

## **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**.

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### **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.
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### **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.
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#### **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.
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#### **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.
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#### **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.
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#### **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.
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#### **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.
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#### **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.
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#### **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.
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### **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.
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### **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.
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### **Reverse Scoring (CRITICAL FOR AI)**

Reverse the scores for:

- **Q6, Q7, Q8, Q9, Q10**

Reversed score = 3 – selected score

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### **Total Scoring Logic**

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

Range = 0 – 30

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### **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.

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## **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)
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## **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.”