SSES

State Self-Esteem Scale (SSES)

The State Self-Esteem Scale (SSES) is a self-report questionnaire for assessing self-esteem as experienced at a specific moment, as opposed to general or trait self-esteem. It measures fluctuations in self-esteem following various life events or experimental stimuli, across three dimensions: performance, social appearance, and social esteem.

Number of questions	20 questions
Estimated duration	5 minutes
Language	English
Original name	State Self-Esteem Scale
Target audience	Adults, adolescents
Authors	Todd F. Heatherton, Patricia M. Polivy (1991)
Category	Self-esteem

Preview of the 20 questions

Right now:

I feel confident about my abilities.

Not at all | A little bit | Somewhat | Very much | Extremely

Right now:

I am worried about whether I am regarded as a success or failure.

Not at all | A little bit | Somewhat | Very much | Extremely

Right now:

I feel satisfied with the way my body looks right now.

Not at all | A little bit | Somewhat | Very much | Extremely

Right now:

I feel frustrated or rattled about my performance.

Not at all | A little bit | Somewhat | Very much | Extremely

Right now:

I feel that I am having trouble understanding things that I read.

Not at all | A little bit | Somewhat | Very much | Extremely

Scoring & interpretation

Each item is rated on a 5-point Likert scale (from 1 = 'Strongly disagree' to 5 = 'Strongly agree'). Some items are reverse-scored. The scores are summed to obtain an overall score and three subscores (performance, appearance, social). A higher score indicates higher momentary self-esteem.