

Key to Multidimensional Self-Esteem Scales (or Revised Janis-Field Scale due to Fleming and Courtney, 1984)

**Total score:** all 36 items.

Obtain sum items, reverse scoring those with asterisks (see footnote).

**Self-Regard (global self-esteem):** 7 items.

1, 7, 13, 14\*, 26\*, 32, 35

**Social Confidence:** 12 items.

2, 5, 6, 11, 12, 15, 16, 20, 21, 27, 31, 33

**School Abilities:** 7 items.

9, 10, 17, 19\*, 22, 28, 34

**Physical Appearance:** 5 items.

3\*, 23, 25, 29, 36

**Physical Abilities:** 5 items.

4, 8, 18, 24, 30.

*NOTE:* An asterisk indicates that an item should be reverse scored (1 → 5, 2 → 4, 3 → 3, 4 → 2, 5 → 1).