Instrument Title: Talkaholic Scale
Instrument Author: McCroskey, J. C., & Richmond, V. P.
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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. Use the following responses:

Strongly Disagree = 1; Disagree = 2; Neutral = 3; Agree = 4; Strongly Agree = 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 the score on the Talkaholic Scale, complete the following steps:

Step 1: Add the scores for items 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: Total Score = 12 + Total from Step 1 - Total from Step 2.

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

The 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. They are truly compulsive communicators.