

Rosenberg Self-Esteem Scale (RSES)

This questionnaire aims to measure an individual's level of self-esteem. It consists of 10 statements about personal feelings and self-image. Respondents indicate their degree of agreement with each statement, which makes it possible to assess their global self-esteem and self-acceptance.

Number of questions	10 questions
Estimated duration	2 minutes
Language	English
Original name	Rosenberg Self-Esteem Scale
Target audience	Adolescents, adults
Authors	Morris Rosenberg (1965)
Category	Self-esteem

Preview of the 10 questions

On the whole, I am satisfied with myself.

Strongly agree | Agree | Disagree | Strongly disagree

At times I think I am no good at all.

Strongly agree | Agree | Disagree | Strongly disagree

I feel that I have a number of good qualities.

Strongly agree | Agree | Disagree | Strongly disagree

I am able to do things as well as most other people.

Strongly agree | Agree | Disagree | Strongly disagree

I feel I do not have much to be proud of.

Strongly agree | Agree | Disagree | Strongly disagree

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

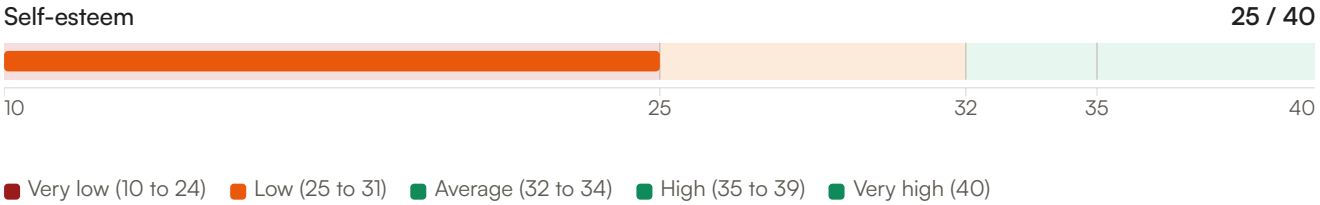
Responses are scored on a 4-point Likert scale ranging from "Strongly disagree" to "Strongly agree". Scores can range from 10 to 40, with higher scores indicating higher self-esteem.

Scoring example

Scoring

Score: 25/40

10 — 24	Very low self-esteem
25 — 31	**Low self-esteem** ◀ 25
32 — 34	Average self-esteem
35 — 39	High self-esteem
40	Very high self-esteem



Very low (10 to 24) Low (25 to 31) Average (32 to 34) High (35 to 39) Very high (40)

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