

Tellegen Absorption Scale (TAS)

The TAS is a self-report questionnaire measuring the trait of absorption, that is, a person's tendency to become deeply immersed in their thoughts, imagination, sensory perceptions or aesthetic experiences. It is mainly used in personality psychology and clinical research to explore intense attentional engagement, imaginative vividness, receptivity to internal experiences and certain links with hypnotizability or altered states of consciousness. This test is not directly intended for diagnosis, but it can help the psychologist better understand the patient's subjective style of experience and their propensity to become absorbed by internal or external stimuli.

Number of questions	34 questions
Estimated duration	10 minutes
Language	English
Original name	Tellegen Absorption Scale
Target audience	Adolescents and adults
Authors	Auke Tellegen, Gilbert Atkinson (1974)

Preview of the 34 questions

When you are not under the influence of alcohol or drugs:

Sometimes I feel and experience things as I did when I was a child.

True False

When you are not under the influence of alcohol or drugs:

I can be greatly moved by eloquent or poetic language.

True False

When you are not under the influence of alcohol or drugs:

While watching a movie, a TV show, or a play, I may become so involved that I forget about myself and my surroundings, and experience the story as if it were real.

True False

When you are not under the influence of alcohol or drugs:

If I stare at a picture and then look away from it, I can sometimes "see" an image of the picture, almost as if I were still looking at it.

True False

When you are not under the influence of alcohol or drugs:

Sometimes I feel as if my mind could envelop the whole world.

True False

Scoring & interpretation

In the original version, items are generally scored in a true/false format according to the test's scoring key. Each response keyed in the direction of absorption receives 1 point, then the points are added up to obtain a total score. A high score indicates a stronger disposition toward attentional immersion, mental imagery and intense subjective experiences. Interpretation is dimensional, with no universal diagnostic cutoff, and should ideally rely on the norms of the version used.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.