

Talkaholic Scale

Name: _____

The Talkaholic Scale (TAS) is a self-report for consistent compulsive and excessive communication, graded based on responses to its 16 items, which are rated on a 5-point Likert scale from 1 (strongly disagree) to 5 (strongly agree).

1. Often, I keep quiet when I should talk.

☐ 1 (strongly disagree)
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 (strongly agree)

2. I talk more than I should sometimes.

☐ 1 (strongly disagree)
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 (strongly agree)

3. Often, I talk when I know I should keep quiet.

☐ 1 (strongly disagree)
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 (strongly agree)

4. Sometimes, I keep quiet when I know it would be to my advantage to talk.

☐ 1 (strongly disagree)
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 (strongly agree)

5. I am a "talkaholic."

☐ 1 (strongly disagree)
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 (strongly agree)

6. Sometimes, I feel compelled to keep quiet.

☐ 1 (strongly disagree)
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 (strongly agree)

7. In general, I talk more than I should.

☐ 1 (strongly disagree)
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 (strongly agree)

8. I am a compulsive talker.

☐ 1 (strongly disagree)
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 (strongly agree)

9. I am not a talker; rarely do I talk in communication situations.

☐ 1 (strongly disagree)
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 (strongly agree)

10. Quite a few people have said I talk too much.

☐ 1 (strongly disagree)
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 (strongly agree)

11. I just can't stop talking too much.

☐ 1 (strongly disagree)
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 (strongly agree)

12. In general, I talk less than I should.

☐ 1 (strongly disagree)
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 (strongly agree)

13. I am not a "talkaholic."

☐ 1 (strongly disagree)
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5 (strongly agree)

14. Sometimes, I talk when I know it would be to my advantage to keep quiet.

☐☐☐☐☐

1 (strongly disagree) 2 3 4 5 (strongly agree)

15. I talk less than I should sometimes.

☐☐☐☐☐

1 (strongly disagree) 2 3 4 5 (strongly agree)

16. I am not a compulsive talker.

☐☐☐☐☐

1 (strongly disagree) 2 3 4 5 (strongly agree)

SCORING

Items 1, 4, 6, 9, 12, and 15 do not count as they are filler items.

1. Sum up the scores for items 2, 3, 5, 7, 8, 10, 11, 14 to get "Step 1 total":

2. Sum up the scores for items 13 and 16 to get "Step 2 total":

3. Final score = 12 + (Step 1 total) - (Step 2 total) =:

INTERPRETATION

The final score will be between 10 and 50.

Select one:

- ☐ Normal: A score below 30 indicates a normal ability to control communication.
- ☐ Borderline talkaholic: A score between 30 and 39 indicates an ability to control talking but often get into situations where they cannot stay quiet even though they would benefit by not talking.
- ☐ Talkaholic: A score above 40 indicates that communication is consistently compulsive.

ADDITIONAL NOTES

Specify below: