Single-Item Self-Esteem Scale

(Robins, Hendin, & Trzesniewski, 2001)

The Single-Item Self-Esteem Scale was designed as an alternative to using the Rosenberg Self-Esteem Scale. The Single-Item Self-Esteem Scale is, as its name suggests, a one-item measure of global self-esteem. Participants answer the single item on a 5-point Likert scale, ranging from 1 (not very true of me) to 5 (very true of me). Though shortened, the scale has strong convergent validity with the Rosenberg Self-Esteem Scale and had similar predictive validity as the Rosenberg Self-Esteem Scale.

Scale:

I have high self-esteem.

- Not very true of me 1 ---- 2 ---- 3 ---- 4 ---- 5 ---- 6 ---- 7 Very true of me.

Citation: