

For more articles on self-esteem and other advice on dealing with issues affecting child abuse survivors, please visit <http://www.zentactics.com>.

Rosenberg Self-Esteem Scale (Rosenberg, 1965)

The scale is a ten item Likert scale developed by Dr. Morris Rosenberg with items answered on a four point scale - from strongly agree to strongly disagree. The original sample from which the scale was developed consisted of 5,024 High School Juniors and Seniors from 10 randomly selected schools in New York State.

How to Use This Free Self-Esteem Test

The scale ranges from 0-30, with 30 being the highest score (each item ranges from a score of 0 to 3). The higher your score, the higher your level of self-esteem.

It is interesting to note there are no specific scoring markers to indicate whether you have "high" or "low" self-esteem. Instead, you're supposed to examine the research literature to figure out what is normal for the group you are studying (e.g., "drug abusers"). For example, one study sampled a group of male students ages 12-19 from nine school districts in the country of Canada. The average score was 31.36 (this was a scale ranging from 10-40). Anything below 21 was considered a poor level of self-esteem (so if this study had used a 30 point scale to measure these students, a low level of self-esteem would roughly translate to 16 instead of 21).

From a layman's perspective, if you've been abused, you probably already know instinctively if you have self-esteem issues. But taking this test gives you an objective "number" that you can use to decide what to do. For instance, if you're not enrolled in therapy and you score less than 16 (a low level of self-esteem for the students in the previously cited study), then I would suggest you consider enrolling in therapy to help sort out some things.

Child Abuse Data Experiment

ZenTactics is conducting an experiment to collect some data on self-esteem from readers of this site. So if you would like to help with the experiment, could you please email us and tell us your gender, age, type of abuse you've suffered (physical, sexual, emotional, or none at all; if you've suffered from more than one kind of abuse, please indicate that to the best of your ability), and score using our contact form at:

<http://www.zentactics.com/contact-form.html>

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Once I'm confident I have some meaningful results, I'll start posting them to the site. This way you can see the "average" level of self-esteem for this random sample.

Instructions: Below is a list of statements dealing with your general feelings about yourself. If you strongly agree, circle SA. If you agree with the statement, circle A. If you disagree, circle D. If you strongly disagree, circle SD.

1.	I feel that I am a person of worth, at least on an equal plane with others.	SA	A	D	SD
2.	I feel that I have a number of good qualities.	SA	A	D	SD
3.	All in all, I am inclined to feel that I am a failure.	SA	A	D	SD
4.	I am able to do things as well as most other people.	SA	A	D	SD
5.	I feel I do not have much to be proud of.	SA	A	D	SD
6.	I take a positive attitude toward myself.	SA	A	D	SD
7.	On the whole, I am satisfied with myself.	SA	A	D	SD
8.	I wish I could have more respect for myself.	SA	A	D	SD
9.	I certainly feel useless at times.	SA	A	D	SD
10.	At times I think I am no good at all.	SA	A	D	SD

TOTAL SCORE: _____

How to Determine Your Score:

SA=3, A=2, D=1, SD=0. Items with an asterisk are reverse scored, that is, SA=0, A=1, D=2, SD=3. Sum the scores for the 10 items. The higher the score, the higher the self esteem.

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P.S. A special thank you to the Morris Rosenberg Foundation for allowing the Rosenberg Self-Esteem Scale to be used for educational and informational purposes.