

**Current Thoughts Scale** (Heatherton & Polivy, 1991) – A measure of state self-esteem

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 this 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.

Using the following scale, place a number in the box to the right of the statement that indicates what is true for you at this moment:

- 1 = not at all
- 2 = a little bit
- 3 = somewhat
- 4 = very much
- 5 = extremely

- |      |   |                          |   |
|------|---|--------------------------|---|
| 1.   | I feel confident about my abilities.                              | <input type="checkbox"/> | P |
| 2.*  | I am worried about whether I am regarded as a success or failure. | <input type="checkbox"/> | S |
| 3.   | I feel satisfied with the way my body looks right now.            | <input type="checkbox"/> | A |
| 4.*  | I feel frustrated or rattled about my performance.                | <input type="checkbox"/> | P |
| 5.*  | I feel that I am having trouble understanding things that I read. | <input type="checkbox"/> | P |
| 6.   | I feel that others respect and admire me.                         | <input type="checkbox"/> | A |
| 7.*  | I am dissatisfied with my weight.                                 | <input type="checkbox"/> | A |
| 8.*  | I feel self-conscious.  | <input type="checkbox"/> | S |
| 9.   | I feel as smart as others.  | <input type="checkbox"/> | P |
| 10.* | I feel displeased with myself.                                    | <input type="checkbox"/> | S |
| 11.  | I feel good about myself.   | <input type="checkbox"/> | A |
| 12.  | I am pleased with my appearance right now.                        | <input type="checkbox"/> | A |
| 13.* | I am worried about what other people think of me.                 | <input type="checkbox"/> | S |
| 14.  | I feel confident that I understand things.                        | <input type="checkbox"/> | P |
| 15.* | I feel inferior to others at this moment.                         | <input type="checkbox"/> | S |
| 16.* | I feel unattractive.  | <input type="checkbox"/> | A |
| 17.* | I feel concerned about the impression I am making.                | <input type="checkbox"/> | S |
| 18.* | I feel that I have less scholastic ability right now than others. | <input type="checkbox"/> | P |
| 19.* | I feel like I'm not doing well.                                   | <input type="checkbox"/> | P |
| 20.* | I am worried about looking foolish.                               | <input type="checkbox"/> | S |

Note: The statements with an asterisk are reversed-keyed items

The letter in the last column indicates the primary factor on which that item loaded in a factor analysis. The three factors were labelled performance self-esteem (P), social self-esteem (S) and appearance self-esteem (A).

## **References**

Heatherton, T.F. & Polivy, J. (1991). Development and validation of a scale for measuring state self-esteem. *Journal of Personality and Social Psychology*, 60, 895-910.