COOPERSMITH SELF-ESTEEM INVENTORY

Reference:

Description of Measure:

A 50-item measure of attitudes toward oneself. The inventory was originally designed to measure children’s self-esteem. However, it was modified by Ryden (1978) for use on adults. For each item, participants answer whether the statement provided is “like me” or “not like me”.

Abstracts of Selected Related Articles:


A version of S. Coopersmith’s (1967) Self-Esteem Inventory, modified for use with adults, was found to have a test-retest reliability of approximately .80 for 32 adult women over periods of 6-58 wks. Correlation of the scores with the Marlowe-Crowne Social Desirability Scale for 51 college students was .47. Use of the Lie scale on the Self-Esteem scale to identify Ss whose self-reports were markedly influenced by a social desirability factor reduced this correlation to .32.


Assesses the construct validity of the Coopersmith Self-Esteem Inventory using a variation of Thurstone’s Orthogonal Rotation technique. Also attempted to obtain data on the sources of self-esteem which contribute to global self-esteem. It was hoped that data would reflect the comparative importance of the home, peers, and the school to the global self-esteem of pre-adolescents and adolescents.


A survey was administered to 153 sixth through twelfth graders. It included items on videogame play plus self-esteem and aggression scales. Teachers also rated the children on self-esteem and aggression. Amount of videogame play correlated with aggression and not with self-esteem. About 4796 of the sample said some videogames might foster anger or aggression. Among other results was evidence that boys play videogames more than girls and are more aggressive than girls. Self-esteem and aggression were positively correlated on teacher ratings but negatively on self-ratings.


Read each of the following statements; check the “like me” column if it describes how you usually feel and the “unlike me” column if it does not describe how you usually feel.
Like me    Unlike me

1. I spend a lot of time daydreaming.  
2. I'm pretty sure of myself.  
3. I often wish I were someone else.  
4. I'm easy to like.  
5. My family and I have a lot of fun together.  
6. I never worry about anything.  
7. I find it very hard to talk in front of a group.  
8. I wish I were younger.  
9. There are lots of things about myself I'd change if I could.  
10. I can make up my mind without too much trouble.  
11. I'm a lot of fun to be with.  
12. I get upset easily at home.  
13. I always do the right thing.  
14. I'm proud of my work.  
15. Someone always has to tell me what to do.  
16. It takes me a long time to get used to anything new.  
17. I'm often sorry for the things I do.  
18. I'm popular with people my own age.  
19. My family usually considers my feelings.  
20. I'm never happy.  
21. I'm doing the best work that I can.  
22. I give in very easily.  
23. I can usually take care of myself.  
24. I'm pretty happy.  
25. I would rather associate with people younger than me.  
26. My family expects too much of me.  
27. I like everyone I know.  
28. I like to be called on when I am in a group.  
29. I understand myself.  
30. It's pretty tough to be me.  
31. Things are all mixed up in my life.  
32. People usually follow my ideas.  
33. No one pays much attention to me at home.  
34. I never get scolded.  
35. I'm not doing as well at work as I'd like to.  
36. I can make up my mind and stick to it.  
37. I really don't like being a man/woman.  
38. I have a low opinion of myself.  
39. I don’t like to be with other people.  
40. There are many times when I'd like to leave home.  
41. I'm never shy.  
42. I often feel upset.  
43. I often feel ashamed of myself.  
44. I'm not as nice-looking as most people.  
45. If I have something to say, I usually say it.  
46. People pick on me very often.  
47. My family understands me.  
48. I always tell the truth.
49. My employer or supervisor makes me feel I'm not good enough.
50. I don't care what happens to me.
51. I'm a failure.
52. I get upset easily when I am scolded.
53. Most people are better liked than I am.
54. I usually feel as if my family is pushing me.
55. I always know what to say to people.
56. I often get discouraged.
57. Things usually don't bother me.
58. I can't be depended on.

Scoring:

Lie Scale items: 1, 6, 13, 20, 27, 34, 41, 48. If a participant answered “like me” for 3 or more of these items, it suggests that he or she is trying too hard to present him or herself in a positive light. These participants should not be included in the analyses.

High Self Esteem Items were:
   “Like Me” on 2, 4, 5, 10, 11, 14, 18, 19, 21, 23, 24, 28, 29, 32, 36, 45, 47, 55, 57
   “Unlike Me” on 3, 7, 8, 9, 12, 15, 16, 17, 22, 25, 26, 30, 31, 33, 35, 37, 38, 39, 40, 42, 43, 44, 46, 49, 50, 51, 52, 53, 54, 56, 58

Sum up all the times a participant answered in this fashion. There are no cut-off points – keep the scale continuous.