

Rosenberg Self-Esteem Scale

	Strongly disagree	Disagree	Agree	Strongly agree
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 towards 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.				

Scoring the Rosenberg Self-Esteem Scale

Add up the scores being careful to reverse score some items as indicated below. The scale ranges from 0–30. A score of under 15 suggests low self-esteem.

Scores are calculated as follows:

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

Strongly agree 3

Agree 2

Disagree 1

Strongly disagree 0

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

Strongly agree 0

Agree 1

Disagree 2

Strongly disagree 3