State Self-Esteem Scale

Name: _____ **Date:** _____ dd / mm / yyyy

This is a questionnaire designed to measure what you are thinking at this moment. There is, of course, no right answer for any statement. The best answer is what you feel is true of yourself at the moment. Be sure to answer all of the items, even if you are not certain of the best answer. Again, answer these questions as they are true for you RIGHT NOW.

I feel confident about my abilities.

- ◯ 1 Not at all
- ◯ 2 A little bit
- ◯ 3 Somewhat
- ◯ 4 Very much
- ◯ 5 Extremely

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

- ◯ 1 Not at all
- ◯ 2 A little bit
- ◯ 3 Somewhat
- ◯ 4 Very much
- ◯ 5 Extremely

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

- ◯ 1 Not at all
- ◯ 2 A little bit
- ◯ 3 Somewhat
- ◯ 4 Very much
- ◯ 5 Extremely

I feel frustrated or rattled about my performance.

- ◯ 1 Not at all
- ◯ 2 A little bit
- ◯ 3 Somewhat
- ◯ 4 Very much
- ◯ 5 Extremely

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

- ◯ 1 Not at all
- ◯ 2 A little bit
- ◯ 3 Somewhat
- ◯ 4 Very much
- ◯ 5 Extremely

I feel that others respect and admire me.

- ◯ 1 Not at all
- ◯ 2 A little bit
- ◯ 3 Somewhat
- ◯ 4 Very much
- ◯ 5 Extremely

I am dissatisfied with my weight.

- ◯ 1 Not at all
- ◯ 2 A little bit
- ◯ 3 Somewhat
- ◯ 4 Very much
- ◯ 5 Extremely

I feel self-conscious.

- ◯ 1 Not at all
- ◯ 2 A little bit
- ◯ 3 Somewhat
- ◯ 4 Very much
- ◯ 5 Extremely

I feel as smart as others.

- ◯ 1 Not at all
- ◯ 2 A little bit
- ◯ 3 Somewhat
- ◯ 4 Very much
- ◯ 5 Extremely

I feel displeased with myself.

- ◯ 1 Not at all
- ◯ 2 A little bit
- ◯ 3 Somewhat
- ◯ 4 Very much
- ◯ 5 Extremely

I feel good about myself.

- ◯ 1 Not at all
- ◯ 2 A little bit
- ◯ 3 Somewhat
- ◯ 4 Very much
- ◯ 5 Extremely

I am pleased with my appearance right now.

- ◯ 1 Not at all
- ◯ 2 A little bit
- ◯ 3 Somewhat
- ◯ 4 Very much
- ◯ 5 Extremely

I am worried about what other people think of me.

- ◯ 1 Not at all
- ◯ 2 A little bit
- ◯ 3 Somewhat
- ◯ 4 Very much
- ◯ 5 Extremely

I feel confident that I understand things.

- ◯ 1 Not at all
- ◯ 2 A little bit
- ◯ 3 Somewhat
- ◯ 4 Very much
- ◯ 5 Extremely

I feel inferior to others at this moment.

- ◯ 1 Not at all
- ◯ 2 A little bit
- ◯ 3 Somewhat
- ◯ 4 Very much
- ◯ 5 Extremely

I feel unattractive.

- ◯ 1 Not at all
- ◯ 2 A little bit
- ◯ 3 Somewhat
- ◯ 4 Very much
- ◯ 5 Extremely

I feel concerned about the impression I am making.

- ◯ 1 Not at all
- ◯ 2 A little bit
- ◯ 3 Somewhat
- ◯ 4 Very much
- ◯ 5 Extremely

I feel that I have less scholastic ability right now than others.

- ◯ 1 Not at all
- ◯ 2 A little bit
- ◯ 3 Somewhat
- ◯ 4 Very much
- ◯ 5 Extremely

I feel like I'm not doing well.

- ◯ 1 Not at all
- ◯ 2 A little bit
- ◯ 3 Somewhat
- ◯ 4 Very much
- ◯ 5 Extremely

I am worried about looking foolish.

- ◯ 1 Not at all
- ◯ 2 A little bit
- ◯ 3 Somewhat
- ◯ 4 Very much
- ◯ 5 Extremely

Total score: _____

Items 2, 4, 5, 7, 8, 10, 13, 15, 16, 17, 18, 19, 20 are reverse-scored. Sum scores from all items and keep scale as a continuous measure of state self esteem. The subcomponents are scored as follows: Performance Self-esteem items: 1, 4, 5, 9, 14, 18, 19. Social Self-esteem items: 2, 8, 10, 13, 15, 17, 20. Appearance Self-esteem items: 3, 6, 7, 11, 12, 16.

Additional notes

Heatherton, T. F. & Polivy, J. (1991). Development and validation of a scale for measuring state self-esteem. Journal of Personality and Social Psychology, 60, 895-910