

Auswertung: Summe berechnen:

Fragen ohne Sternchen: strongly agree-4, agree-3, disagree-2, strongly disagree-1

Fragen mit Sternchen: strongly agree-1, agree-2, disagree-3, strongly disagree-4

Je höher der Wert, desto höher der Selbstwert. Ab 32 ist es ein guter Selbstwert.

### Rosenberg Self-Esteem Scale (Rosenberg, 1965)

Instructions: Below is a list of statements dealing with your general feelings about yourself. If you **strongly agree**, tick in that column. If you **agree** with the statement, tick in the agree column. If you **disagree**, tick disagree. If you **strongly disagree**, tick strongly disagree.

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