

Test of Self-Conscious Affect (TOSCA-3)

The TOSCA-3 is a self-report questionnaire that measures self-conscious emotional reactions, such as shame, guilt, embarrassment, and pride, in response to various imagined social situations. It helps explore patterns of emotional responses that may be relevant for clinical assessment or for research on personality, empathy, or emotion regulation.

Number of questions	16 questions
Estimated duration	15 minutes
Language	English
Original name	Test of Self-Conscious Affect
Target audience	Adults, adolescents
Authors	June Price Tangney, Ronda L. Dearing, Jeff Stuewig (2000)
Category	General

Preview of the 16 questions

1. You make plans to meet a friend for lunch. At 5 o'clock, you realize you stood him up.

a) You would think: "I'm inconsiderate."

1 - Not likely | 2 | 3 | 4 | 5 - Very likely

1. You make plans to meet a friend for lunch. At 5 o'clock, you realize you stood him up.

b) You would think: "Well, they'll understand."

1 - Not likely | 2 | 3 | 4 | 5 - Very likely

1. You make plans to meet a friend for lunch. At 5 o'clock, you realize you stood him up.

c) You'd think you should make it up to him as soon as possible.

1 - Not likely | 2 | 3 | 4 | 5 - Very likely

1. You make plans to meet a friend for lunch. At 5 o'clock, you realize you stood him up.

d) You would think: "My boss distracted me just before lunch."

1 - Not likely | 2 | 3 | 4 | 5 - Very likely

2. You break something at work and then hide it.

a) You would think: "This is making me anxious. I need to either fix it or get someone else to."

1 - Not likely | 2 | 3 | 4 | 5 - Very likely

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each scenario is followed by several potential responses to be rated on a Likert scale. The responses are scored and then summed according to different subscales (shame, guilt, pride, detachment, etc.). High scores on a subscale indicate a more pronounced tendency to experience that emotion in everyday situations.

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“Reliable, relevant assessments to better understand my patients' psychological state”

Benjamin G. - Occupational Psychologist