

Supplementary File

Rosenberg self-esteem scale

Below is a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement.

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

Rosenberg self-esteem scale

Items	Strongly agree	Agree	Disagree	Strongly disagree
1, 2, 4, 6, 7	3	2	1	0
3, 5, 8, 9, 10	0	1	2	3

Scoring of scale

- The scale ranges from 0 to 30.
- Scores between 15 and 25 are within normal range.
- Scores below 15 suggest low self-esteem.