreams appearing frequently and self-construal would clarify the psychological tasks and ego orientation in the process of self-establishment by Japanese people.

Materials and Method

Study Design

Participants

A total of 400 nonclinical participants in Japan were sampled through the Lancers online platform. During recruitment, participants were filtered according to their age (older than 18 years) and nationality. After removing incomplete responses, 355 participants from Japan (181 males, $M_{\text{age}} = 42.34$ years, $SD = 9.40$; 174 females, $M_{\text{age}} = 41.99$ years, $SD = 9.81$)

remained. Participants were informed that they were free to answer or decline the questionnaire, and that anonymity was assured. All data were analyzed anonymously.

Procedure

The survey was conducted in October 2022 and was approved by the Ethical Review Committee for Clinical Psychology Research at the Kyoto University. Participants were surveyed on their daily experiences and dreams during sleep, after being asked to click on the link provided by the online platform to access the questionnaire. Demographics and target measures were then collected in the order listed in the measures section below.

Measures

The questionnaire contained items from the TDQ (Nielsen et al., 2003; Yu, 2011), the anthropophobia mentality scale (Horii, 2012), and the independent and interdependent view of self scale (Uchida, 2008).

Typical Dreams. The TDQ scale (Nielsen et al., 2003) consists of 55 typical dream themes (Table 1). Since the purpose of the survey was to examine the frequency of each typical dream theme, the participants were asked to respond to each item using a 5-point scale (0 = *never*, 1 = *seldom*, 2 = *sometimes*, 3 = *frequently*, 4 = *very frequently*). This approach followed that in a previous study (Yu, 2011). The internal consistency of the scale was high in the present study (Cronbach's $\alpha = .95$).

Anthropophobia. The anthropophobia mentality scale (Horii, 2012) consists of 30 items measured using a 7-point Likert scale from 0 (*definitely not applicable*) to 6 (*highly applicable*). These items cover six components of anthropophobia: (a) concern about oneself and others (e.g., “Very anxious about how others think of me”), (b) concern that cannot fit into a group (e.g., “Cannot fit in well with a group”), (c) concern in social situations (e.g., “Feel intimidated in front of others”), (d) concern about eye contact (e.g., “Cannot make eye contact with others”), (e) concern that cannot control oneself (e.g., “Give up easily due to

lack of patience”), and (f) concern of being tired of living (e.g., “Cannot find meaning in life”). These contents strongly reflect participants’ weight of emphasis and concerns about social interactions, which is a strong contributor to differences between interdependent and independent self-construal (Kitayama et al., 2006; Uchida et al., 2009). The internal consistency of the scale was high in the present study (Cronbach’s $\alpha = .97$).

Independent and Interdependent Views of Self. The independent and interdependent view of self scale (Uchida, 2008) consists of 20 items measured using a 5-point Likert scale from 1 (*does not describe me at all*) to 5 (*describes me very much*). These items cover two components of the scale: independent view of self (e.g., “I always try to have my own opinions”) and interdependent view of self (e.g., “I am concerned about what people think of me”). The validity and reliability of this scale have been verified in America and Japan (Uchida, 2008). The internal consistencies of the independent (Cronbach’s $\alpha = .78$) and interdependent (Cronbach’s $\alpha = .73$) components were acceptable in the present study.

Results

Typical Dream Themes With High Frequencies in Japanese Participants

Of the 55 typical dream themes in the TDQ scale, the participants reported an average of 22.83 themes ($SD = 13.90$). The frequencies using the mean score of each theme and the rank orders of the mean scores are listed in Table 1. The ten most frequent themes (from first to 10th) were “6. Arriving late, e.g., missing a train,” “3. Trying again and again to do something,” “1. Being chased or pursued, but not physically injured,” “30. Being unable to find or embarrassed about using a toilet,” “31. School, teachers, studying,” “12. Falling,” “11. Flying or soaring through the air,” “35. A person now dead as alive,” “32. Sexual experiences,” and “37. Being on the verge of falling.”

Age-Related Differences in the Frequencies of Typical Dreams

To reveal age-related differences, Pearson correlation analysis was conducted for the frequencies of typical dream themes. Age did not correlate with the average frequency across all 55 items ($r = -.10, p = .06$). However, some themes correlated with age, as shown in Table 1. The frequencies of the following typical dreams were significantly negatively related to age: “1. Being chased or pursued, but not physically injured” ($r = -.18, p = .001$), “2. Being physically attacked (beaten, stabbed, raped, etc.)” ($r = -.24, p < .001$), “12. Falling” ($r = -.16, p = .002$), “17. Creatures, part animal, part human” ($r = -.12, p = .03$), “27. Being killed” ($r = -.24, p < .001$), “28. Seeing yourself as dead” ($r = -.16, p = .002$), “32. Sexual experiences” ($r = -.12, p = .03$), “36. A person now alive as dead” ($r = -.13, p = .01$), “42. Killing someone” ($r = -.21, p < .001$), “43. Lunatics or insane people” ($r = -.24, p < .001$), and “50. Being a child again” ($r = -.13, p = .01$). Conversely, the frequencies of two typical dreams were significantly positively related to age: “30. Being unable to find or embarrassed about using a toilet” ($r = .14, p = .009$) and “35. A person now dead as alive” ($r = .13, p = .01$).

Gender Differences in Frequencies of Typical Dreams

To examine gender differences, a Welch t -test was conducted for the frequencies of typical dream themes. The average frequency across all 55 items did not show a gender difference ($t(329.82) = 0.57, p = .57$). However, some themes did show gender differences, as shown in Table 2. The following typical dreams were significantly more frequently reported by males than by females: “2. Being physically attacked (beaten, stabbed, raped, etc.)” ($t(353) = 3.06, p = .002$), “10. Finding money,” ($t(345.49) = 2.82, p = .005$), “14. Being nude,” ($t(338.22) = 2.22, p = .03$), “15. Being tied, unable to move,” ($t(340.54) = 2.23, p = .03$), “26. Being an object (e.g., tree or rock),” ($t(286.03) = 3.23, p = .001$), “28. Seeing yourself as dead,” ($t(337.73) = 2.32, p = .02$), “32. Sexual experiences,” ($t(352.81) =$

3.37, $p = .001$), “38. Failing an examination,” ($t(351.29) = 2.35, p = .02$), and “55. Someone having an abortion,” ($t(267.03) = 2.06, p = .04$). In contrast, three typical dreams were significantly more frequently reported by females than by males: “24. Insects or spiders,” ($t(353) = -2.24, p = .03$), “30. Being unable to find or embarrassed about using a toilet,” ($t(333.25) = -4.47, p < .001$), and “35. A person now dead as alive,” ($t(345.26) = -2.90, p = .004$).

Relationship Between Self-Construal and the Frequencies of Typical Dreams

Pearson correlation analysis was conducted to examine the correlations of the frequencies of typical dream themes with anthropophobia and independent and interdependent views of self. Each scale showed a different tendency for correlation with the average frequency across all 55 items. Thus, anthropophobia was positively correlated with the average frequency ($r = .14, p = .01$), whereas independent ($r = .04, p = .46$) and interdependent ($r = .06, p = .30$) views of self did not show a significant correlation. These scales are also theoretically expected to be related, and the correlations between the scales are shown in Table 3. One-way analysis of covariance (ANCOVA) was used to reveal the main effects of anthropophobia and independent and interdependent views of self on each frequency for the 55 typical dream themes after controlling for age and gender. The results are shown in Table 4.

Anthropophobia mentality had a significant positive effect on the following dream themes: “1. Being chased or pursued, but not physically injured,” ($F(1, 355) = 25.08, p < .001$), “2. Being physically attacked (beaten, stabbed, raped, etc),” ($F(1, 355) = 5.65, p = .02$), “3. Trying again and again to do something,” ($F(1, 355) = 6.93, p = .009$), “4. Being frozen with fright,” ($F(1, 355) = 13.83, p < .001$), “6. Arriving too late, e.g., missing a train,” ($F(1, 355) = 10.60, p = .001$), “18. Teeth falling out/losing your teeth,” ($F(1, 355) = 7.26, p = .007$), “24. Insects or spiders,” ($F(1, 355) = 10.78, p = .001$), “27. Being killed,” ($F(1,$

355) = 11.55, $p = .001$), “30. Being unable to find or embarrassed about using a toilet,” ($F(1, 355) = 8.42, p = .004$), “31. School, teachers, studying,” ($F(1, 355) = 5.67, p = .02$), “33. Losing control of a vehicle,” ($F(1, 355) = 7.51, p = .006$), “34. Fire,” ($F(1, 355) = 5.02, p = .03$), “37. Being on the verge of falling,” ($F(1, 355) = 9.11, p = .003$), “38. Failing an examination,” ($F(1, 355) = 6.58, p = .01$), “39. Being smothered, unable to breathe,” ($F(1, 355) = 10.50, p = .001$), “43. Lunatics or insane people,” ($F(1, 355) = 6.35, p = .01$), “44. Being half awake and paralyzed in bed,” ($F(1, 355) = 10.21, p = .002$), and “53. Discovering a new room at home,” ($F(1, 355) = 4.40, p = .04$). Anthropophobia mentality had a significant negative effect only on “5. Eating delicious foods,” ($F(1, 355) = 7.32, p = .007$).

An interdependent view of self had a significant positive effect on the following dream themes: “1. Being chased or pursued, but not physically injured,” ($F(1, 355) = 8.58, p = .004$), “9. Snakes,” ($F(1, 355) = 7.00, p = .009$), “10. Finding money,” ($F(1, 355) = 5.47, p = .02$), “11. Flying or soaring through the air,” ($F(1, 355) = 13.92, p < .001$), “32. Sexual experiences,” ($F(1, 355) = 4.54, p = .03$), “37. Being on the verge of falling,” ($F(1, 355) = 6.42, p = .01$), “39. Being smothered, unable to breathe,” ($F(1, 355) = 5.08, p = .03$), and “53. Discovering a new room at home,” ($F(1, 355) = 6.55, p = .01$).

An independent view of self had a positive effect on the following dream themes: “16. Having superior knowledge or mental ability,” ($F(1, 355) = 5.00, p = .03$), “31. School, teachers, studying,” ($F(1, 355) = 4.23, p = .04$), “32. Sexual experiences,” ($F(1, 355) = 7.15, p = .008$), and “35. A person now dead as alive,” ($F(1, 355) = 6.96, p = .009$).

Discussion

Age and Gender Differences in Japanese Typical Dreams

This study showed that the appearance of some typical dream themes had age and gender differences. Situations in which the dream-ego is threatened, physically damaged, or even

killed were reported more frequently by younger participants. From a perspective of dream structure, these dreams can be connected to an immature weak ego (Roesler, 2018). The frequency of these dreams decreased as people became older, which may suggest that typical dreams are related to the process of ego maturation. In addition, the younger the age, dream themes of being chased or falling were more common. In clinical practice, these dreams have been interpreted as self-establishment or psychological transformation (T. Kawai, 2020; Noguchi, 2020). These age-related differences in typical dreams that overlap with psychological development and personality maturation, which have been described in clinical cases, were also suggested empirically in the current study. Conversely, dreams about a toilet or the deceased were more common in older persons. Toilets have been linked to personal space and self-consciousness (Kawasaki, 2005; Takashima et al., 2012), whereas the deceased being present at one's side seems to overlap with the presence of friendly others, which has been considered to be a characteristic of Japanese dreams (Konakawa, 2020). Therefore, as people get older, as their ego becomes stronger, so the psychological theme may be changed to formation of boundaries with others or self-establishment in relation to others.

Regarding gender differences, male dreams seemed to include direct threats, whereas female dreams had indirect threats as the main themes. Previous research on psychological symptoms and the psychotherapeutic process in Japanese children suggested that in therapy boys are more likely to express themselves with direct and externalized aggression, whereas girls tend to express themselves with indirect, internalized aggression (T. Kawai et al., 2020). These findings are consistent with the gender difference in typical dreams. For male, the externalized aggression continues into adulthood, so confronting threats or immobile states, or prosocial behavior are likely to be the main dream theme. On the other hand, for female, the expressions of aggression are also more complex and indirect in adulthood, with the internalized aggression symbolized as grotesque images such as insects or spiders or a focus

on her own body. The inability of female to form their own inner space was also a main theme. Thus, the direction of aggression was unchanged into adulthood, which may influence gender-specific themes in the psychological development reflected in typical dream themes.

Relationship Between Japanese Typical Dream Themes and Self-Construal

In this study, the measurements of anthropophobia and independent and interdependent views were used to examine dreamers' self-construal. The results in relation to the frequency of each typical dream predicted the psychological effects of anthropophobia and independent and interdependent views, and the psychological tasks associated with them.

Anthropophobia showed the strongest relationship with typical dreams. First, high anthropophobia was related to the frequency of dreaming about threatening situations, such as being attacked or killed. These dreams about threats can also be considered to be an indicator of psychological immaturity in relation to age, so the weakness of the dream-ego to be overwhelmed by threats may reflect an anthropophobic mentality. In addition, there were many dreams in which the theme was perceived as social failure, such as being late or failing an examination, or difficulty in forming personal space, such as not being able to find a bathroom, suggesting hypersensitivity to the presence of and evaluation by others. Behind such psychological immaturity is the weakness of the dreamer's sense of agency, as expressed in dreams of being paralyzed, immobilized by fear, and not being able to control a vehicle. The tendencies of typical dreams revealed in this survey suggest that the establishment of the axis or subject of the self may exist as a problem in the background of Japanese anthropophobia. In addition, dreams centering on bodily sensations, such as teeth falling out and inability to breathe, were common among those with a high anthropophobic mentality. These typical dreams may suggest an issue of developing a coherent self-image as a subject through bodily sensations.

Regarding the interdependent view of self, which is assumed to be theoretically related to

anthropophobia, the hypothesis in this study is that the tendency for frequent typical dreams will be consistent with both, revealing an other-oriented psychological themes. However, only school/study dreams actually had a higher frequency in common with both, and these were considered to be associated with a sense of public normality. On the other hand, the dreams of those with high anthropophobia often involved being overwhelmed by negative experiences, suggesting the dreamer's psychological immaturity, whereas the interdependent view of self was not associated with threat dreams. Although it has been suggested that anthropophobia is related to Japanese culture, in which the interdependent view of self is predominant, the interdependent view of self itself may not be indicative of ego immaturity. The only significant associations with interdependent view of self alone were dreams of superior knowledge and mental ability and dreams in which the deceased was alive. Dreams of having superior knowledge and mental ability are considered to be themes in which excelling in relationships with others is emphasized. On the other hand, dreams in which the deceased is alive have the theme of connection with others in the awareness of one's relationship with the deceased. The interdependent view of self emphasizes "other-oriented feelings" (Markus & Kitayama, 1991), and in these dreams, "a sense of others" and "a sense of self with others" (Stern, 1985) can be found. These dreams were thought to represent the process of self-establishment in the context of relationships with others.

Regarding the independent view of self, the results of the current study support the hypothesis that the tendency for frequent typical dreams also reflects differences in the dream-ego's agency and the psychological tasks of establishing an individual self. Persons with a high independent view of self dreamed more about positive experiences, such as flying or finding money. The formation of "self-esteem" is important in the independent view of self (Markus & Kitayama, 1991), and these dreams suggest a strong sense of agency of the dream-ego, indicating a theme of self-establishment through success and acquisition. The

presence of threat was also a theme in the dreams of those with a high independent view of self, such as being chased and snakes appearing, but there were few dreams in which the threat was overwhelming, as in those with high anthropophobia. The current study also showed that when the independent view of self was high, anthropophobia was low, and the tendencies of typical dreams suggested that the high sense of agency of the dream-ego in the background of the independent view of self contributed to psychological stability. On the other hand, dreams of almost falling, not being able to breathe, and finding a new room were common in those with a high independent view of self and those with high anthropophobia. Dreams of almost falling or not being able to breathe may indicate that the dreamer is struggling with the theme of establishing the self, whereas a dream of finding a new room may indicate the existence of a new possibility in the process of self-establishment.

Relationship of Japanese Typical Dreams With the Process of Self-Establishment

The current study suggested a relationship between typical dreams and the process of psychological development and personality maturation. In addition to age-related differences, anthropophobia and the degree of conflict with self-consciousness had a significant impact on the occurrence of some typical dream themes, which indicates that typical dreams contribute to the theme of self-establishment from psychological immaturity. The frequencies of typical dreams also varied with gender and self-construal (independent and interdependent views of self), suggesting that typical dreams that occur with a high frequency may reflect the ego orientation in the process of Japanese self-establishment. This study was conducted in adulthood, but it may be possible to elucidate the process of psychological development more clearly by surveying a sample in preadulthood. In addition, in this study, there were dreams that had a high rate of occurrence common to both those with a high independent view of self and those with high anthropophobia. Future cross-cultural studies are needed to clarify

whether the psychological themes and conflicts reflected in these typical dreams are a unique Japanese tendency toward independent self in Japanese society, where the interdependent view of self is predominant.

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Table 1 Frequencies and Age-Related Differences for Typical Dream Themes in a Japanese Sample

TDQ item	Typical dream theme	Frequency (<i>M</i>) ^a		Age-related difference	
		<i>M</i>	Rank	<i>r</i>	<i>p</i>
6	Arriving too late, e.g., missing a train	1.48	1	-.04	.48
3	Trying again and again to do something	1.40	2	.01	.80
1	Being chased or pursued, but not physically injured	1.39	3	-.18	.001**
30	Being unable to find or embarrassed about using a toilet	1.28	4	.14	.009**
31	School, teachers, studying	1.24	5	-.08	.12
12	Falling	1.23	6	-.16	.002**
11	Flying or soaring through the air	1.20	7	-.07	.16
35	A person now dead as alive	1.18	8	.13	.01*
32	Sexual experiences	1.14	9	-.12	.03*
37	Being on the verge of falling	1.12	10	-.08	.12
50	Being a child again	0.99	11	-.13	.01*
5	Eating delicious foods	0.96	12	-.04	.50
4	Being frozen with fright	0.89	13	.03	.53
44	Being half awake and paralyzed in bed	0.86	14	.03	.58
33	Losing control of a vehicle	0.85	15	-.003	.96
18	Teeth falling out/losing your teeth	0.78	16	-.07	.17
39	Being smothered, unable to breathe	0.75	17	-.05	.37
29	Vividly sensing, but not necessarily seeing or hearing, a presence in the room	0.70	18	-.04	.45
24	Insects or spiders	0.69	19	-.05	.34
20	Having magical powers (other than flying or floating through the air)	0.69	19	-.09	.11
27	Being killed	0.66	21	-.24	< .001***
2	Being physically attacked (beaten, stabbed, raped, etc.)	0.65	22	-.24	< .001***
16	Having superior knowledge or mental ability	0.63	23	-.10	.05
38	Failing an examination	0.62	24	-.10	.05
36	A person now alive as dead	0.59	25	-.13	.01*
43	Lunatics or insane people	0.59	25	-.24	< .001***
23	Earthquakes	0.59	25	.04	.41
53	Discovering a new room at home	0.59	25	.02	.71
10	Finding money	0.55	29	.005	.93
8	Being locked up	0.53	30	-.10	.06
7	Swimming	0.53	30	-.01	.85
13	Being inappropriately dressed	0.49	32	-.10	.07
40	Wild, violent beasts	0.48	33	-.10	.07
54	Seeing a flying object crash (e.g., airplane)	0.45	34	.10	.06
22	Tornadoes or strong winds	0.43	35	.02	.73
9	Snakes	0.43	35	.04	.48
42	Killing someone	0.42	37	-.21	< .001***
34	Fire	0.41	38	-.01	.82
41	Being at a movie	0.41	38	-.04	.48
14	Being nude	0.41	38	-.06	.29
21	Floods or tidal waves	0.41	38	.01	.79
15	Being tied, unable to move	0.36	42	-.10	.06
19	Seeing yourself in a mirror	0.34	43	-.02	.76
28	Seeing yourself as dead	0.34	43	-.16	.002**
48	Travelling to another planet or visiting a different part of the universe	0.30	45	-.06	.24
45	Seeing a face very close to you	0.28	46	-.06	.25
47	Seeing extra-terrestrials	0.26	47	-.08	.15
46	Seeing a UFO	0.25	48	.01	.84
52	Encountering God in some form	0.25	48	-.003	.95
25	Being a member of the opposite sex	0.25	48	-.06	.30
49	Being an animal	0.21	51	-.10	.07
17	Creatures, part animal, part human	0.21	51	-.12	.03*
51	Seeing an angel	0.16	53	-.01	.82
26	Being an object (e.g., tree or rock)	0.14	54	-.05	.38
55	Someone having an abortion	0.09	55	.02	.66

Note. The *r* score is given for the relationship of age and frequency. The values for each item for which significant differences occurred are noted in bold. TDQ = Typical Dreams Scale; UFO = unidentified flying object. ^a The mean score is shown for each typical dream theme in a Japanese sample (*n*=355). **p*<.05. ***p*<.01. ****p*<.001.

Table 2 *Frequencies and Gender Differences for Typical Dream Themes in a Japanese Sample*

TDQ item	Typical dream theme	Frequency (M) ^a			Gender Difference		
		Total	Male	Female	<i>t</i>	<i>p</i>	<i>d</i>
6	Arriving too late, e.g., missing a train	1.48	1.36	1.59	-1.93	.05	1.11
3	Trying again and again to do something	1.40	1.38	1.42	-0.39	.70	1.07
1	Being chased or pursued, but not physically injured	1.39	1.30	1.47	-1.65	.10	0.96
30	Being unable to find or embarrassed about using a toilet	1.28	1.01	1.57	-4.47	< .001***	1.18
31	School, teachers, studying	1.24	1.19	1.30	-0.94	.35	1.11
12	Falling	1.23	1.22	1.24	-0.13	.89	1.04
11	Flying or soaring through the air	1.20	1.28	1.11	1.34	.18	1.13
35	A person now dead as alive	1.18	1.02	1.36	-2.90	.004**	1.10
32	Sexual experiences	1.14	1.30	0.98	3.37	.001**	0.92
37	Being on the verge of falling	1.12	1.14	1.10	0.36	.72	1.05
50	Being a child again	0.99	1.03	0.94	0.84	.40	0.96
5	Eating delicious foods	0.96	0.88	1.04	-1.72	.09	0.88
4	Being frozen with fright	0.89	0.94	0.83	1.24	.22	0.89
44	Being half awake and paralyzed in bed	0.86	0.86	0.86	-0.002	1.00	0.96
33	Losing control of a vehicle	0.85	0.92	0.77	1.33	.18	1.04
18	Teeth falling out/losing your teeth	0.78	0.69	0.88	-1.76	.08	1.04
39	Being smothered, unable to breathe	0.75	0.84	0.66	1.85	.07	0.91
29	Vividly sensing, but not necessarily seeing or hearing, a presence in the room	0.70	0.62	0.78	-1.65	.10	0.87
24	Insects or spiders	0.69	0.59	0.79	-2.24	.03*	0.85
20	Having magical powers (other than flying or floating through the air)	0.69	0.72	0.66	0.69	.49	0.94
27	Being killed	0.66	0.69	0.63	0.66	.51	0.83
2	Being physically attacked (beaten, stabbed, raped, etc)	0.65	0.76	0.52	3.06	.002**	0.74
16	Having superior knowledge or mental ability	0.63	0.71	0.54	1.90	.06	0.86
38	Failing an examination	0.62	0.72	0.51	2.35	.02*	0.87
36	A person now alive as dead	0.59	0.52	0.66	-1.62	.11	0.79
43	Lunatics or insane people	0.59	0.62	0.55	0.81	.42	0.84
23	Earthquakes	0.59	0.56	0.61	-0.50	.62	0.86
53	Discovering a new room at home	0.59	0.55	0.62	-0.73	.47	0.88
10	Finding money	0.55	0.66	0.43	2.82	.005**	0.78
8	Being locked up	0.53	0.54	0.51	0.39	.70	0.72
7	Swimming	0.53	0.52	0.54	-0.20	.84	0.73
13	Being inappropriately dressed	0.49	0.53	0.45	0.95	.35	0.82
40	Wild, violent beasts	0.48	0.50	0.45	0.71	.48	0.72
54	Seeing a flying object crash (e.g., airplane)	0.45	0.52	0.39	1.67	.10	0.76
22	Tornadoes or strong winds	0.43	0.45	0.41	0.45	.65	0.70
9	Snakes	0.43	0.40	0.46	-0.77	.44	0.76
42	Killing someone	0.42	0.48	0.37	1.41	.16	0.72
34	Fire	0.41	0.39	0.44	-0.62	.54	0.68
41	Being at a movie	0.41	0.44	0.39	0.76	.45	0.70
14	Being nude	0.41	0.49	0.32	2.22	.03*	0.72
21	Floods or tidal waves	0.41	0.38	0.45	-0.91	.36	0.75
15	Being tied, unable to move	0.36	0.43	0.28	2.23	.03*	0.63
19	Seeing yourself in a mirror	0.34	0.35	0.33	0.40	.69	0.61
28	Seeing yourself as dead	0.34	0.42	0.26	2.32	.02*	0.63
48	Travelling to another planet or visiting a different part of the universe	0.30	0.36	0.24	1.83	.07	0.64
45	Seeing a face very close to you	0.28	0.33	0.22	1.83	.07	0.55
47	Seeing extra-terrestrials	0.26	0.31	0.21	1.67	.10	0.58
46	Seeing a UFO	0.25	0.29	0.21	1.45	.15	0.53
52	Encountering God in some form	0.25	0.24	0.26	-0.46	.65	0.55
25	Being a member of the opposite sex	0.25	0.31	0.20	1.72	.09	0.63
49	Being an animal	0.21	0.25	0.17	1.49	.14	0.48
17	Creatures, part animal, part human	0.21	0.26	0.16	1.92	.06	0.49
51	Seeing an angel	0.16	0.18	0.14	0.99	.32	0.42
26	Being an object (e.g., tree or rock)	0.14	0.20	0.07	3.23	.001**	0.38
55	Someone having an abortion	0.09	0.13	0.05	2.06	.04*	0.38

Note. Cohen's *d* value is given for the difference in frequency between male and female. The values for each item for which significant differences occurred are noted in bold. TDQ=Typical Dreams Scale; UFO = unidentified flying object. ^a The mean score for each typical dream theme is shown for males (*n*=181) and females (*n*=174). Cohen's *d*-value is given for the difference in frequency between males and females. **p*<.05, ***p*<.01, ****p*<.001.

Table 3 *Correlations Among Scales in a Japanese Sample*

Measure	1	2	3
1. Anthropophobia mentality	—		
2. Independent view of self	-.44***	—	
3. Interdependent view of self	.25***	-.25***	—

*** $p < .001$.

Table 4 The Main Effect of Each Scale on Frequencies of Typical Dream Themes in a Japanese Samples

TDQ item	Typical dream theme	Scale ^a											
		Anthropophobia mentality				Independent view of self				Interdependent view of self			
		SS	df	F	P	SS	df	F	P	SS	df	F	P
6	Arriving too late, e.g., missing a train	12.52	1	10.60	.001**	1.30	1	1.10	.30	4.30	1	3.64	.06
3	Trying again and again to do something	7.88	1	6.93	.009**	2.36	1	2.07	.15	0.87	1	0.77	.38
1	Being chased or pursued, but not physically injured	20.96	1	25.08	< .001***	7.17	1	8.58	.004**	0.02	1	0.02	.90
30	Being unable to find or embarrassed about using a toilet	11.29	1	8.42	.004**	3.65	1	2.73	.10	1.66	1	1.24	.27
31	School, teachers, studying	6.80	1	5.67	.02*	0.14	1	0.12	.73	5.08	1	4.23	.04*
12	Falling	1.36	1	1.30	.26	1.51	1	1.44	.23	0.68	1	0.65	.42
11	Flying or soaring through the air	0.51	1	0.41	.52	17.27	1	13.92	< .001***	0.15	1	0.12	.73
35	A person now dead as alive	3.01	1	2.58	.11	0.82	1	0.71	.40	8.13	1	6.96	.009**
32	Sexual experiences	0.72	1	0.89	.35	3.68	1	4.54	.03*	5.80	1	7.15	.008**
37	Being on the verge of falling	9.84	1	9.11	.003**	6.94	1	6.42	.01*	0.06	1	0.05	.82
50	Being a child again	0.22	1	0.25	.62	0.005	1	0.005	.94	2.68	1	2.99	.09
5	Eating delicious foods	5.54	1	7.32	.007**	1.46	1	1.93	.17	0.10	1	0.13	.71
4	Being frozen with fright	10.65	1	13.83	< .001***	2.53	1	3.28	.07	0.004	1	0.005	.95
44	Being half awake and paralyzed in bed	9.22	1	10.21	.002**	3.28	1	3.63	.06	1.75	1	1.94	.17
33	Losing control of a vehicle	8.01	1	7.51	.006**	1.56	1	1.47	.23	1.00	1	0.94	.33
18	Teeth falling out/losing your teeth	7.76	1	7.26	.007**	0.17	1	0.16	.69	0.81	1	0.76	.38
39	Being smothered, unable to breathe	8.43	1	10.50	.001**	4.08	1	5.08	.03*	0.58	1	0.72	.40
29	Vividly sensing, but not necessarily seeing or hearing, a presence in the room	2.97	1	3.98	.05	0.97	1	1.30	.25	0.43	1	0.58	.45
24	Insects or spiders	7.51	1	10.78	.001**	0.31	1	0.44	.51	0.91	1	1.31	.25
20	Having magical powers (other than flying or floating through the air)	1.83	1	2.08	.15	3.15	1	3.58	.06	0.79	1	0.90	.35
27	Being killed	7.39	1	11.55	.001**	1.47	1	2.29	.13	0.27	1	0.42	.52
2	Being physically attacked (beaten, stabbed, raped, etc.)	2.87	1	5.65	.02*	0.10	1	0.19	.66	0.55	1	1.08	.30
16	Having superior knowledge or mental ability	0.05	1	0.06	.80	2.41	1	3.36	.07	3.59	1	5.00	.03*
38	Failing an examination	4.86	1	6.58	.01*	0.05	1	0.07	.79	0.53	1	0.71	.40
36	A person now alive as dead	0.46	1	0.74	.39	0.02	1	0.04	.84	0.25	1	0.41	.53
43	Lunatics or insane people	4.19	1	6.35	.01*	1.82	1	2.76	.10	0.001	1	0.001	.97
23	Earthquakes	0.81	1	1.09	.30	0.81	1	1.10	.30	0.72	1	0.97	.33
53	Discovering a new room at home	3.32	1	4.40	.04*	4.94	1	6.55	.01*	1.99	1	2.64	.11
10	Finding money	0.12	1	0.20	.66	3.29	1	5.47	.02*	0.03	1	0.04	.84
8	Being locked up	1.42	1	2.78	.10	0.34	1	0.66	.42	0.04	1	0.07	.79
7	Swimming	0.72	1	1.35	.25	1.83	1	3.41	.07	0.61	1	1.14	.29
13	Being inappropriately dressed	1.92	1	2.90	.09	0.01	1	0.02	.90	0.15	1	0.23	.63
40	Wild, violent beasts	0.02	1	0.04	.85	0.77	1	1.49	.22	0.02	1	0.05	.83
54	Seeing a flying object crash (e.g., airplane)	0.21	1	0.37	.55	0.62	1	1.07	.30	0.00	1	0.00	.98
22	Tornadoes or strong winds	0.09	1	0.17	.68	0.01	1	0.03	.87	0.17	1	0.34	.56
9	Snakes	0.01	1	0.03	.87	3.92	1	7.00	.009**	0.47	1	0.84	.36
42	Killing someone	1.53	1	3.08	.08	1.26	1	2.53	.11	0.06	1	0.13	.72
34	Fire	2.29	1	5.02	.03*	1.09	1	2.39	.12	0.59	1	1.29	.26
41	Being at a movie	0.14	1	0.27	.60	0.21	1	0.41	.52	0.93	1	1.89	.17
14	Being nude	0.87	1	1.66	.20	0.22	1	0.41	.52	0.03	1	0.06	.81
21	Floods or tidal waves	1.11	1	1.98	.16	1.73	1	3.09	.08	0.03	1	0.05	.83
15	Being tied, unable to move	0.05	1	0.13	.72	0.08	1	0.20	.66	0.06	1	0.16	.69
19	Seeing yourself in a mirror	0.05	1	0.14	.71	0.24	1	0.65	.42	0.53	1	1.42	.23
28	Seeing yourself as dead	0.04	1	0.09	.76	0.00	1	0.00	.99	0.01	1	0.03	.88
48	Travelling to another planet or visiting a different part of the universe	0.004	1	0.01	.92	1.21	1	2.98	.09	0.09	1	0.22	.64
45	Seeing a face very close to you	0.00	1	0.00	1.00	0.07	1	0.22	.64	0.16	1	0.52	.47
47	Seeing extra-terrestrials	1.08	1	3.26	.07	0.02	1	0.07	.79	0.001	1	0.002	.97
46	Seeing a UFO	0.33	1	1.19	.28	0.82	1	2.97	.09	0.002	1	0.008	.93
52	Encountering God in some form	0.20	1	0.66	.42	1.08	1	3.53	.06	0.04	1	0.14	.71
25	Being a member of the opposite sex	0.01	1	0.03	.87	0.10	1	0.25	.62	0.39	1	1.00	.32
49	Being an animal	0.24	1	1.03	.31	0.009	1	0.04	.84	0.003	1	0.01	.91
17	Creatures, part animal, part human	0.02	1	0.09	.77	0.01	1	0.05	.82	0.18	1	0.74	.39
51	Seeing an angel	0.04	1	0.22	.64	0.22	1	1.22	.27	0.35	1	1.93	.17
26	Being an object (e.g., tree or rock)	0.05	1	0.34	.56	0.01	1	0.07	.79	0.04	1	0.24	.63
55	Someone having an abortion	0.06	1	0.42	.52	0.01	1	0.09	.76	0.03	1	0.18	.67

Note. The values for each item for which significant differences occurred are noted in bold. TDQ = Typical Dreams Scale; SS = sum of squares; UFO = unidentified flying object. ^a F values for the main effect of each measure on frequency are shown for a Japanese sample (n=355). *p<.05, **p<.01, ***p<.001.