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Burnett, Paul C. *Behavioural indicators of self-esteem.*

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# SCALES: BEHAVIOURAL INDICATORS OF SELF-ESTEEM

Burden, R., & Burnett, P.C. (1999). Behavioural Indicators of Self-Esteem (BIOS). In N.Frederickson, & R.J. Camerson (Eds) Psychology in Education Portfolio (pp 11-12). NFER-Nelson: London.

Burnett, P.C. (1998). Measuring behavioural indicators of self-esteem in the classroom. The Journal of Humanistic Education and Development, 37, 107-116.

<b>Student's Name:</b>		<b>Date:</b>	
<b>Teacher:</b>		<b>Grade:</b>	

Please tick the number that best describes the frequency of this student's behaviour over the past two weeks in the school setting.

**1 = Never, 2 = Seldom, 3 = Sometimes, 4 = Often, 5 = Always**

ITEMS	NEVER	SELDOM	SOMETIME	OFTEN	ALWAYS
1. Was confident in what he/she did	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
2. Was withdrawn from others	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
3. Appeared proud of him/herself	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
4. Gave limited responses	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
5. Was interested in what was happening	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
6. Was alone and isolated	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
7. Displayed good communication skills	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
8. Lacked satisfaction with own performance	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
9. Interacted well with other children	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
10. Needed constant reassurance	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
11. Displayed leadership qualities	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
12. Was interactive with others	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
13. Appeared happy with him/herself	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

**SCORING INSTRUCTIONS:** Reverse score items 2, 4, 6, 8, 10 (1=5, 2=4, 4=2, 5=1) and add the 13 item scores together to get a total BIOS score.