Toronto Alexithymia Scale Questionnaire (TAS-20)

1. I am often confused about what emotion I am feeling.

   1. Strongly Disagree
   2. Disagree
   3. Neither Agree nor Disagree
   4. Agree
   5. Strongly Agree

2. It is difficult for me to find the right words for my feelings.

   1. Strongly Disagree
   2. Disagree
   3. Neither Agree nor Disagree
   4. Agree
   5. Strongly Agree

3. I have physical sensations that even doctors don't understand.

   1. Strongly Disagree
   2. Disagree
   3. Neither Agree nor Disagree
   4. Agree
   5. Strongly Agree

4. I am able to describe my feelings easily.

   1. Strongly Disagree
   2. Disagree
   3. Neither Agree nor Disagree
   4. Agree
   5. Strongly Agree

5. I prefer to analyze problems rather than just describe them.

   1. Strongly Disagree
   2. Disagree
   3. Neither Agree nor Disagree

4. Agree
5. Strongly Agree

6. When I am upset, I don't know if I am sad, frightened, or angry.

1. Strongly Disagree
2. Disagree
3. Neither Agree nor Disagree
4. Agree
5. Strongly Agree

7. I am often puzzled by sensations in my body.

1. Strongly Disagree
2. Disagree
3. Neither Agree nor Disagree
4. Agree
5. Strongly Agree

8. I prefer to just let things happen rather than to understand why they turned out that way.

1. Strongly Disagree
2. Disagree
3. Neither Agree nor Disagree
4. Agree
5. Strongly Agree

9. I have feelings that I can't quite identify.

1. Strongly Disagree
2. Disagree
3. Neither Agree nor Disagree
4. Agree
5. Strongly Agree

10. Being in touch with emotions is essential.

1. Strongly Disagree
2. Disagree
3. Neither Agree nor Disagree
4. Agree

5. Strongly Agree

11. I find it hard to describe how I feel about people.

1. Strongly Disagree
2. Disagree
3. Neither Agree nor Disagree
4. Agree
5. Strongly Agree

12. People tell me to describe my feelings more.

1. Strongly Disagree
2. Disagree
3. Neither Agree nor Disagree
4. Agree
5. Strongly Agree

13. I don't know what's going on inside me.

1. Strongly Disagree
2. Disagree
3. Neither Agree nor Disagree
4. Agree
5. Strongly Agree

14. I often don't know why I am angry.

1. Strongly Disagree
2. Disagree
3. Neither Agree nor Disagree
4. Agree
5. Strongly Agree

15. I prefer talking to people about their daily activities rather than their feelings.

1. Strongly Disagree
2. Disagree
3. Neither Agree nor Disagree
4. Agree
5. Strongly Agree

16. I prefer to watch "light" entertainment shows rather than psychological dramas.

1. Strongly Disagree
2. Disagree
3. Neither Agree nor Disagree
4. Agree
5. Strongly Agree

17. It is difficult for me to reveal my innermost feelings, even to close friends.

1. Strongly Disagree
2. Disagree
3. Neither Agree nor Disagree
4. Agree
5. Strongly Agree

18. I can feel close to someone, even in moments of silence.

1. Strongly Disagree
2. Disagree
3. Neither Agree nor Disagree
4. Agree
5. Strongly Agree

19. I find examination of my feelings useful in solving personal problems.

1. Strongly Disagree
2. Disagree
3. Neither Agree nor Disagree
4. Agree
5. Strongly Agree

20. I look for hidden meanings in movies or plays.

1. Strongly Disagree
2. Disagree
3. Neither Agree nor Disagree
4. Agree
5. Strongly Agree

The TAS-20 has 3 subscales:

• Difficulty Describing Feelings subscale is used to measure difficulty describing emotions. 5 items – 2, 4, 11, 12, 17.

• Difficulty Identifying Feeling subscale is used to measure difficulty identifying emotions. 7 items – 1, 3, 6, 7, 9, 13, 14.

• Externally-Oriented Thinking subscale is used to measure the tendency of individuals to focus their attention externally. 8 items – 5, 8, 10, 15, 16, 18, 19, 20.

Scoring:

● Range of scores: 20 to 100 (Higher scores reflect greater challenges or impairment.)

● Each response is given a score on a Likert-type scale with 1 being strongly disagree and 5 being strongly agree.

● Reverse scoring is used for items 4, 5, 10, 18, and 19.

● The responses to all 20 questions add up to the overall alexithymia score, while the responses to each subscale factor add up to the score for that subscale