

The Coopersmith Self-Esteem Inventory (CSEI) - An Adult Version

This scale is designed for an assessment of individual's global self-esteem.

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.

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| _____ | _____ | 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

The test has a built in "lie scale" to help determine if you are trying too hard to appear to have high self-esteem.

If you answered "like me" to three or more of the following items, retake the test with an eye toward being more realistic in your responses: 1, 6, 13, 20, 27, 34, 41, 48.

To calculate your score, add up the number of times your responses match those given below.

To determine how your level of self-esteem compares to that of others, find the value closest to your score in the table.

Like me: Items 2, 4, 5, 10, 11, 14, 18, 19, 21, 23, 24, 28, 29, 32, 36, 45, 47, 55, 57

Unlike me: Items 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

Men Women

33	32	Significantly below average
36	35	Somewhat below average
40	39	Average
44	43	Somewhat above average
47	46	Significantly above average

Source:

Ryden, M. B. 1978. An adult version of the Coopersmith Self-Esteem Inventory: Test-retest reliability and social desirability.

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(Dr. Ryden's scale is a modified version of a scale developed by Dr. Stanley Coopersmith to measure self-esteem in children. Dr. Ryden's version is designed to be used with adults.)