

Talkaholic Scale

Name: _____ Date: _____

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.					
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

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.

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

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