

Rosenberg Self-esteem Scale

Patient Name:: _____ Date:: _____ dd / mm / yyyy

Assessor Name:: _____

Instructions: Below is a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement.

1. On the whole, I am satisfied with myself

Strongly agree Agree Disagree Strongly Disagree

2. At times I think I am no good at all

Strongly agree Agree Disagree Strongly Disagree

3. I feel that I have a number of good qualities

Strongly agree Agree Disagree Strongly Disagree

4. I am able to do things as well as most other people

Strongly agree Agree Disagree Strongly Disagree

5. I feel I do not have much to be proud of

Strongly agree Agree Disagree Strongly Disagree

6. I certainly feel useless at times

Strongly agree Agree Disagree Strongly Disagree

7. I feel that I'm a person of worth, at least on an equal plane with others

Strongly agree Agree Disagree Strongly Disagree

8. I wish I could have more respect for myself

Strongly agree Agree Disagree Strongly Disagree

9. All in all, I am inclined to feel that I am a failure

Strongly agree Agree Disagree Strongly Disagree

10. I take a positive attitude toward myself

Strongly agree Agree Disagree Strongly Disagree

TOTAL SCORE:: _____

Additional Notes

SCORING:

The ones that are positive are items 1, 3, 4, 6, and 10. For these, "Strongly Agree" is equal to 4 points, "Agree" is equal to 3, "Disagree" is equal to 2, and "Strongly Disagree" is equal to 1.

The ones that are negative are items 2, 5, 6, 8, and 9. For these, the scoring is reversed. "Strongly Disagree" is equal to 4 while "Strongly Agree" is equal to 1.

There are no score ranges or designations to refer to though, but just as a principle, higher scores mean that your patient has a higher level of self-esteem.

Rosenberg, M. (1965). Society and the adolescent self-image. Princeton, NJ: Princeton University Press.