ŶŶ₃ BounceTogether



Rosenberg Self-Esteem Scale

This scale is extensively used in cross-cultural studies in up to 53 different nations. It is a 10-item scale that measures global self-worth by measuring both positive and negative feelings about the self. Low self-esteem is significantly related to depression, suicide ideation, victimisation, delinquency, eating disorders and low happiness. This survey is therefore a highly valued indicator of a student's mental health; allowing staff to identify and, as a result, direct help to any student who registers as having low self-esteem.

Created by Wesleyan University





name:	
Class:	
Year:	

Rosenberg Self-Esteem Scale

Please read each statement carefully and put a tick in the box underneath the answer which best indicates how the statement applied to you over the past two weeks. Do not spend too much time on any one statement. There are no right or wrong answers!

Statements	Strongly Agree	Agree	Disagree	Strongly Disagree
On the whole, I am satisfied with myself.				
At times I think I am no good at all.				
I feel that I have a number of good qualities.				
I am able to do things as well as most other people.				
I feel I do not have much to be proud of.				
l certainly feel useless at times.				
I feel that I'm a person of worth, at least on an equal plane to others.				
I wish I could have more respect for myself.				
All in all, I am inclined to feel that I am a failure.				
l take a positive attitude toward myself.				

Thank you for completing this survey and for your honesty!



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