

Rosenberg Self-Esteem Scale

PsycTESTS Citation:

Rosenberg, M. (1965). Rosenberg Self-Esteem Scale [Database record]. Retrieved from PsycTESTS. doi: <https://dx.doi.org/10.1037/t01038-000>

Instrument Type:

Rating Scale

Test Format:

4-point response format ranging from strongly agree to strongly disagree.

Source:

Bringle, Robert G., Phillips, Mindy A., & Hudson, Michael. (2004). Self and self-concept The measure of service learning: Research scales to assess student experiences, (pp. 97-142). Washington, DC: American Psychological Association. doi: <https://dx.doi.org/10.1037/10677-006>

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**Rosenberg Self Esteem Scale
RSES**

Items

Rate the items using the following scale:

1 = *strongly agree* 2 = *agree* 3 = *disagree* 4 = *strongly disagree*

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

*reverse-scored