

Thought-Action Fusion Scale (TAFS)

The Thought-Action Fusion Scale (TAFS) is a self-report questionnaire used mainly in clinical psychology to assess an individual's tendency to confuse thoughts and actions. This cognitive bias, often present in obsessive-compulsive disorder, is measured across two dimensions: moral thought-action fusion (thinking about a bad action is as serious as doing it) and likelihood thought-action fusion (thinking about a negative event increases the likelihood that it will happen).

Number of questions	19 questions
Estimated duration	5 minutes
Language	English
Original name	Thought-Action Fusion Scale
Target audience	Adults
Authors	Roz Shafran, Dana S. Thordarson, S. Rachman (1996)
Category	OCD

Preview of the 19 questions

Thinking of making an extremely critical remark to a friend is almost as unacceptable to me as actually saying it.

Disagree strongly | Disagree | Neutral | Agree | Agree strongly

If I think of a relative/friend losing their job, this increases the risk that they will lose their job.

Disagree strongly | Disagree | Neutral | Agree | Agree strongly

Having a blasphemous thought is almost as sinful to me as a blasphemous action.

Disagree strongly | Disagree | Neutral | Agree | Agree strongly

Thinking about swearing at someone else is almost as unacceptable to me as actually swearing.

Disagree strongly | Disagree | Neutral | Agree | Agree strongly

If I think of a relative/friend being in a car accident, this increases the risk that he/she will have a car accident.

Disagree strongly | Disagree | Neutral | Agree | Agree strongly

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Scoring & interpretation

Each item is scored from 0 to 4 (from “strongly disagree” to “strongly agree”), which yields a total score as well as subscores for the moral and likelihood subscales. High scores indicate a strong tendency toward thought-action fusion, which can guide clinical assessment and treatment.

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Nolwenn P. - CBT Psychologist