

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:

Robins, R. W., Hendin, H. M., & Trzesniewski, K. H. (2001). Measuring Global Self-Esteem: Construct Validation of a Single-Item Measure and the Rosenberg Self-Esteem Scale. *Personality and Social Psychology Bulletin*, 27, 151-161.