

# Rosenberg Self-esteem Scale

Patient Name:

Date:

Assessor Name:

**Instructions:** Below is a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement.

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

Scoring:

Total Score:

- **The ones that are positive are items 1, 3, 4, 7, and 10.** For these, "Strongly Agree" is equal to 4 points, "Agree" is equal to 3, "Disagree" is equal to 2, and "Strongly Disagree" is equal to 1.
- **The ones that are negative are items 2, 5, 6, 8, and 9.** For these, the scoring is reversed. "Strongly Disagree" is equal to 4 while "Strongly Agree" is equal to 1.

There are no score ranges or designations to refer to though, but just as a principle, higher scores mean that your patient has a higher level of self-esteem.

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

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**Additional Notes:**

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