

Self-Esteem Assessment (RSES-Aligned, AI Version)

Purpose: Measure self-worth and confidence

Time frame: *How you generally feel about yourself*

Length: 10 items

Nature: Screening / self-reflection tool (not diagnosis)

Instruction to user:

Below are statements about how people may feel about themselves.
Please choose the option that best reflects how you **generally feel**.

Response Options & Weights (Same for ALL Questions)

- 0 – I strongly disagree with this statement.
 - 1 – I disagree with this statement.
 - 2 – I agree with this statement.
 - 3 – I strongly agree with this statement.
-

Positive Self-Esteem Items

Q1. Overall satisfaction with self

- 0 – I strongly disagree that I feel satisfied with myself.
 - 1 – I disagree that I feel satisfied with myself.
 - 2 – I agree that I feel satisfied with myself.
 - 3 – I strongly agree that I feel satisfied with myself.
-

Q2. Feeling personal worth

- 0 – I strongly disagree that I feel I have personal worth.
 - 1 – I disagree that I feel I have personal worth.
 - 2 – I agree that I feel I have personal worth.
 - 3 – I strongly agree that I feel I have personal worth.
-

Q3. Having good qualities

- 0 – I strongly disagree that I have many good qualities.
 - 1 – I disagree that I have many good qualities.
 - 2 – I agree that I have many good qualities.
 - 3 – I strongly agree that I have many good qualities.
-

Q4. Feeling capable

- 0 – I strongly disagree that I am able to do things as well as others.
 - 1 – I disagree that I am able to do things as well as others.
 - 2 – I agree that I am able to do things as well as others.
 - 3 – I strongly agree that I am able to do things as well as others.
-

Q5. Positive attitude toward self

- 0 – I strongly disagree that I take a positive attitude toward myself.
 - 1 – I disagree that I take a positive attitude toward myself.
 - 2 – I agree that I take a positive attitude toward myself.
 - 3 – I strongly agree that I take a positive attitude toward myself.
-

Negative Self-Esteem Items (*Reverse-Scored*)**Q6. Feeling like a failure (*Reverse-scored*)**

- 0 – I strongly disagree that I feel like a failure.
 - 1 – I disagree that I feel like a failure.
 - 2 – I agree that I feel like a failure.
 - 3 – I strongly agree that I feel like a failure.
-

Q7. Lack of pride (*Reverse-scored*)

- 0 – I strongly disagree that I have little to be proud of.
 - 1 – I disagree that I have little to be proud of.
 - 2 – I agree that I have little to be proud of.
 - 3 – I strongly agree that I have little to be proud of.
-

Q8. Feeling useless (*Reverse-scored*)

- 0 – I strongly disagree that I feel useless at times.
 - 1 – I disagree that I feel useless at times.
 - 2 – I agree that I feel useless at times.
 - 3 – I strongly agree that I feel useless at times.
-

Q9. Feeling inadequate (*Reverse-scored*)

- 0 – I strongly disagree that I feel inadequate.
 - 1 – I disagree that I feel inadequate.
 - 2 – I agree that I feel inadequate.
 - 3 – I strongly agree that I feel inadequate.
-

Q10. Lack of self-respect (*Reverse-scored*)

- 0 – I strongly disagree that I lack self-respect.
 - 1 – I disagree that I lack self-respect.
 - 2 – I agree that I lack self-respect.
 - 3 – I strongly agree that I lack self-respect.
-

Reverse Scoring (CRITICAL FOR AI)

Reverse the scores for:

- Q6, Q7, Q8, Q9, Q10

Reversed score = 3 – selected score

Total Scoring Logic

Total Self-Esteem Score = Sum of all 10 items (after reverse scoring)

Range = 0 – 30

Interpretation (Commonly Used Bands)

Score Range Self-Esteem Level

0–14	Low self-esteem
15–25	Normal self-esteem
26–30	High self-esteem

Not a diagnosis — reflects perceived self-worth only.

AI Usage Rules

- **Low self-esteem** → Confidence-building & cognitive reframing tools
 - **Low + PHQ-9/GAD-7 high** → Prioritize emotional support
 - Track **changes over time** (great outcome metric)
-

Panel-Ready One-Liner

“Our self-esteem module uses a Rosenberg-aligned framework to quickly assess perceived self-worth and confidence, supporting early emotional intervention without diagnostic labeling.”