Rosenberg Self-Esteem Scale

OVERVIEW

- This scale measures global self-worth by assessing both positive and negative feelings about the self in adolescents and adults.

SUBSCALES

- None
- Sample items from the scale:
  » On the whole, I am satisfied with myself
  » At times, I think I am no good at all
  » I wish I could have more respect for myself

STEPPING UP THEME(S) & OUTCOME(S)

- Health & Wellness
  » Youth are mentally well

TARGET POPULATION

- Youth between 12 years of age and older

LENGTH & HOW IT IS MEASURED

- 10 items
- The response scale ranges from 1 (strongly disagree) to 4 (strongly agree)
- An average of all three subscales provides a score for general self-esteem
- Negatively-worded items need to be reverse coded (items 2, 5, 6, 8, 9)
- Self-report, paper-pencil version or can be administered orally
- Available in: English and over 30 other languages (e.g. Chinese, French, Hindi, Japanese, Italian)

DEVELOPER

- Rosenberg, M., 1965

PSYCHOMETRICS

- Reliability
  High internal consistency (.55-.95)
  Test-rest reliability indicated good stability ($r = .81 - .87$)

- Validity
  Convergent validity
  Concurrent validity
  Construct validity
  Discriminative validity

LEARN MORE


- I'm Girl and BreakThru: Raising Self Esteem – Reducing Violence—Report
Rosenberg Self-Esteem Scale

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**.

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