

Talkaholic Scale (TAS)

Read the following questions and select the answer that corresponds with what you would do in most situations. Do not be concerned if some of the items appear similar. Please use the scale below to rate the degree to which each statement applies to you.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

- _____ 1. Often I keep quiet when I should talk
- _____ 2. I talk more than I should sometimes
- _____ 3. Often, I talk when I know I should keep quiet
- _____ 4. Sometimes I keep quiet when I know it would be to my advantage to talk
- _____ 5. I am a “talkaholic”
- _____ 6. Sometimes I feel compelled to keep quiet
- _____ 7. In general, I talk more than I should
- _____ 8. I am a compulsive talker
- _____ 9. I am not a talker; rarely do I talk in communication situations
- _____ 10. Quite a few people have said I talk too much
- _____ 11. I just can’t stop talking too much
- _____ 12. In general, I talk less than I should
- _____ 13. I am not a “talkaholic”
- _____ 14. Sometimes I talk when I know it would be to my advantage to keep quiet
- _____ 15. I talk less than I should sometimes
- _____ 16. I am not a compulsive talker

Scoring: To determine your score on the TAS, complete the following steps:

Step 1: Add scores for item 2, 3, 5, 7, 8, 10, 11, and 14.

Step 2: Add the scores for items 13 and 16.

Step 3: Complete the following formula:

$$\text{TAS: } 12 + \text{Total from Step 1} - \text{Total from Step 2.}$$

Items 1, 4, 6, 9, 12, and 15 are filler items and are not scored.

Your score should be between 10 and 50.

Most people score below 30.

People who score between 30 and 39 are borderline talkaholics, and are able to control their talking most of the time, but sometimes they find themselves in situations where it is difficult to be quiet, even if it would be very much to their advantage not to talk.

People with scores above 40 are talkaholics.

Sources:

Richmond, V. P., & McCroskey, J. C. (1998). *Communication apprehension, avoidance and effectiveness* (5th Ed.). Boston: Allyn & Bacon.

McCroskey, J. C., & Richmond, V. P. (1996). *Fundamentals of human communication: An interpersonal perspective*. Prospect Heights, IL: Waveland Press.