

Rosenberg Self-Esteem Scale

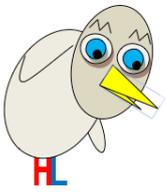
Instructions

Below are ten statements. Thinking back over the last two weeks give each statement a score of 0, 1, 2 or 3. Your score will depend on how strongly you think each statement applies to you. Don't spend too much time thinking as there are no right or wrong answers. Put the number that best describes what you feel.

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

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





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Scoring and Interpreting the Test

Questions 1,2,4,6,7

Record the score and add to get total for these questions

1	2	4	6	7	Total
<input type="text"/>					

Questions 3,5,8,9,10

Reverse the scoring so that 0 = 3, 1 = 2, 2 = 1, 3 = 0. Next add to get the total for these questions. Finally add the two totals to get a score for the whole test.

3	5	8	9	10	Total
<input type="text"/>					
Total for test					<input type="text"/>

The mode score is 22 for the Rosenberg scale. An average score is between 15 and 25. **Scores below 15 indicate poor self-esteem.**

This test is not a diagnostic tool and should only be used to assess the potential for low self-esteem. Advice should be sought from a qualified professional for more formal assessment.

