

STATE SELF-ESTEEM SCALE

Reference:

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.

Description of Measure:

A 20-item scale that measures a participant's self-esteem at a given point in time. The 20 items are subdivided into 3 components of self-esteem: (1) performance self-esteem, social self-esteem, and appearance self-esteem. All items are answered using a 5-point scale (1= not at all, 2= a little bit, 3= somewhat, 4= very much, 5= extremely).

Abstracts of Selected Related Articles:

Lyubomirsky, S. & Ross, L. (1997). Hedonic consequences of social comparison: A contrast of happy and unhappy people. *Journal of Personality and Social Psychology*, 73, 1141-1157.

Two studies tested the hypothesis that self-rated unhappy individuals would be more sensitive to social comparison information than would happy ones. Study 1 showed that whereas unhappy students' affect and self-assessments were heavily affected by a peer who solved anagrams either faster or slower, happy students' responses were affected by the presence of a slower peer only. These between-group differences proved to be largely independent of 2 factors associated with happiness, i.e., self-esteem and optimism. Study 2 showed that whereas the unhappy group's responses to feedback about their own teaching performance were heavily influenced by a peer who performed even better or even worse, happy students' responses again were moderated only by information about inferior peer performance. Implications for our appreciation of the link between cognitive processes and "hedonic" consequences are discussed.

Ikegami, T. (2002). The role of state self-esteem in positive mood effects on person impression: When does a positive mood lead to a favorable view of others? *Japanese Psychological Research*, 44, 20-33.

Subjects in a positive or a neutral mood were engaged in an impression formation task (Experiment 1), and in a word fragment completion task (Experiment 2). A self-referent versus other-referent sentence completion task was used to induce a positive mood state. As a result, the subjects exhibited mood congruent effects on impression ratings in the self-referent but not in the other-referent mood induction condition. Word completion data, however, indicated that relevant traits (i.e., friendly traits) had been equally activated across the two mood induction conditions. It was also demonstrated that the self-referent induction procedure was effective in enhancing the level of self-esteem, whereas the other-referent one was not. The results converged to suggest that the enhancement in state self-esteem accompanying the self-referent procedure might be relevant to positive mood effects on person impression. This indicates the limitation of the mood priming model.

Harter, S., Waters, P., & Whitesell, N. R. (1998). Relational self-worth: Difference in perceived worth as a person across interpersonal contexts among adolescents. *Child Development*, 69, 756-766.

The present study investigated the hypothesis that in addition to perceptions of one's global self-worth as a person, individuals evaluate their self-worth differently across relational contexts. Perceptions of self-worth among adolescents were examined in 4 such contexts: with parents, teachers, male classmates, and female classmates. The factor pattern revealed a clear, 4-factor solution with negligible cross-loadings. Approximately three-fourths of the participants reported differences in self-worth, ranging from small to large, across contexts. To examine the basis for differences and similarities across relationships, self-worth in each context was predicted by the validation support reported by adolescents in that context. Support in a given context was significantly more highly correlated with relational self-worth in the corresponding context than in any of the other contexts. Adolescents could be divided into subgroups based upon the high correlation between self-worth in one particular context and global self-worth. These findings suggest that how an individual evaluates the self in certain relationships is critical to his or her overall sense of worth as a person.

Scale (taken from

<http://www.psychbytes.com/Quizzes/Heatherton%20and%20Polivy%20State%20Self-Esteem%20Scale/Heatherton%20and%20Polivy.htm>):

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**.

1. I feel confident about my abilities.

1	2	3	4	5
Not At All	A Little Bit	Somewhat	Very Much	Extremely

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

1	2	3	4	5
Not At All	A Little Bit	Somewhat	Very Much	Extremely

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

1	2	3	4	5
Not At All	A Little Bit	Somewhat	Very Much	Extremely

4. I feel frustrated or rattled about my performance .

1	2	3	4	5
Not At All	A Little Bit	Somewhat	Very Much	Extremely

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

1	2	3	4	5
Not At All	A Little Bit	Somewhat	Very Much	Extremely

6. I feel that others respect and admire me.

1	2	3	4	5
Not At All	A Little Bit	Somewhat	Very Much	Extremely

7. I am dissatisfied with my weight.
- | | | | | |
|------------|--------------|----------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| Not At All | A Little Bit | Somewhat | Very Much | Extremely |
8. I feel self-conscious.
- | | | | | |
|------------|--------------|----------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| Not At All | A Little Bit | Somewhat | Very Much | Extremely |
9. I feel as smart as others.
- | | | | | |
|------------|--------------|----------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| Not At All | A Little Bit | Somewhat | Very Much | Extremely |
10. I feel displeased with myself.
- | | | | | |
|------------|--------------|----------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| Not At All | A Little Bit | Somewhat | Very Much | Extremely |
11. I feel good about myself.
- | | | | | |
|------------|--------------|----------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| Not At All | A Little Bit | Somewhat | Very Much | Extremely |
12. I am pleased with my appearance right now.
- | | | | | |
|------------|--------------|----------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| Not At All | A Little Bit | Somewhat | Very Much | Extremely |
13. I am worried about what other people think of me.
- | | | | | |
|------------|--------------|----------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| Not At All | A Little Bit | Somewhat | Very Much | Extremely |
14. I feel confident that I understand things.
- | | | | | |
|------------|--------------|----------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| Not At All | A Little Bit | Somewhat | Very Much | Extremely |
15. I feel inferior to others at this moment.
- | | | | | |
|------------|--------------|----------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| Not At All | A Little Bit | Somewhat | Very Much | Extremely |
16. I feel unattractive.
- | | | | | |
|------------|--------------|----------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| Not At All | A Little Bit | Somewhat | Very Much | Extremely |
17. I feel concerned about the impression I am making.
- | | | | | |
|------------|--------------|----------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| Not At All | A Little Bit | Somewhat | Very Much | Extremely |
18. I feel that I have less scholastic ability right now than others.
- | | | | | |
|------------|--------------|----------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| Not At All | A Little Bit | Somewhat | Very Much | Extremely |
19. I feel like I'm not doing well.
- | | | | | |
|------------|--------------|----------|-----------|-----------|
| 1 | 2 | 3 | 4 | 5 |
| Not At All | A Little Bit | Somewhat | Very Much | Extremely |

20. I am worried about looking foolish.

1	2	3	4	5
Not At All	A Little Bit	Somewhat	Very Much	Extremely

Scoring:

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.