SWCQ

**SWCQ** ID # \_\_\_\_\_\_

*Instructions*:

*The following questions ask about how much certain things affect your feelings of self-worth (how positive or negative you feel about yourself as a person). For the following questions, please circle the number based on how true the statements are for you.*

*For example, if you feel it is extremely true for you, circle “6” and if it is not at all true for you, circle “1”.*

*On a scale of 1 (not at all true for me) to 6 (extremely true for me)*

A little true for me

True for me

Somewhat true for me

Not at all true for me

Very true for me

Extremely true for me

True for me

**1** **2**  **3** **4** **5** **6**

**not at all true a little true somewhat true very true extremely true**

**for me for me true for me for me for me for me**

1. Whether or not I reach my goals in school strongly *affects* my feelings of worth 1 2 3 4 5 6

1. The way I feel about myself as a person *depends* a lot on what people in my life think of me 1 2 3 4 5 6
2. My feelings of self-worth *don’t* change even if my physical appearance changes 1 2 3 4 5 6
3. The way I feel about myself as a person does *not* depend on my performance in activities (such as 1 2 3 4 5 6

music, dance, sports, or theater)

1. My performance in schoolwork does *not* influence how I feel about myself 1 2 3 4 5 6
2. Other people’s feedback *makes or breaks* how I feel about myself 1 2 3 4 5 6
3. How I look physically really *affects* how worthy I feel as a person 1 2 3 4 5 6

8. My performance in activities (such as music, dance, sports, or theater) does *not* influence how

I feel about myself 1 2 3 4 5 6

9. The way I feel about myself does *not* depend on how well I do in my schoolwork

or on school projects 1 2 3 4 5 6

10. If other people’s feelings about me change, my feelings of self-worth *change* as well 1 2 3 4 5 6

11. The way I look physically *makes or breaks* how I feel about myself as a person 1 2 3 4 5 6

12. Whether or not I reach my goals in activities (such as music, dance, sports, or theater)

does *not* affect how worthy I feel 1 2 3 4 5 6

13. The way I feel about myself *depends* a loton how well I do in my schoolwork

or on school projects 1 2 3 4 5 6

14. Other people’s approval (or disapproval) strongly *affects* how worthy I feel 1 2 3 4 5 6

15. The way I look physically does *not* affect how I feel about myself 1 2 3 4 5 6

Extremely true for me

Very true for me

True for me

Somewhat true for me

A little true for me

Not at all true for me

16. My performance in activities (such as music, dance, sports, or theater) *makes or breaks* the

way I feel about myself 1 2 3 4 5 6

17. If my performance in schoolwork changes, my feelings of self-worth *change* as well 1 2 3 4 5 6

1. Other people’s approval (or disapproval) does *not* affect how worthy I feel 1 2 3 4 5 6

19. The way I feel about myself as a person *depends* a lot on my physical appearance 1 2 3 4 5 6

1. The way I feel about myself *depends* a lot on my performance in my activities

(such as music, dance, sports, or theater) 1 2 3 4 5 6

1. My feelings of self-worth *don’t* change even if my performance in schoolwork changes 1 2 3 4 5 6
2. Other people’s feedback does *not* affect how I feel about myself 1 2 3 4 5 6
3. The way I feel about myself as a person does *not* depend on my physical appearance 1 2 3 4 5 6
4. Whether or not I reach my goals in my activities (such as music, dance, sports, or theater)

strongly *affects* my feelings of worth 1 2 3 4 5 6

1. My performance in schoolwork *makes or breaks* the way I feel about myself 1 2 3 4 5 6

26. The way I feel about myself does *not* depend on what people in my life think of me 1 2 3 4 5 6

1. My physical appearance has *no* effect on how worthy I feel as a person 1 2 3 4 5 6
2. If my performance in activities (such as music, dance, sports, or theater) changes, my feelings

of self-worth *change* as well 1 2 3 4 5 6

1. Whether or not I reach my goals in school has *no* effect on how worthy I feel 1 2 3 4 5 6
2. My feelings of self-worth *don’t* change even if other people’s feelings about me change 1 2 3 4 5 6
3. If my physical appearance changes,my feelings of self-worth *change* as well 1 2 3 4 5 6
4. My feelings of self-worth *don’t* change even if my performance in activities (such as music,

dance, sports, or theater) changes 1 2 3 4 5 6

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*Please rate how important each area (schoolwork, people’s feelings about you, physical appearance, and activities) is to you on a scale of 1 (not at all) to 4 (extremely important)*

1. Schoolwork:

1 2 3 4

not at all important somewhat important very important extremely important

1. People’s feelings about you:

1 2 3 4

not at all important somewhat important very important extremely important

1. Physical appearance:

1 2 3 4

not at all important somewhat important very important extremely important

1. Activities (such as music, dance, sports, or theater):

1 2 3 4

not at all important somewhat important very important extremely important

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