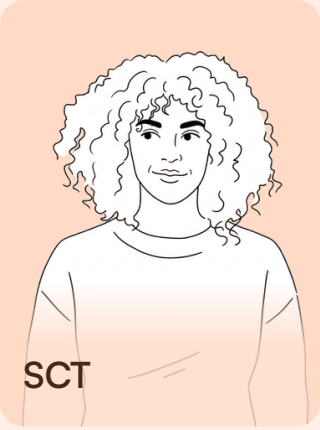



# Self-Confidence Test (SCT)

This questionnaire is designed to assess individuals' levels of self-confidence. It assesses three fundamental aspects: self-confidence, assertiveness skills and self-esteem.

| | |
|---|---|
| Number of questions | 20 questions |
| Estimated duration | 5 minutes |
| Language | English |
| Original name | Self-Confidence Test |
| Category | Self-esteem |

## Preview of the 20 questions

I doubt my abilities.

Completely true | Somewhat true | Somewhat false | Completely false

I have a hard time making decisions that concern me.

Completely true | Somewhat true | Somewhat false | Completely false

I dress very discreetly so as to go unnoticed.

Completely true | Somewhat true | Somewhat false | Completely false

I am very afraid of failure.

Completely true | Somewhat true | Somewhat false | Completely false

I prefer to give up if I'm not sure I'll succeed.

Completely true | Somewhat true | Somewhat false | Completely false

### Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

## Scoring & interpretation

Scoring example

**Summary**

The responses suggest a strongly negative self-evaluation and a lack of self-confidence. There is a tendency toward self-criticism, fear of failure and avoidance of situations perceived as risky. The patient also seems to have significant difficulty expressing their emotions and needs, which could intensify feelings of insecurity and low self-worth. Overall, this points to an emotional vulnerability that may require particular attention.


## Are you a psychologist?

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- Standardized tests
- Automatic scoring
- Results sent by email

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See all questionnaires

★★★★★

“I now use the platform every day, it's so comprehensive, reliable and remarkably easy to use.”

 Laura V. - Online Psychologist