

Rosenberg Self-Esteem Scale (SSES)

When taking the test below, choose one of the following for each of the 10 questions.

Strongly Disagree	Disagree	Agree	Strongly Agree
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1. I feel that I am a person of worth, at least on an equal plan 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. I think I am no good at all. ()

Calculate your scores as follows:

For items 1, 2, 4, 6, and 7:	Reverse score items 3, 5, 8, 9, and 10:
Strongly Agree = 3	Strongly Agree = 0
Agree = 2	Agree = 1
Disagree = 1	Disagree = 2
Strongly Disagree = 0	Strongly Disagree = 3

Add up total score: _____

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

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