

Self-Esteem Inventory

This exploratory questionnaire describes the components of self-esteem: sense of self-worth, confidence in one's abilities, need for approval, comparison with others, the inner critic, and the tendency to downplay one's successes. The profile helps distinguish globally low self-esteem from a lack of confidence in a specific area, and focus the work on self-criticism or impostor feelings.

Number of questions	24 questions
Estimated duration	6 minutes
Language	English
Original name	Self-Esteem Inventory
Target audience	Adults
Category	Self-esteem

Preview of the 24 questions

In your everyday life, how often is this true for you?

I feel like I'm not worth much.

Never | Rarely | Sometimes | Often | Very often

In your everyday life, how often is this true for you?

I doubt I can succeed at what I set out to do.

Never | Rarely | Sometimes | Often | Very often

In your everyday life, how often is this true for you?

I need other people to tell me I did well before I can be sure of it.

Never | Rarely | Sometimes | Often | Very often

In your everyday life, how often is this true for you?

I compare myself to others and feel I come up short.

Never | Rarely | Sometimes | Often | Very often

In your everyday life, how often is this true for you?

When I make a mistake, I talk to myself harshly.

Never | Rarely | Sometimes | Often | Very often

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

Each statement is scored from 0 (never) to 4 (very often) based on its frequency in everyday life. Each domain combines 4 statements spread throughout the questionnaire, giving a score from 0 to 16.

Reading the profile

There is no total score. Domains are ranked from most to least elevated, each with a description of what it covers and points to explore in the interview. The profile distinguishes the sense of self-worth, which is more global, from confidence in one's abilities, which is more tied to specific situations. The "Inner critic" and "Downplaying successes" domains show what keeps fragile self-esteem going day to day.

Limitations

This exploratory questionnaire has not undergone psychometric validation and has no cutoffs. It supports the clinical interview and does not provide a diagnosis.

Scoring example

Scoring

Need for approval 13 / 16

Depending on others' views and opinions to feel good or legitimate.

Areas to explore: the people whose opinion matters most, what the person does to please others, their reaction to criticism.

Comparison with others 13 / 16

A tendency to measure oneself against others, most often unfavorably.

Areas to explore: the people and areas of comparison (appearance, achievement, social life), the role of social media.

Confidence in one's abilities — 9 / 16

The sense of being able to cope, learn, and succeed at what one sets out to do.

Areas to explore: the areas where doubt is strongest (work, relationships, practical tasks), what the person gives up because of it.

Inner critic — 9 / 16

Harsh self-talk: judging oneself severely, putting oneself down, being unable to self-soothe.

Areas to explore: the exact words of the inner critic, where they come from, how the person would talk to a friend in the same situation.

Downplaying successes — 9 / 16

Difficulty acknowledging one's successes and qualities, which are attributed to luck or circumstances (impostor feelings).

Areas to explore: how the person explains their successes, their reaction to compliments, the fear of being "found out."

Self-worth — 7 / 16

The sense of having value as a person, regardless of achievements.

Areas to explore: the times when the person feels worthless, where this view comes from, what they still appreciate about themselves.

No validated clinical or psychometric cutoffs have been established for this test yet. The results should therefore be considered exploratory indicators, meant to support the clinical interview, not diagnostic findings.

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 Laura V. - Online Psychologist