**Six-Item State Self Esteem Scale (SSES-6)**

Instructions from Heatherton & Polivy’s (1991) original 20-item State Self-Esteem scale:

This is a questionnaire designed to measure what you are thinking at this moment. There is, of course, no right answer for any statement. The best answer is what you feel is true of yourself at the moment. Be sure to answer all of the items, even if you are not certain of the best answer. Again, answer these questions as they are true for you RIGHT NOW.

Please rate yourself on the items below using the following response scale:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Strongly disagree | Disagree | Slightly  disagree | Neutral/no opinion | Slightly  agree | Agree | Strongly  agree |

1. I feel satisfied with the way my body looks right now. \_\_\_\_
2. I feel frustrated or rattled about my performance. \_\_\_\_
3. I am worried about what other people think of me. \_\_\_\_
4. I feel unattractive. \_\_\_\_
5. I feel like I’m not doing well. \_\_\_\_
6. I am worried about looking foolish. \_\_\_\_

Scoring Instructions:

* Reverse-score Items 2–6.
* State Self-Esteem Scale composite score: Average Items 1–6
* Appearance Self-Esteem subscale: Average Items 1 and 4.
* Performance Self-Esteem subscale: Average Items 2 and 5.
* Social Self-Esteem subscale: Average Items 3 and 6.

Webster, G. D., Howell, J. L., & Shepperd, J. A. (in press). Self-esteem in 60 seconds: The six-item State Self-Esteem Scale (SSES-6). *Assessment*. <https://doi.org/10.1177/1073191120958059> <https://doi.org/10.31234/osf.io/emfwn>