



WALMYR Publishing Company

Measurement Scale Fact Sheet

Index of Self-Esteem (ISE)

The Index of Self-Esteem, or ISE, was designed to measure the degree, severity, or magnitude of a problem the client has with self-esteem. When using the ISE scale, it is important to make a distinction between self-concept and self-esteem. Self-esteem, as conceptualized and measured with respect to the ISE, is the evaluative component of self-concept. The client may have an accurate self-concept and a severe problem with self-esteem. For example, a client may see himself accurately as an introverted and quiet person (self-concept). If he likes and admires quiet and introverted people or attributes, he is likely to have a high sense of self-esteem in this regard. However, if he dislikes such people or attributes, he is likely to have a low sense of self-esteem. It is also useful to remember that the self-concept is multifaceted and involves many different views of one's self (Nurius, 1990; Nurius & Marcus, 1990).

Self-esteem can be evaluated quite globally or it might well be evaluated with respect to various domains or situationally specific circumstances. For example, you may have a client whose self-esteem is quite high when she is referring to her performance in relationship to work or professional functioning. On the other hand, she may have poor self-esteem when she refers to her social life. This means you can use the ISE scale to obtain context specific measures of client problems with respect to self-esteem. You could ask the client to complete the ISE scale with respect to her social life (marking "social life" at the top of the scale to document the reference group) and then ask her to complete the scale again but with respect to her role as a professional. In other words, you and the client can decide on the specific areas of functioning which become the assessment focus in evaluating self-esteem, but you should carefully note the frame of reference at the top of the scale as part of your documentation.

Because depression and low self-esteem tend to correlate highly with one another, the GCS scale should be administered to clients who have large ISE scores in order to evaluate the severity of the probable depressive reaction. However, these scales measure two different problems and must not be used as substitutes for one another.

Score Interpretation

This scale produces scores that range from 0 to 100. For all practical purposes the scores can be regarded as true ratio scale values. A score of 0 indicates the client has none of the attributes of depression and a score of 100 represents the highest possible distrust level the scale is capable of measuring.

Cutting Scores

The scale has two clinical cutting scores. The first is a score of 30. Clients who score below 30, assuming accurate and candid responses, can be presumed to be free of a clinically significant problem in this area. Clients who score above 30 can be presumed to have a clinically significant problem in this area.

The second cutting score is 70. Clients who achieve scores this large or larger are nearly always experiencing severe distress. When distress reaches this level, there is a clear possibility that some form of violence could be considered or used in as a means of dealing with problems in this area. The therapist or counselor should not assume that violence is in the offing. However, it is a distinct possibility, and it should be investigated by the service provider.

Reliability

The scale consistently achieves an Alpha coefficient of .90 or larger.

Validity

The scale has been investigated with respect to content, construct, factorial, and known groups validity. It nearly always achieves validity coefficients of .60 or greater.

Readability Statistics

Flesch reading ease: 90; Gunning's Fog Index: 6; Flesch-Kincaid Grade Level: 4.

References

The following references provide the currently available research evidence concerning the psychometric characteristics for this measure.

Hudson & Proctor, 1976a, 1976b; Calhoun, 1979; McIntosh, 1979; Hontanosas, Cruz, Kaneshiro & Sanchez, 1979; Hudson, Hamada, Keech, & Harlan, 1980; Murphy, 1978; Murphy, Hudson, & Cheung, 1980; Hudson & Murphy, 1980; Hudson, Wung, & Borges, 1988; Nurius, 1983; Hudson & Nurius, 1981; Abell, Jones & Hudson, 1984.



WALMYR PUBLISHING COMPANY

ISE

INDEX OF SELF-ESTEEM

SAMPLE

Name _____

Date _____

This questionnaire is designed to measure the way you see yourself. It is not a test, so there are no right or wrong answers. Answer each item as carefully and accurately as you can, placing a number between 1 and 7 as follows:

- 1 = None of the time
- 2 = Very rarely
- 3 = A little of the time
- 4 = Some of the time
- 5 = A good part of the time
- 6 = Most of the time
- 7 = All of the time

-
1. _____ I feel that people would not like me if they really knew me well.
 2. _____ I feel that others get along much better than I do.
 3. _____
 4. _____
 5. _____ I feel that people really like to talk with me.
 6. _____
 7. _____
 8. _____ I feel that I need more self-confidence.
 9. _____
 10. _____
 11. _____ I feel ugly.
 12. _____
 13. _____ I feel that I bore people.
 14. _____ I think my friends find me interesting.
 15. _____
 16. _____
 17. _____ I feel that if I could be more like other people I would have it made.
 18. _____
 19. _____ I feel like a wallflower when I go out.
 20. _____ I feel I get pushed around more than others.
 21. _____
 22. _____
 23. _____ I feel that I am a likeable person.
 24. _____
 25. _____