

Talkaholic Scale

Name: Jessica Jones

Date: Aug 14, 2024

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).

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

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": 32

2. Sum up the scores for items 13 and 16 to get "Step 2 total": 6

3. **Final score** = 12 + (Step 1 total) - (Step 2 total) = 38

Interpretation

The final score will be between 10 and 50.

- 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

Jessica exhibits traits of a borderline talkaholic, where her communication is generally under control but can occasionally become compulsive in certain situations. Further assessment or strategies for managing communication may be beneficial.

McCroskey, J. C., & Richmond, V. P. (1993). Identifying compulsive communicators: The Talkaholic Scale. *Communication Research Reports*, 10(2), 107–114.
<https://doi.org/10.1080/08824099309359924>

McCroskey, J. C. (n.d.). *Talkaholic Scale*. www.jamescmccroskey.com.
http://www.jamescmccroskey.com/measures/compulsive_communication.htm