

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-retest reliability indicated good stability ($r = .81 - .87$)
- **Validity**

Convergent validity
Concurrent validity
Construct validity
Discriminative validity

LEARN MORE

- Baumeister, R. F., Campbell, J. D., Krueger, J. I., & Vohs, K. D. (2003). Does high self-esteem cause better performance, interpersonal success, happiness, or healthier lifestyles? *Psychological Science in the Public Interest*, 4, 1-44.
- Bagley, C., Bolitho, F., Bertrand, L. (1997). [Norms and construct validity of the Rosenberg Self-Esteem Scale in Canadian high school populations: Implications for counselling](#). *Canadian Journal of Counselling*, 31, 82-92.
- Ciarrochi, J., Heaven, P. C. L., & Fiona, D. (2007). The impact of hope, self-esteem, and attributional style on adolescents' school grades and emotional well-being: A longitudinal study.
- Rosenberg, M. (1965). [Society and the adolescent self-image](#). Princeton, NJ: Princeton University Press.
- 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**.

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