

# SINGLE-ITEM SELF-ESTEEM SCALE

## Reference:

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.

## Description of Measure:

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.

## Abstracts of Selected Related Articles:

Robins, R. W., Trzesniewski, K. H., Tracy, J. L., Gosling, S. D., & Potter, J. (2002). Global self-esteem across the life-span. *Psychology and Aging*, 17, 423-434.

This study provides a comprehensive picture of age differences in self-esteem from age 9 to 90 years using cross-sectional data collected from 326,641 individuals over the Internet. Self-esteem levels were high in childhood, dropped during adolescence, rose gradually throughout adulthood, and declined sharply in old age. This trajectory generally held across gender, socioeconomic status, ethnicity, and nationality (U.S. citizens vs. non-U.S. citizens). Overall, these findings support previous research, help clarify inconsistencies in the literature, and document new trends that require further investigation.

Robins, R. W., Tracy, J. L., Trzesniewski, K. H., Potter, J., & Gosling, S. D. (2001). Personality Correlates of Self-Esteem. *Journal of Research in Personality*, 35, 463-482.

The current study examined the relation between self-esteem and the Big Five personality dimensions. Data were collected over the Internet from a large heterogeneous sample of individuals who ranged in age from 9 to 90 years ( $N = 326,641$ ). Collectively, the Big Five accounted for 34% of the variance in self-esteem. High self-esteem individuals were emotionally stable, extraverted, and conscientious and were somewhat agreeable and open to experience. Despite an extensive search for potential mediators and moderators of this general pattern, the relations between self-esteem and the Big Five largely cut across age, sex, social class, ethnicity, and nationality (United States vs non-United States). High self-esteem individuals tended to ascribe socially desirable traits to themselves, and this tendency partially mediated relations between the Big Five and self-esteem. Discussion focuses on interpreting the social desirability effects, limitations of the study, and directions for future research.

De Cremer, D., van Knippenberg, B., van Knippenberg, D., Mullenders, D., & Stinglhamber, F. (2005). Rewarding leadership and fair procedures as determinants of self-esteem. *Journal of Applied Psychology*, 90, 3-12.

In the present research, the authors examined the effect of procedural fairness and rewarding leadership style on an important variable for employees: self-esteem. The authors predicted that procedural fairness would positively influence people's reported self-esteem if

the leader adopted a style of rewarding behavior for a job well done. Results from a scenario experiment, a laboratory experiment, and an organizational survey indeed show that procedural fairness and rewarding leadership style interacted to influence followers' self-esteem, such that the positive relationship between procedural fairness and self-esteem was more pronounced when the leadership style was high in rewarding behavior. Implications in terms of integrating the leadership and procedural fairness literature are discussed.

**Scale:**

I have high self-esteem.

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