

# APPENDIX

## Self-Esteem Questionnaire

Please take a few minutes to provide us with the following information about yourself.

1. Age: \_\_\_\_\_ years
2. Sex (circle one): M      F
3. Major: \_\_\_\_\_
4. Year (circle one): FR      SO      JR      SR
5. Are you in a Social or Service Fraternity or Sorority?    Yes  
No
6. Cumulative Grade Point Average \_\_\_\_\_
7. On the whole I am satisfied with myself  
Strongly Agree      Agree      Disagree      Strongly Disagree  
1                      2                      3                      4
8. At times I think I am no good at all  
Strongly Agree      Agree      Disagree      Strongly Disagree  
1                      2                      3                      4
9. I feel that I have a number of good qualities  
Strongly Agree      Agree      Disagree      Strongly  
Disagree  
1                      2                      3                      4
10. I am able to do things as well as most other people  
Strongly Agree      Agree      Disagree      Strongly Disagree  
1                      2                      3                      4
11. I feel I do not have much to be proud of  
Strongly Agree      Agree      Disagree      Strongly Disagree  
1                      2                      3                      4
12. I certainly feel useless at times  
Strongly Agree      Agree      Disagree      Strongly Disagree  
1                      2                      3                      4
13. I feel that I'm a person of worth at least on an equal plane with  
others  
Strongly Agree      Agree      Disagree      Strongly Disagree  
1                      2                      3                      4
14. I wish I could have more respect for myself  
Strongly Agree      Agree      Disagree      Strongly Disagree  
1                      2                      3                      4
15. All in all, I am inclined to feel that I am a failure  
Strongly Agree      Agree      Disagree      Strongly Disagree  
1                      2                      3                      4
16. I take a positive attitude toward myself  
Strongly Agree      Agree      Disagree      Strongly Disagree  
1                      2                      3                      4
17. In social situations, I have something interesting to say  
Almost never      Rarely      Sometimes      Quite often      Most of the time  
1                      2                      3                      4                      5
18. Most people around me seem to be better off than I am  
Strongly disagree      Disagree      Somewhat agree      Agree      Strongly Agree  
1                      2                      3                      4                      5
19. I like being myself and accept the way I am  
Almost never      Rarely      Sometimes      Quite often      Most of the time  
1                      2                      3                      4                      5
20. I mess up everything I touch  
Almost never      Rarely      Sometimes      Quite often      Most of the time  
1                      2                      3                      4                      5
21. When I see a good opportunity, I recognize it and seize it  
Almost never      Rarely      Sometimes      Quite often      Most of the time  
1                      2                      3                      4                      5
22. People respect and like only those who are good looking, smart,  
witty, talented or rich

Strongly disagree Disagree Somewhat agree Agree Strongly Agree  
1 2 3 4 5

23. To me, success is not imperative. The most important thing is to try and do my best  
Strongly disagree Disagree Somewhat agree Agree Strongly Agree  
1 2 3 4 5

24. I deserve to be loved and respected  
Strongly disagree Disagree Somewhat agree Agree Strongly Agree  
1 2 3 4 5

25. Unlike others, I really have to go out of my way to make and keep a friend  
Strongly disagree Disagree Somewhat agree Agree Strongly Agree  
1 2 3 4 5

26. If someone ever falls in love with me, I better do my best to prove worthy because it may well never happen to me again  
Strongly disagree Disagree Somewhat agree Agree Strongly Agree  
1 2 3 4 5

27. Being myself is a guarantee that people will dislike me  
Strongly disagree Disagree Somewhat agree Agree Strongly Agree  
1 2 3 4 5

28. I am not sure I have done a good job unless someone else points it out  
Almost never Rarely Sometimes Quite often Most of the time  
1 2 3 4 5

29. I am afraid of being rejected by my friends  
Almost never Rarely Sometimes Quite often Most of the time  
1 2 3 4 5

30. If I don't do as well as others, it means that I am an inferior person  
Strongly disagree Disagree Somewhat agree Agree Strongly Agree  
1 2 3 4 5

31. I could disappear from the surface of the earth, and nobody would notice  
Strongly disagree Disagree Somewhat agree Agree Strongly Agree  
1 2 3 4 5

32. A partial failure is as bad as a complete failure  
Strongly disagree Disagree Somewhat agree Agree Strongly Agree  
1 2 3 4 5

33. In case of need, I know people who care enough about me to offer their help  
Strongly disagree Disagree Somewhat agree Agree Strongly Agree  
1 2 3 4 5

34. I feel worthless and futile  
Almost never Rarely Sometimes Quite often Most of the time  
1 2 3 4 5

35. I feel I can make mistakes without losing the love or respect of others  
Almost never Rarely Sometimes Quite often Most of the time  
1 2 3 4 5

36. I let those who care about me down  
Almost never Rarely Sometimes Quite often Most of the time  
1 2 3 4 5

37. If I can't do something well, there is no point in doing it at all  
Strongly disagree Disagree Somewhat agree Agree Strongly Agree  
1 2 3 4 5

38. I will never amount to anything significant  
Strongly disagree Disagree Somewhat agree Agree Strongly Agree  
1 2 3 4 5

39. I don't need other people's approval in order to be happy and satisfied with myself  
 Strongly disagree Disagree Somewhat agree Agree Strongly Agree  
 1 2 3 4 5

40. I have what it takes to socialize with other people  
 Strongly disagree Disagree Somewhat agree Agree Strongly Agree  
 1 2 3 4 5

41. I think I am a failure  
 Almost never Rarely Sometimes Quite often Most of the time  
 1 2 3 4 5

42. Someone that stands up to me or disagrees with me may still very well like and respect me  
 Strongly disagree Disagree Somewhat agree Agree Strongly Agree  
 1 2 3 4 5

43. By ignoring a problem, you can make it go away  
 Strongly disagree Disagree Somewhat agree Agree Strongly Agree  
 1 2 3 4 5

44. I see myself as someone special and worthy of other people's attention and affection  
 Almost never Rarely Sometimes Quite often Most of the time  
 1 2 3 4 5

45. How I feel about myself is more important than others' opinions of me  
 Strongly disagree Disagree Somewhat agree Agree Strongly Agree  
 1 2 3 4 5

46. I will never be as capable as I should be  
 Strongly disagree Disagree Somewhat agree Agree Strongly Agree  
 1 2 3 4 5