



Rosenberg Self-Esteem Scale (SES)

Developed in the mid-1960s by Morris Rosenberg, the Rosenberg Self-Esteem Scale (RSES) assesses global self-esteem.

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

Scoring

- To score the items, assign a value to each of the 10 items as follows:

For items 1,2,4,6,7:

Strongly Agree=3, Agree=2, Disagree=1, and Strongly Disagree=0.

For items 3,5,8,9,10 (which are reversed in valence, and noted with the asterisks** above):

Strongly Agree=0, Agree=1, Disagree=2, and Strongly Disagree=3.

- The scale ranges from 0-30, with 30 indicating the highest score possible.