



## Data Collection Worksheet

**Please Note:** The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

### Description of the Toronto Alexithymia Scale (TAS-20)

The Toronto Alexithymia Scale (TAS-20) is a 20-item, self-administered questionnaire that includes three subscales: difficulty identifying feelings (7 items-e.g., "I am often confused about what emotion I am feeling"), difficulty describing feelings (5 items-e.g., "It is difficult for me to reveal my innermost feelings, even to close friends"), and externally oriented thinking (8 items-e.g., "I prefer to analyze problems rather than just describe them"). Each item is scored on a 5-point, Likert-type scale (1 = strongly disagree; 5 = strongly agree), and five of the items are reverse-scored. Total scores can range from 20-100, with higher scores indicating greater impairment.

Protocol source: <https://www.phenxtoolkit.org/protocols/view/650901>