

**T A S – 20**

Using the scale provided as a guide, indicate how much you agree or disagree with each of the following statements by circling the corresponding number. Give only one answer for each statement.

**Circle 1 if you STRONGLY DISAGREE**

**Circle 2 if you MODERATELY DISAGREE**

**Circle 3 if you NEITHER DISAGREE NOR AGREE**

**Circle 4 if you MODERATELY AGREE**

**Circle 5 if you STRONGLY AGREE**

	Strongly Disagree	Moderately Disagree	Neither Disagree Nor Agree	Moderately Agree	Strongly Agree
1. I am often confused about what emotion I am feeling.	1	2	3	4	5
2. It is difficult for me to find the right words for my feelings.	1	2	3	4	5
3. I have physical sensations that even doctors don't understand.	1	2	3	4	5
4. I am able to describe my feelings easily.	1	2	3	4	5
5. I prefer to analyze problems rather than just describe them.	1	2	3	4	5
6. When I am upset, I don't know if I am sad, frightened, or angry.	1	2	3	4	5
7. I am often puzzled by sensations in my body.	1	2	3	4	5
8. I prefer to just let things happen rather than to understand why they turned out that way.	1	2	3	4	5
9. I have feelings that I can't quite identify.	1	2	3	4	5
10. Being in touch with emotions is essential.	1	2	3	4	5

Date:

ID #:

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## T A S – 20

	Strongly Disagree	Moderately Disagree	Neither Disagree Nor Agree	Moderately Agree	Strongly Agree
11. I find it hard to describe how I feel about people.	1	2	3	4	5
12. People tell me to describe my feelings more.	1	2	3	4	5
13. I don't know what's going on inside me.	1	2	3	4	5
14. I often don't know why I am angry.	1	2	3	4	5
15. I prefer talking to people about their daily activities rather than their feelings.	1	2	3	4	5
16. I prefer to watch "light" entertainment shows rather than psychological dramas	1	2	3	4	5
17. It is difficult for me to reveal my innermost feelings, even to close friends.	1	2	3	4	5
18. I can feel close to someone, even in moments of silence.	1	2	3	4	5
19. I find examination of my feelings useful in solving personal problems.	1	2	3	4	5
20. Looking for hidden meanings in movies or plays distracts from their enjoyment.	1	2	3	4	5

# T A S – 20

## Scoring Instructions

1. The scoring for items 4, 5, 10, 18, and 19 should be reversed (i.e., a rating of 1 becomes scored 5; 2 = 4; 3 = 3; 4 = 2; and 5 = 1).
2. Once the scoring for these items is reversed, total all 20 items.
3. There should be no more than two or three missing values in the total scale and no more than one missing value in any of the three factor scales. A missing value can be replaced by the mean score of the remaining items on the same factor scale. Be careful to score correctly for the negatively keyed items.
4. Although alexithymia is a dimensional construct, and TAS-20 scores best analyzed as a continuous variable, the following empirically derived cutoff scores may be used for identifying individuals with high or low alexithymia.

$\geq 61$  = high alexithymia (“alexithymia”)

$\leq 51$  = low alexithymia (“nonalexithymia”)

## The Three Factor Structure of the TAS-20

### **Factor 1: Difficulty Identifying Feelings**

1. I am often confused about what emotion I am feeling.
3. I have physical sensations that even doctors don't understand.
6. When I am upset, I don't know if I am sad, frightened, or angry.
7. I am often puzzled by sensations in my body.
9. I have feelings that I can't quite identify.
13. I don't know what's going on inside me.
14. I often don't know why I am angry.

### **Factor 2: Difficulty Describing Feelings**

2. It is difficult for me to find the right words for my feelings.
4. I am able to describe my feelings easily.
11. I find it hard to describe how I feel about people.
12. People tell me to describe my feelings more.
17. It is difficult for me to reveal my innermost feelings, even to close friends.

### **Factor 3: Externally-Oriented Thinking**

5. I prefer to analyze problems rather than just describe them.
8. I prefer to just let things happen rather than to understand why they turned out that way.
10. Being in touch with emotions is essential.
15. I prefer talking to people about their daily activities rather than their feelings.
16. I prefer to watch "light" entertainment shows rather than psychological dramas.
18. I can feel close to someone, even in moments of silence.
19. I find examination of my feelings useful in solving personal problems.
20. Looking for hidden meanings in movies or plays distracts from their enjoyment.

## Normative Data on the TAS-20 from an English-Speaking Adult Community Population

N = 1933 (880 men, 1053 women)

Mean age = 35.47 (SD = 12.55)

Mean education = 14.75 years (SD = 2.42)

	Factor 1	Factor 2	Factor 3	TAS-20
Men (N = 868)				
Mean	14.51	13.16	19.62	47.30
SD	5.22	4.10	4.67	11.32
Women (N = 1065)				
Mean	14.27	11.96	17.93	44.15
SD	5.20	4.21	4.63	11.19
Total (N = 1933)				
Mean	14.38	12.50	18.70	45.57
SD	5.21	4.20	4.72	11.35

Parker, Taylor & Bagby, *JOURNAL OF PSYCHOSOMATIC RESEARCH*, 55: 269-275, 2003