Rosenberg’s Self-Esteem Scale (SES)


Price & Availability - No fee for educational and professional research. Cite original citation. For a copy of the tool, please see instrument website.

Brief Description of Instrument - Measure of global self-esteem. It consists of 10 statements related to overall feelings of self-worth or self-acceptance.

Administration Time - 2 to 3 minutes.

Scale Format - Likert type scale, ranging from strongly agree - strongly disagree. 10 items.

Administration Technique - Self-administered questionnaire.

Scoring and Interpretation - Scores are calculated as follows: For items 1, 2, 4, 6, 7: strongly agree=3, agree=2, disagree=1, strongly disagree=0. For items 3, 5, 8, 9, 10: strongly agree=0, agree=1, disagree=2, strongly disagree=3. The scale score ranges from 0-30, a higher score denotes higher self-esteem.

Factors and Norms - Studies have demonstrated both a unidimensional and a two-factor (self-confidence and self-deprecation) structure to the scale.

Test-retest Reliability - Correlations range from .82 to .88.
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**Internal Consistency** - Cronbach's alpha range from .77 to .88.

**Strengths** - The SES is widely used. Researchers will be able to search literature for established norms in areas of interest.

**Notes for Consideration** - Various translations are available, again, search literature and contact article authors directly.


**Related Methods Articles (Not Reviewed)** - Please see [instrument website](#) for a list of references.