Online CBT Resources

Rosenberg Self-Esteem Scale

Instructions

Below is a list of statements dealing with your general feelings about yourself. For each statement, circle the letter(s) and number that best corresponds to your general feelings about yourself.

Questionnaire

		Strongly agree (SA)	Agree (A)	Disagree (D)	Strongly disagree (SD)
1	I feel that I am a person of worth, at least on an equal plane with others	SA 3	A 2	D 1	SD 0
2	I feel that I have a number of good qualities	SA 3	A 2	D 1	SD 0
3	All in all, I am inclined to feel that I am a failure	SA 0	A 1	D 2	SD 3
4	I am able to do things as well as most other people	SA 3	A 2	D 1	SD 0
5	I feel I do not have much to be proud of	SA 0	A 1	D 2	SD 3
6	I take a positive attitude toward myself	SA 3	A 2	D 1	SD 0
7	On the whole, I am satisfied with myself	SA 3	A 2	D 1	SD 0
8	I wish I could have more respect for myself	SA 0	A 1	D 2	SD 3
9	I certainly feel useless at times	SA 0	A 1	D 2	SD 3
10	At times I think I am no good at all	SA 0	A 1	D 2	SD 3
	Total for each column				
				Total	

The scale, which is in the public domain, can be found at the dedicated website of the University of Maryland Department of Sociology: https://socy.umd.edu/about-us/rosenberg-self-esteem-scale. The UoM DoS sates that the scale scores range from 0-30, with 30 indicating the highest score possible. There are no discrete cut-off points to delineate high and low self-esteem. It is recommended that you consult the literature relevant to the population you are interested in studying. By examining this literature, you should be able learn more about the norms of a specific population.

Reference: Rosenberg, M. (1989). Society and the adolescent self-image. Revised edition. Wesleyan University Press.

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