



## Assessment Report

**Practice:** Mindful Psychology  
**Practitioner:** Dr Sarah Johnson  
**Client:** Alex Carter  
**Date:** 26/04/2026

EXAMPLE REPORT — Prepared by a practitioner inside Grounded Scribe. Fictional data; not a clinical result.

## RSES — Rosenberg Self-Esteem Scale

A 10-item measure of global self-esteem. One of the most widely used self-esteem scales in social science research.

### INTERPRETATION

**Current score: 16**

### ABOUT THIS ASSESSMENT

#### Clinical Purpose

The Rosenberg Self-Esteem Scale (RSES) is a 10-item self-report measure of global self-esteem — the overall evaluation a person makes of their own worth. It captures both positive self-regard and negative self-perception, providing a single total score. It is the most widely used self-esteem measure in social science research and clinical practice.

#### Origins & Development

Developed by sociologist Morris Rosenberg, published in his 1965 book "Society and the Adolescent Self-Image." Originally designed for adolescents but subsequently validated across all age groups, cultures, and clinical populations. The scale has been translated into 28+ languages, with over 50 years of normative data. It demonstrates strong psychometric properties (alpha = 0.77-0.88, test-retest r = 0.82-0.88) and a unidimensional factor structure.

#### Australian Context

Used extensively in Australian school-based mental health programs, headspace youth mental health services, and NDIS psychosocial disability assessments. Australian normative data is available through the Longitudinal Study of Australian Children (LSAC) and the Household, Income and Labour Dynamics in Australia (HILDA) Survey. It is a common outcome measure in Australian youth mental health research.

### SCORE HISTORY

Date	Score	Severity
13/02/2026	12	
13/03/2026	14	
13/04/2026	16	



Assessment Report — Response Details

RESPONSE DETAILS

#	Statement	Strongly Disagree	Disagree	Agree	Strongly Agree
1	On the whole, I am satisfied with myself	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
2	At times I think I am no good at all	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
3	I feel that I have a number of good qualities	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	I am able to do things as well as most other people	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
5	I feel I do not have much to be proud of	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
6	I certainly feel useless at times	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	I feel that I'm a person of value at least on an equal plane with others	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
8	I wish I could have more respect for myself	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	All in all, I am inclined to feel that I am a failure	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	I take a positive attitude toward myself	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Grounded Scribe Platform

Item-level response details, score tracking over time, RCI analysis, and outcome reports are available when assessments are administered through the platform.

REFERENCES

- Rosenberg M. Society and the Adolescent Self-Image. Princeton, NJ: Princeton University Press; 1965.
- Robins RW, Hendin HM, Trzesniewski KH. Measuring global self-esteem: construct validation of a single-item measure and the Rosenberg Self-Esteem Scale. Pers Soc Psychol Bull. 2001;27(2):151-161.
- Schmitt DP, Allik J. Simultaneous administration of the Rosenberg Self-Esteem Scale in 53 nations: exploring the universal and culture-specific features of global self-esteem. J Pers Soc Psychol. 2005;89(4):623-642.
- Lawrence D, Johnson S, Hafekost J, et al. The Mental Health of Children and Adolescents: Report on the Second Australian Child and Adolescent Survey of Mental Health and Wellbeing (Young Minds Matter). Department of Health, Canberra; 2015. Provides Australian adolescent self-esteem reference data via the Adolescent Self-Esteem Questionnaire derived from RSES items.

ACKNOWLEDGEMENT & LICENSING

The Rosenberg Self-Esteem Scale is in the public domain. Permission granted by Dr. Florence Rosenberg via the University of Maryland Department of Sociology. Use without charge and without notification. <https://socy.umd.edu/about-us/rosenberg-self-esteem-scale>

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