**Rosenberg Self-Esteem Scale - (Rosenberg, 1965)**

The scale is a ten item Likert scale with items answered on a four point scale - from

strongly agree to strongly disagree.

Instructions: Below is a list of statements dealing with your general feelings about yourself. If you strongly agree, circle SA. If you agree with the statement, circle A. If you disagree, circle D. If you strongly disagree, circle SD.

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| --- | --- | --- | --- | --- | --- |
| **STATEMENT** | | **Strongly Agree** | **Agree** | **Disagree** | **Strongly Disagree** |
| 1. | I feel that I am a person of worth, at least on an equal plane with others. |  |  |  |  |  |
| 2. | I feel that I have a number of good qualities.. |  |  |  |  |  |
| 3. | All in all, I am inclined to feel that I am a failure. |  |  |  |  |  |
| 4. | I am able to do things as well as most other people. |  |  |  |  |  |
| 5. | I feel I do not have much to be proud of. |  |  |  |  |  |
| 6. | I take a positive attitude toward myself. |  |  |  |  |  |
| 7. | On the whole, I am satisfied with myself. |  |  |  |  |  |
| 8. | I wish I could have more respect for myself. |  |  |  |  |  |
| 9. | I certainly feel useless at times. |  |  |  |  |  |
| 10. | At times I think I am no good at all. |  |  |  |  |  |

**Scores are calculated as follows:**

* *For items 1, 2, 4, 6,* and *7:*

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| Strongly agree = 3 |
| Agree = 2 |
| Disagree = 1 |
| Strongly disagree = 0 |

* *For items 3, 5, 8, 9,* and *10* (which are reversed in valence):

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| --- |
| Strongly agree = 0 |
| Agree = 1 |
| Disagree = 2 |
| Strongly disagree = 3 |

The scale ranges from 0-30. Scores between 15 and 25 are within normal range; scores below 15 suggest low self-esteem.