

Rosenberg Self-Esteem Scale (RSE)

Please record the appropriate answer for each item, depending on whether you strongly agree, agree, disagree, or strongly disagree with it.

1 = Strongly agree 2 = Agree 3 = Disagree 4 = Strongly disagree

- _____ 1. On the whole, I am satisfied with myself.
- _____ 2. At times I think I am no good at all.
- _____ 3. I feel that I have a number of good qualities.
- _____ 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 certainly feel useless at times.
- _____ 7. I feel that I'm a person of worth.
- _____ 8. I wish I could have more respect for myself.
- _____ 9. All in all, I am inclined to think that I am a failure.
- _____ 10. I take a positive attitude toward myself.

RSE scale is a 10 items scale developed by Morris Rosenberg to measure self-esteem.

Scoring: 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 in valence):

Strongly agree = 0

Agree = 1

Disagree = 2

Strongly disagree = 3

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

Important: Please note that this self-assessment tool is for reference and screening purpose only, it is not for diagnostic purpose.