BetterMind BetterWorld HEALTHCARE

Client Information

Client Name	Test Client
Date of birth (age)	23 March 1980 (37)

Assessment Information

Assessment	Rosenberg Self-Esteem Scale (RSES)
Date administered	18 April 2017
Assessor	Mr. Demo Assessor
Time taken	0 minutes 11 seconds

Results

	Value	Percentile
Total Self-Esteem Score	18	21.3
Self-Competence Scale	8	7.7
Self-Liking Scale	10	42.7
SC-SL Scale	-2	5.7

Interpretive Text

This individual scored in the average range for self-esteem.

Scoring and Interpretation Information

The minimum total score is 0 and the maximum is 30, with higher scores representing higher self-esteem. Results consist of four raw scores and four percentiles: Total self-esteem, self-competence (sum of first five items), self-liking (sum of second five items) and self-competence minus self liking (SC-SL). Percentiles indicate how the client's self-esteem compares to Sinclair's adult sample.

Sinclair et al. (2010) found that among a sample of 503 adults (M = 44.7 years, SD = 16.3) the average self-esteem score was 22.62 (SD = 5.8). The self-competence subscale had a mean of 12.01 (SD=2.82). The mean for self-liking was 10.62 (SD = 3.35). Additionally, when the raw self-liking score was taken away from the raw self-competence score (SC-SL), the average difference was 1.39 (SD=2.15).

Despite higher self-esteem not always being more adaptive, evidence shows that self-esteem is negatively and linearly related to disorders of mood and anxiety (Greenberg et al., 1992; Lightsey et al., 2006; Neustadt et al., 2006; Torrey et al., 2000), so higher self-esteem has been shown to be protective against some mental disorders.

BetterMind
BetterWorld
HEALTHCARE

Client Name	Test Client

Client Responses

		Strongly Agree	Agree	Disagree	Strongly Disagree
1	On the whole, I am satisfied with myself	3	2	1	0
2	At times, I think I am no good at all	0	1	2	3
3	I feel that I have a number of good qualities	3	2	1	0
4	I am able to do things as well as most other people	3	2	1	0
5	I feel I do not have much to be proud of	0	1	2	3
6	I certainly feel useless at times	0	1	2	3
7	I feel that I'm a person of worth, at least on an equal plane with others	3	2	1	0
8	I wish I could have more respect for myself	0	1	2	3
9	All in all, I am inclined to feel that I am a failure	0	1	2	3
10	I take a positive attitude toward myself	3	2	1	0