

ANSWER SHEET

S. E. R. T. H. U. A. L. Scale *

Name:

Sex: F ☐ M ☐

Age:.....

Education:

Evaluation Date:/...../..... **Examiner:**

Below you will find a list of statements. Considering 1 (Strongly Disagree) and 5 (Strongly Agree), mark (with a cross) each one according to your current perception of yourself. Try to answer all items truthfully. There are no right or wrong answers. There is no time limit to finish the test.

(1 = Strongly disagree; 5 = Strongly agree)						
1	I am often annoyed with myself for the things I do	1	2	3	4	5
2	I am a responsible person	1	2	3	4	5
3	I have few values and standards of my own	1	2	3	4	5
4	I have difficulty controlling my aggressiveness	1	2	3	4	5
5	I generally like people	1	2	3	4	5
6	My hardest battles are with myself	1	2	3	4	5
7	I am optimistic	1	2	3	4	5
8	I am sexually attractive	1	2	3	4	5
9	I feel that there is no help for me	1	2	3	4	5
10	I can usually make my own decisions and stick to them	1	2	3	4	5
11	My decisions are not made by myself	1	2	3	4	5
12	I feel apathetic	1	2	3	4	5
13	I am impulsive	1	2	3	4	5
14	I am a rational person	1	2	3	4	5
15	I have the feeling that I am not facing things	1	2	3	4	5
16	I am tolerant	1	2	3	4	5
17	I am ambitious	1	2	3	4	5
18	I avoid facing crises or difficulties	1	2	3	4	5
19	I don't respect myself	1	2	3	4	5
20	I have a positive attitude towards myself	1	2	3	4	5
21	I am assertive (affirmative)	1	2	3	4	5
22	I have trouble making decisions	1	2	3	4	5
23	I am a loser	1	2	3	4	5
24	I am kind	1	2	3	4	5
25	I am afraid of sex	1	2	3	4	5
26	I am afraid of failing at something I really want	1	2	3	4	5
27	I am a good worker	1	2	3	4	5
28	I feel emotionally mature	1	2	3	4	5
29	I am really disturbed	1	2	3	4	5
30	I feel insecure about myself	1	2	3	4	5

31	I am intelligent	1	2	3	4	5
32	I feel hopeless	1	2	3	4	5
33	I am a person who cannot be trusted	1	2	3	4	5
34	I am very sociable	1	2	3	4	5
35	I have no value	1	2	3	4	5
36	I get angry easily	1	2	3	4	5
37	I have a nice physical appearance	1	2	3	4	5
38	I feel good about myself	1	2	3	4	5
39	The others mistrust me	1	2	3	4	5
40	I will be happy with myself if I can do great things in my life	1	2	3	4	5
41	My bosses/teachers are satisfied with me	1	2	3	4	5
42	I guess I'm nervous and tense	1	2	3	4	5
43	I am very loyal to my friendships	1	2	3	4	5
44	I am proud of my body	1	2	3	4	5
45	I have confidence in myself	1	2	3	4	5
46	To feel better I use stimulants such as coffee, tobacco, alcohol, etc.	1	2	3	4	5
47	I like group activities	1	2	3	4	5
48	Poor professional/school results discourage me easily	1	2	3	4	5
49	I have a good opinion of myself	1	2	3	4	5
50	People get bored when they are in my company	1	2	3	4	5
51	I think all people should assume a role in society	1	2	3	4	5
52	I would like to participate in solidarity movements	1	2	3	4	5
53	I have confidence in my future	1	2	3	4	5
54	At work/university others seek my company	1	2	3	4	5
55	I have the impression that I do things worse than others	1	2	3	4	5
56	I have an unattractive physical appearance	1	2	3	4	5
57	In a group, I like to take few initiatives	1	2	3	4	5
58	I am happy with the way my body is developing	1	2	3	4	5
59	In the groups I have the feeling of isolation	1	2	3	4	5
60	I am happy with my professional/school results	1	2	3	4	5