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Self-esteem and Reflected Appraisals of Women's Hair in College Women

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Abstract

The purpose of this study was to assess the beliefs and attitudes college women hold towards their hair and other women's hair. Previous literature has found that women are the most likely to be dissatisfied with their appearances and have lower self-esteem compared to their male counterparts. However, research has not focused on particular characteristics of appearance that may account for differences in self-esteem. The purpose of this study was to understand the beliefs and attitudes college women hold towards their hair and other women's hair. Participants (n=35) in the current study were asked to take a survey that assessed their self-esteem, hair-esteem, personality, hair type, reflected appraisals of hair as well as demographic information. Results indicated that there are ethnic differences in reflected appraisals of hair with Asians, most often, rating a straight-haired model as attractive and African-Americans rating the same model as least attractive. For a model with short kinky hair, Asians were more likely to find her more attractive compared to other racial groups. Results indicated slight hair type differences in self-esteem across the 10 different hair types, with women with type 2b hair reporting the lowest self-esteem out of all other hair type groups. Female participants with type 4b reported the highest levels of self-esteem, however this data was not significant (p =.91). The current research added to the knowledge base about the beliefs and attitudes that college women have towards hair and how those beliefs and attitudes can be influenced by a women's hair type, personality, self-esteem, or ethnicity. Future research should include a close reexamination of ethnic differences in relation to appraisals of hair.

Keywords: self-esteem, hair, hair-esteem, women, college-aged women, personality, hair type

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In 2013, a well-known fashion magazine, InStyle, reported that women spend over $15,000 on beauty products in a lifetime (Mychaskiw, 2013). This money can be spent in various ways: gym memberships, skin products, and magazines that have nothing more to offer than an unrealistic standard of physical appearance for both genders (Donaghue & Smith, 2008; Esnaola, Rodriguez & Goni, 2010; Mellor, Fuller-tyszkiewicz, Mccabe, & Ricciardelli ,2010; Quinlivan & Leary, 2005). Self-esteem has been linked to how individuals perceive their body image and physical appearance. As Oney, Cole, and Sellers (2011) stated, the self-esteem one holds can be derived from different sources. Some of the sources are gender, age, sociocultural pressures, media, ethnicity, and ethnic identity.

For the purpose of this study, this current literature is the knowledge base on self-esteem and is analyzed by looking at factors influencing body dissatisfaction including physical appearance, gender differences, racial differences, and age differences. Influential factors such self-perceptions, in relation to body image and self-esteem, will also be discussed. The review will end with a critique of the literature and suggestions for future research. The 16 peer-reviewed articles for this review were found through the use of the following academic databases: ProQuest Sociology, SocINDEX, EBSCOHost, SPORTDiscus, PsychINFO, PsycARTICLES, and Google Scholar. The keywords used in the search for the literature included: physical appearance, physical attractiveness, self-esteem, body image, self-concept, gender, gender differences and racial differences.

Self-Esteem and Self-Worth

Self-esteem can be defined as how one values their self (Oney et. al., 2011). Therefore, someone with low self-esteem would be considered as having a low sense of self-worth or a

negative attitude towards their "self." In contrast, someone with high self-esteem would be seen as having a high sense of self-worth and a positive attitude towards their self. Higher self-esteem is also noted to be highly correlated with an overall well-being negating depression and hopelessness, often associated with low self-esteem (Bankhead & Johnson, 2014). Schuster, Negy, and Tantleff-Dunn (2013) stated that self-esteem is focal to one's body image. Therefore, a threat to one's physical appearance can be a major threat to their self-concept and esteem.

Body Dissatisfaction

Body dissatisfaction has been studied in relation to self-esteem many times (Alleva, Martijn, Jasen & Nederkoorn, 2014; Oney et.al., 2011). This dissatisfaction comes from one feeling uncomfortable with their physical appearance, or as Oney et. al. (2011) suggested as the incongruity between what individuals want their appearances to be versus the reality of their appearances. Often, the articles examined social comparison and temporal comparison. Social comparison is the tendency for individuals to look at media figures or other personal life-figures and then compare themselves. Temporal comparison dealt with comparing one's past or future self with the present self also can result in body dissatisfaction (Gentile et. al., 2009; Greenwood & Dal Cin, 2012; Quinlivan & Leary, 2005; Silberstein, Striegel-Moore, Timko, & Rodin, 1988). Mostly women were mentioned to have more dissatisfaction with their bodies. Research shows that body image and physical appearances influences self–esteem. According to Capodilupo (2013), body image is defined as a concept that includes one's feelings, thoughts, and behaviors related to one's physical appearance. Two traits are significant to physical attractiveness: body type and facial features.

Body image and gender. Most of the literature noted that women report less satisfaction with their bodies and lower self-esteem than do men. Franzoi et. al. (2012) gave evidence that

these unsatisfied reports could be found more in women because of the different amount of social pressure that is placed on the female population for cultural ideals of body image. Much of this dissatisfaction is associated with the unattainable ideals of beauty shown in the media (Avsec, 2006; Choma et. al., 2010; Mellor et. al., 2010; Esnaola, et. al., 2010; Quinlivan & Leary, 2005). For women, physical appearance relates more to physical traits such as the length of her hair or a thin figure but has a major influence on how a woman sees herself as a whole.

     Body image and ethnicity. Researchers have found that the media is dominated by the Western culture and Caucasian-oriented ideal of beauty—a thin, young looking figure (Greenwood & Dal Cin, 2012; Quinlivan & Leary, 2005). However, all Americans do not feel the need to fit this ideal and many physically cannot. Therefore, ethnic identity is another factor that influences body image's relationship to self-esteem. Women who identify more closely with other ethnicities tend to be unaffected by the Western ideal of beauty (Umaña-Taylor & Shin, 2007).

     In the African-American community, it is noted that there are different physical traits that comprise the African-American beauty ideal (Capodilupo, 2014; Oney, et. al., 2011). Capodilupo and Kim's (2014) study noted the standards of African-American beauty as skin color, hair texture, large breasts, shapely hips, and a full buttocks. According to Greenwood and Dal Cin (2012) because of the different beauty ideals held commonly by the African-American community, they have been seen as unaffected by low self-esteem based on body image. However, the literature suggests that this assumption is not true. Instead, African-Americans seem to hold different body attitudes than Caucasian Americans, which is often not reflected in research that pertains more to the Western ideals of beauty (Capodilupo, 2014; Greenwood & Dal Cin, 2012; Oney, et. al., 2011).

Body image is considered to be of great importance in American society, not only today but in the past as well. Research has shown that one's body image and physical appearance has a significant influence on self-esteem. In the current literature review, researchers agreed that self-esteem is still highly related to one's body image. However, studies also showed that self-esteem and body image can differ based on one's gender, age, and ethnic identity. Women and girls tend to judge their bodies more harshly than men and boys. Also, racial differences were shown to possibly contribute to the magnitude of body dissatisfaction. Additionally, many studies use samples that were not diverse in ethnicity, leaving out other significant ethnic groups and generalizability.

Self-esteem is an important influence on how individuals views themselves. Although highly relatable, most of the studies focused on the body image portion of self-esteem instead of personality differences or physical characteristics. With the focus on body weight and overall body appearance, the small physical facial and body features that many people use to define attractiveness are left out. Future studies should focus on the multidimensional factors of body image and ethnicity. As the world's ideal for body image and attractiveness of women evolves, research on physical appearance in relation to self-esteem should continue. Empirical research studying specific physical traits in relation to their influence on one's self-esteem is needed. Focused studies pertaining to different studies on cultural ideals of beauty and differing personality types could also advance the literature in regards to self-esteem and body dissatisfaction. If more studies showed the varying factors self-esteem can be based on, there might be a better way to combat low self-esteem and highly dangerous behaviors in all generations and cultures.

Purpose of the Study

The purpose of this study was to describe patterns of female students' beliefs and attitudes in relation to the physical characteristic of hair at Southern Adventist University (SAU).

Definition of Terms

The following terms are operationally defined for this study:

1. *Self-esteem* refers to participants' general feelings of oneself as measured on the *Rosenberg Self Esteem Scale* (1965).

2. *Personality type* in this study refers to the participants being extroverted, introverted or neither based on a shortened version of the *Myers-Briggs Personality Inventory* (1943). Each participant was assigned as extroverted, introverted, or neither based on their answers to the 10 questions on the MBT inventory.

3. *Reflected appraisals of hair* refers to participants' perceptions of attractive hair. This variable was measured by the participants ranking different hair types on a race-ambiguous model on a scale from 1 (very attractive) to 5 (least attractive).

4. *Ethnicity* refers to participants' self-reported ethnicity. Participants chose between White American, Black or African-American, Hispanic, Asian, or other.

5. *Hair type* refers to the type of curl pattern a participant self-reports by looking at images of a developed system of hair curl from straight to kinky (1A- 4B, see Figure 5) created by the hairstylist Andre Walker.

6. *Self-perceptions of hair* refers to the general feelings individuals have toward their hair as measured on the *Bankhead/Johnson Hair-Esteem Scale* (2014), a self-report of general feelings of one's hair.

7. *Ethnic Identity* refers to participants' self-report on which ethnic group they identify with the most.

Hypotheses

Two research hypotheses guided this study:

1. There are ethnic differences in reported self-esteem levels among female college students at SAU.

2. Ethnic identity is a major determinant for differences in reported self-esteem levels among female college students.

Null hypotheses. Each of these hypotheses was tested in its null form: There are no ethnic differences in reported self-esteem levels among female college students at SAU. There are no ethnic identity differences in reported self-esteem levels among female college students.

Research Questions

Six research questions were addressed in this study

1. What is the level of self-esteem among women at SAU?

2. What reflected appraisals do women have about their own hair and other women's hair?

3. Are there personality differences in reported self-esteem among women?

4. Are there ethnic differences in reflected appraisals of hair?

5. Does hair type influence self-perceptions of hair among college women?

6. Does hair type influence self-esteem levels among women?

Method

Participants

The data was collected from a convenience sample of 35 undergraduate female students attending Southern Adventist University. The race composition was 25.7% Caucasian/White,

28.6% African-American/Black, 28.6% Hispanic/Latino, 14.3% Asian, and 2.9% Other (see

Figure 7). Ethnic identity varied with participants ($n = 10$) identifying as mostly European or

African (28.6%), 25.7% identifying as Latino ($n = 9$), 14.3% identifying as Asian ($n = 5$) and

one participant who did not respond (see Figure 8). All participants were treated in accordance

with the Ethical Principles of Psychologists and Code of Conduct of the American Psychological

Association (American Psychological Association, 2010).

Materials

The *Lee Hair and Esteem Questionnaire* (LHEQ) was constructed by the researcher using

Google Forms, an online survey maker. The purpose of this measurement was to assess college

women's beliefs and attitudes towards hair. The LHEQ was developed for this study and

contains 40 items in relation to the current topic and administered by use of personal laptops,

smartphones, or iPads. The LHEQ was a mixed inventory utilizing: *The Rosenberg Self-Esteem

Scale, The Bankhead/Johnson Hair-Esteem Scale,* and a shortened version of the *Myers-Briggs

Personality Inventory* divided into sections to describe self-esteem level, self-perceptions of hair,

and personality type.

The *Rosenberg Self-Esteem Scale,* utilized in this study, is a 10-item scale that measures

global self-worth by measuring positive and negative feelings towards one's self (e.g. on the

whole, I am satisfied with myself). This scale is the most widely used as a self-esteem measure

and is moderately high in reliability ($\alpha = 0.77$). In this study, the Cronbach's alpha was

($\alpha = 0.70$). A shortened version of the *Myers-Briggs Personality Inventory* was also used in this

study to determine if a participant was more introverted, extroverted or neither (e.g. "in company

do you:"…). This test has been used in multiple studies and has also been found to have high

reliability ($\alpha = 0.90$). For this study, the Cronbach's alpha was reasonable ($\alpha = 0.61$).

The *Bankhead/Johnson Hair-Esteem Scale* was also utilized in the current study to measure participants' self-perceptions of hair. This scale, modeled after the Rosenberg Scale, is a 10-item questionnaire that determines the positive and negative attitudes one holds about their hair (e.g. "at times, I think my hair is no good at all"). Because reliability statistics were not available on this instrument, it was piloted in this study and found to have a high reliability with a Cronbach's alpha of ($\alpha = 0.90$). Also included on this questionnaire, was the *Andre Walker System* (Figure 6) to label participants' hair type. Participants looked at pictures that showed a curl pattern on a scale of 1a curl type to 4b curl type. A cartoon model picture was also used to display a range of hair types for participants to rank (Figure 5). The previously mentioned tests were combined to create the LHEQ. Therefore this was a pilot study using this new instrument.

Design and Procedure

This study was a descriptive study utilizing survey methodology. Participants were contacted by a dean of women in the residence hall to sign up for a dorm-hosted event called "Wonderfully Made." For the group of participants that attended the dorm event, hard copies of completed consent forms were collected and the researcher proceeded to give a specified link to the web address of the google form survey. After the survey was completed, the participants were shown a confirmation message that thanked them for their time and information. The participant was then offered candy for their participation and entered into the raffle for a gift card.

Due to a lack of attendance at the event, other participants—who responded to the RSVP link sent out by the dean—were emailed a link to the survey from the desk of the dean and then proceeded to complete the survey after viewing an introductory screen that explained their informed consent. Once the participants were finished with the survey they received a

confirmation message thanking them for their participation. The complete list of participants who did not attend the event, but participated online were added to the raffle.

Data Analysis

Surveys were stored online, coded, and scored using the scoring key, then entered into SPSS 24 for data analysis. Descriptive statistics were calculated for the major variables of the study: ethnicity, ethnic identity, hair type, personality, etc. Research questions and hypotheses were analyzed using a one-way analysis of variance (ANOVA). All one-way ANOVA statistical tests were two-tailed with an alpha level of .05.

Results

On average the self-esteem levels of women at SAU were moderate with an average score of 18 points out of a possible 30. The average hair-esteem level of women at SAU was also moderate with an average score of 20 also out of a possible 30 (see Table 1).

Self-Esteem Levels and Ethnicity

The researcher predicted that there are ethnic differences in reported self-esteem levels among female college students. Caucasian participants ($M = 16.77, SD = 3.66$) were more likely to report low self-esteem levels compared to the other four ethnic groups whereas the Asian participants ($M = 20, SD = 3.93$) reported the highest self-esteem levels (see table 2). A one-way ANOVA was conducted to evaluate if the mean differences were statistically significant among the four ethnic groups and their reported self-esteem levels. However, there was no statistically significant ethnic differences in the reported levels of self-esteem, $F_{(3, 30)} = 1.96, p=.14, (ns)$.

Self-Esteem Levels and Ethnic Identity

Another prediction made by the researcher was that ethnicity identity is a major determinant for differences in reported self-esteem. Those participants reporting a European ethnic identity reported the lowest self-esteem ($M = 17.40, SD = 4.27$) not far below the Latino

identified group (*M* = 17.88, *SD* = 3.65). The African (*M* = 19.8, *SD* = 3.15) and Asian (*M* = 19.6, *SD* = 3.57) identified groups were also fairly close in their reported self-esteem levels (see table 2). A one-way ANOVA was conducted to evaluate the differences among the four means of ethnic identity and reported no statistically significant difference between ethnic identified groups and self-esteem levels , $F_{(3, 30)}$ =.92, *p*= .44, (*ns*).

Self-Esteem Levels

What is the level of self-esteem among women at SAU? The highest possible level of esteem accompanied a score of 30 while the lowest possible level of self-esteem possible was zero. The average participant in this study had a score of 18 on the *Rosenberg Self-Esteem Scale.* The lowest self-esteem reported by a participant was 11 while the highest score was 26. The modal self-esteem score was also 18, indicating that most participants had a moderate self-esteem overall (*M* = 18.48, *SD* = 3.66*).*

Reflected Appraisals of Hair

What reflected appraisals do women have about their hair and other women's hair? The average hair-esteem score among the participants was 20. Which means participants felt somewhat better than average about their hair. The lowest hair-esteem score was 7 and the highest score was 29. Model 3 (see figure 5) was rated very attractive more often than any other model (71.5%). In contrast, model 4 (see figure 5) was rated unattractive (65.7%). A one-way ANOVA test was conducted and there was no statistically significant differences (*p* = .48) of rankings based on hair-esteem score.

Personality Differences and Self-Esteem

Are there personality differences in reported self-esteem among women? Participants found to be extroverts (*n* = 12), based on a shortened version of the *Myers-Briggs Personality*

Inventory, reported higher self-esteem levels (*M = 19.58, SD* = 4.05) than both introverts (n = 13) and participants who were neither (*n* = 10). Introverts reported the lowest self-esteem scores (*M* = 17.61, *SD*= 3.25) out of the three groups (see Figure 1). A one-way ANOVA was performed to compare personality type and demonstrated no statistically significant differences (*p* = .41) among self-esteem scores based on personality type.

Ethnic Differences in Reflected Appraisals of Hair

Are there ethnic differences in reflected appraisals of hair? African-American participants rated the straight haired model as moderately attractive most often while Hispanic and Asian participants rated this same model as very attractive most often (see Figure 2). A one-way ANOVA was used to compare reflected appraisals of hair among the 5 means and was statistically significant. The results support that there are ethnic differences in reflected appraisals of hair. These results indicate that different ethnicities do hold certain hair styles to be more attractive than others. Model four with dreadlocks (see Figure 5) was very close to being statistically significant as well. See Table 3 for full results.

Hair Type and Hair-Esteem

Does hair type influence self-perceptions of hair among college women? Women with type 2a hair (see figure 6) most often reported higher hair-esteem while females with 4a hair reported the lowest hair-esteem compared to all the other hair types. A one-way ANOVA showed no statistically significant difference between hair type and hair-esteem score [*F* (9, 25) = 1.04, *p* =.435 (*ns*)].

Hair Type and Self-Esteem

Does hair type influence self-esteem levels among women? Women with type 2b hair (n = 5) reported the lowest self-esteem ($M = 16, SD = 5.47$) out of all other hair type groups. Women with type 4b ($n = 5$) reported the highest levels of self-esteem ($M = 21, SD = .707$). A one-way ANOVA was performed to determine differences in self-esteem levels among the 10 means of hair type and was not statistically significant different (p = .90).

Other Interesting Findings

An interesting finding in this study was the rating given to the kinky-haired and dreadlocked models. Most often these two models were rated as most unattractive across ethnicities. These hair types, typically found on African-American women, raise more questions about perceptions of hair in specific ethnic groups. Future research should examine why these typical Afro-centric hair styles are seen as unattractive. As well as why the curly hair was rated as very attractive more often. Another interesting finding was the low self-esteem found in introverts compared to those who were extroverted or neither. Future research should evaluate why those who are introverted report lower levels of self-esteem than other personality types.

Results of Open-ended Questions

The survey included two open-ended questions: If I could change my hair type, I'd have…?; I like my hair best when it's…? Although a few participants were happy with their hair and would not change their hair, many of the participants said they would like their hair more curly, wavy, or straight. When asked how they like their hair many participants said clean, but others said straight or curled.

Summary of Results

Caucasian women reported the lowest self-esteem levels. Asian women reported the highest levels of self-esteem. Those reporting a European ethnic identity reported the lowest self-esteem not far below the Latino identified group. The African and Asian identified groups were also fairly close in their reported self-esteem levels. Women at SAU have a slightly above average level of self-esteem. Results found no significant differences in hair-esteem scores and the ranking of the five models. Extroverts received higher self-esteem scores than both introverts and neither personality types. Although the means were close, there are almost no personality differences in reported self-esteem among female students at SAU. A one-way ANOVA found there are few ethnic differences in women at SAU (see Table 1). Women with type 2a hair most often reported higher hair-esteem while Women with 4a hair reported the lowest hair-esteem. Results showed no significant difference between hair type and hair-esteem score. Women with type 2b hair reported the lowest self-esteem out of all other hair type groups. Female students with type 4b reported the highest levels of self-esteem. However, there were no significant differences between hair types on reported self-esteem level.

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Discussion

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The purpose of the present study was to assess the beliefs and attitudes college women have towards the physical characteristic of hair. In the past, research has only focused on body image and how it effects one's self-esteem. Overall, the results of this study indicated that there are no ethnic or ethnic identity differences in self-esteem levels among women at SAU. Thus, both hypotheses were rejected because there were no differences found in self-esteem levels based upon ethnicity or ethnic identity. White women and Black women tended to have lower self-esteem than other ethnicities. Participants with a European identity tended to have a lower

self-esteem. Most of the participants had a moderate self-esteem overall. On average women in this study felt fairly good about their own hair. This study found that most of the participants rated the dreadlocked model as more unattractive more often than any other model. Results also found that introverts held lower self-esteem than extroverts and those categorized as neither extroverted nor introverted.

Limitations and Weaknesses

There were several limitations in the current study. This study was neither a comprehensive nor exhaustive treatment of self-esteem and reflected appraisals of hair among Southern Adventist University women. The small sample size and time constraints also proved to be weaknesses of the current study. In addition, this study did not address age differences in relation to self-esteem levels. Thus, the conclusions of this study cannot be used to generalize across the lifespan of women. Sociocultural pressures and media that may create the perceptions women hold about hair were also not taken into account in this study. Other limitations to the study involved the structure of the online test, which did not allow for participants to ask questions concerning the survey.

The results of this study contradict past findings. Past studies have found there are ethnic differences in self-esteem levels among women. However, this study found that there was no difference in self-esteem based on ethnicity. Past studies also have found there were differences in self-esteem level based on ethnic identity, which this study also failed to support. These findings were surprising but could be accounted to the small sample size in this study.

Importance of Study

The current research begins to fill a gap in the knowledge base about the attitudes and beliefs women hold about hair and how hair may influence self-esteem levels. Audiences that

can benefit from this study include the scientific community (multicultural, social, and developmental psychologists), women, parents, hair professionals and hair product companies.

Agenda for Future Research

In the past, researchers have not looked at physical characteristics that influence self-esteem but rather body image and weight. In the future, more research should be done on how hair influences self-esteem, not only in women, but in men as well. Also, future research should examine more closely why there are ethnic differences in reflected appraisals of hair in women. A study of longitudinal design might also be interesting to determine how attitudes might change over the period of middle school to college. Research using the current study as a pilot should aim to have more participants to better represent the population at large. Future research should use different research designs to discover meaning and trends within ethnicity differences behind hairstyles and self-esteem. By continuing research on this topic, knowledge of physical characteristics in relation to self-esteem could be increased and useful in determining how to help women overcome negative reflected appraisals.

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Appendix

Table 1

Participants' General Feelings towards Themselves and Their Hair

	N	M	SD
Hair-esteem Score	35	18.48	3.66
Self-esteem Score	35	20.62	5.4

Table 2

Self-Esteem Scores of Participants

Variable	n	M	SD
Ethnicity			
Caucasian/White	9	16.77	2.27
African-American/Black	10	19.8	3.15
Hispanic/Latino	10	17.3	4.11
Asian	5	20	3.93
Ethnic Identity			
European	10	17.4	4.27
African	10	19.8	3.15
Latino	9	17.8	3.65
Asian	5	19.6	3.57

Table 3

One–Way ANOVA of Models Attractiveness Rating Based on Ethnicity

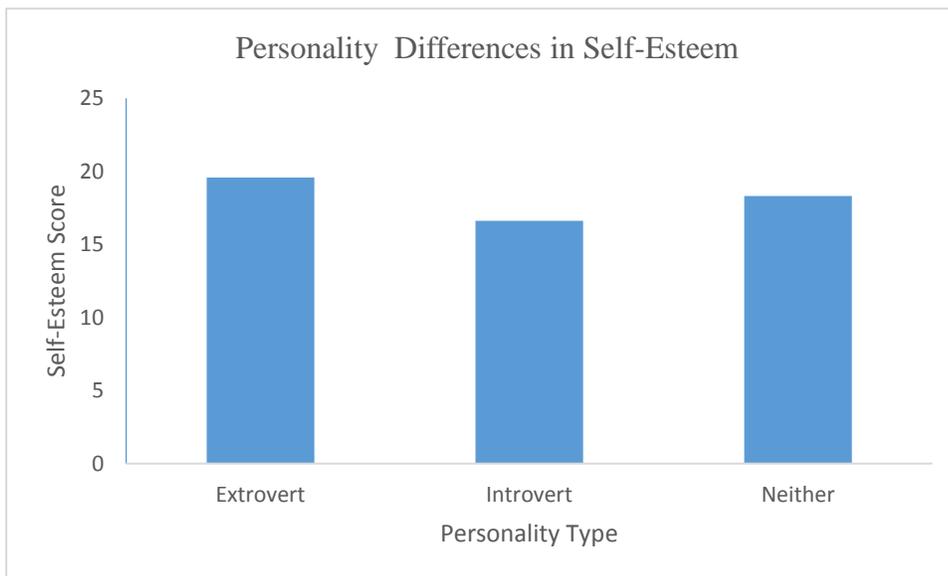| Model		df	F	p-value
Model 1	Between Groups	4	5.063	0.003
	Within Groups	30		
	Total	34		
Model 2	Between Groups	4	3.379	0.021
	Within Groups	30		
	Total	34		
Model 3				
Model 4	Between Groups	4	2.664	0.052
	Within Groups	30		
	Total	34		
Model 5	Between Groups	4	5.381	0.002
	Within Groups	30		
	Total	34		

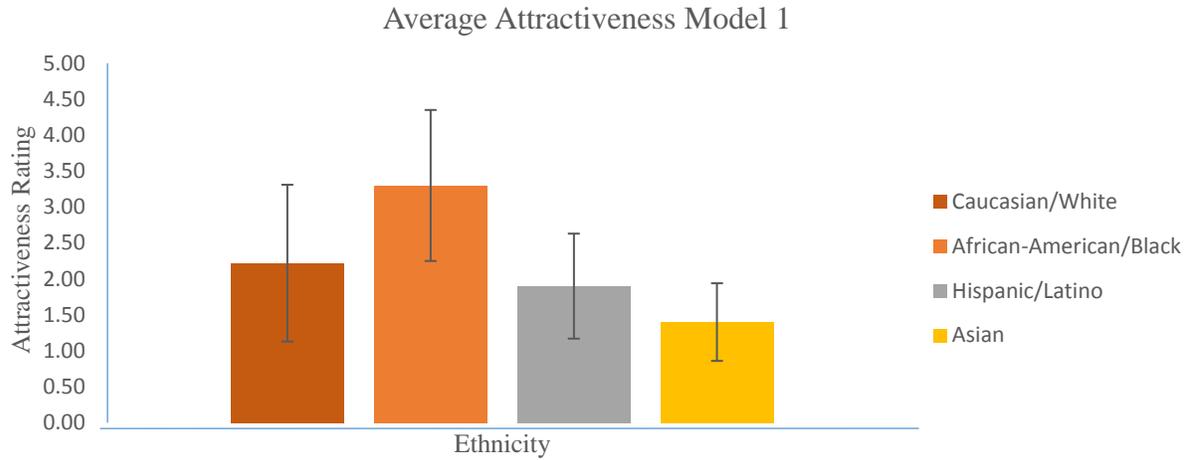*Figure 1.* Personality Differences in Self-Esteem

Figure 2. Average Attractiveness Rating of Model 1 Based on Ethnicity

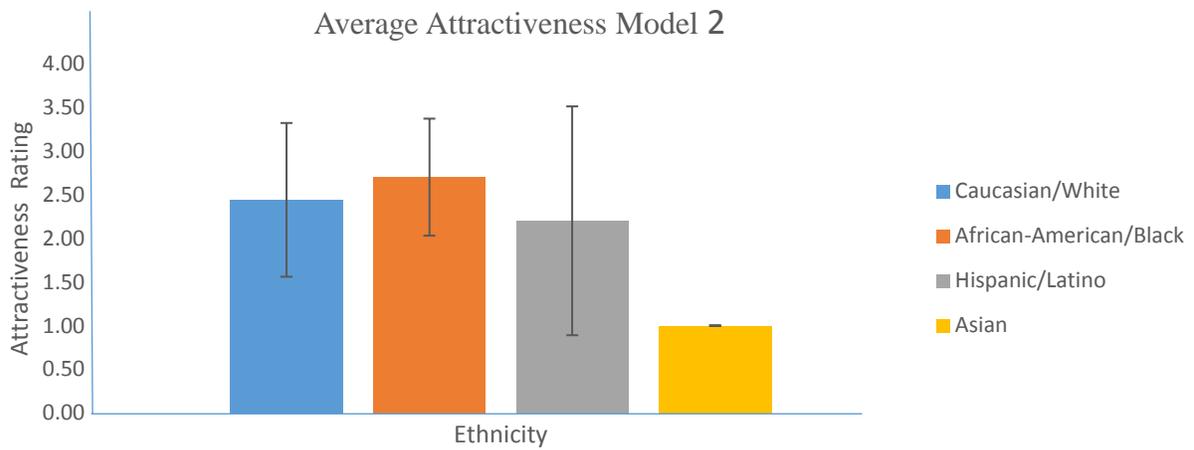*Note:* Scale rating is from 1(very attractive) to 5(least attractive)

Figure 3. Average Attractiveness Rating of Model 2 Based on Ethnicity

Note: Scale rating is from 1 (very attractive) to 5 (least attractive)
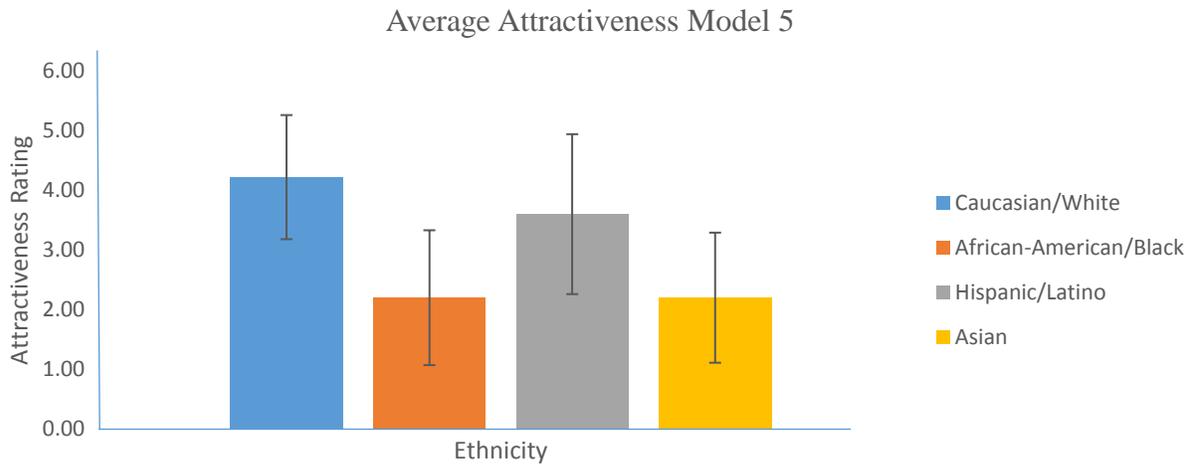
Average Attractiveness Model 5

Figure 4. Average Attractiveness Rating of Model 5 Based on Ethnicity

Note: Scale rating is from 1 (very attractive) to 5 (least attractive)

Figure 5. Models in Order from Model 1 to Model 5

Note: Model 1 to Model 5(straight; wavy; curly; dreads; kinky)
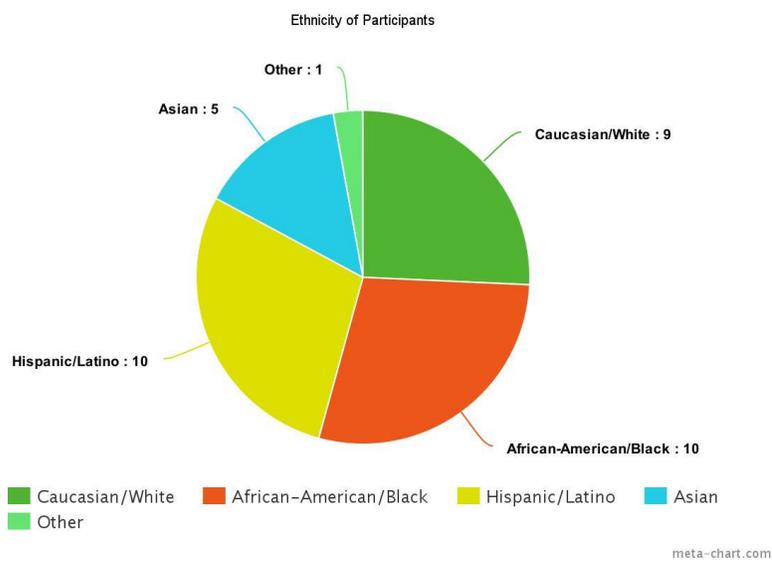
Figure 6. Andre Walker Hair Typing System
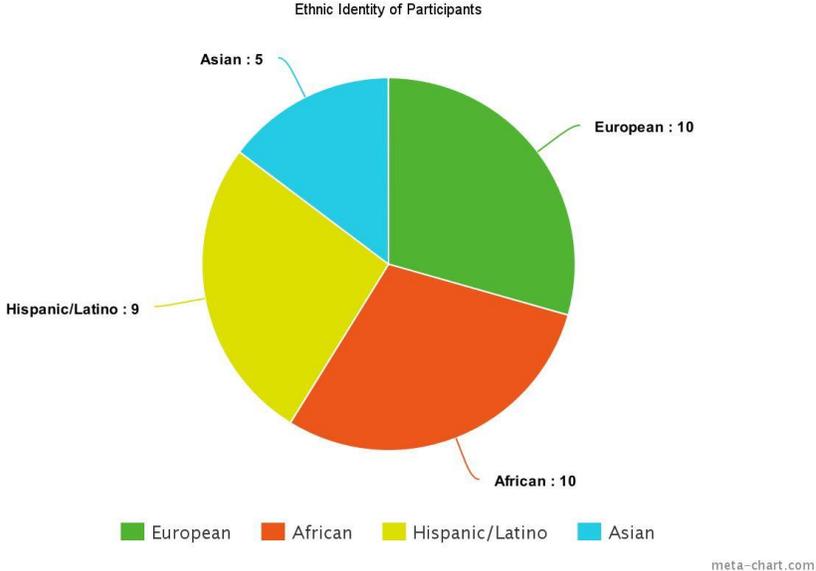

Figure 7. Ethnicity of Participants

Figure 8. Ethnic Identity of Participants

Original Instruments (Re-typed)

Rosenberg (1965) Self-esteem scale

1) On the whole, I am satisfied with myself.

Strongly Agree   Agree   Disagree   Strongly Disagree

2) * At times, I think I am no good at all.

Strongly Agree   Agree   Disagree   Strongly Disagree

3) I feel that I have a number of good qualities.

Strongly Agree   Agree   Disagree   Strongly Disagree

4) I am able to do things as well as most other people.

Strongly Agree   Agree   Disagree   Strongly Disagree

5) * I feel I do not have much to be proud of.

Strongly Agree   Agree   Disagree   Strongly Disagree

6) * I certainly feel useless at times.

Strongly Agree   Agree   Disagree   Strongly Disagree

7) I feel that I'm a person of worth, at least on an equal plane with others.

Strongly Agree   Agree   Disagree   Strongly Disagree

8) *I wish I could have more respect for myself.

Strongly Agree   Agree   Disagree   Strongly Disagree

9) *All in all, I am inclined to feel that I am a failure.

Strongly Agree   Agree   Disagree   Strongly Disagree

10) I take a positive attitude toward myself.

Strongly Agree   Agree   Disagree   Strongly Disagree

Scoring: SA=3, A=2, D=1, SD=0. Items with an asterisk are reverse scored, that is, SA=0, A=1, D=2, SD=3.

Sum the scores for the 10 items. The higher the score, the higher the self-esteem.

The scale ranges from 0-30. Scores between 15 and 25 are within normal range; scores below 15 suggest low self-esteem.

Bankhead/Johnson Scale Questions

1) On a whole, I am satisfied with my hair

Strongly Agree   Agree   Disagree   Strongly Disagree

2) At times, I think my hair is no good at all

Strongly Agree   Agree   Disagree   Strongly Disagree

3) I feel that my hair has a number of good qualities

Strongly Agree   Agree   Disagree   Strongly Disagree

4) I am able to care for my hair as well as most other people

Strongly Agree   Agree   Disagree   Strongly Disagree

5) I feel I do not have much to be proud of about my hair

Strongly Agree   Agree   Disagree   Strongly Disagree

6) I feel that I'm a person of worth, at least on an equal plane with others.

Strongly Agree   Agree   Disagree   Strongly Disagree

7) I feel that my hair is as beautiful as any other person's

Strongly Agree   Agree   Disagree   Strongly Disagree

8) I feel that my hair is attractive

Strongly Agree   Agree   Disagree   Strongly Disagree

9) I feel I have much to be celebrate about my hair

Strongly Agree   Agree   Disagree   Strongly Disagree

10) Overall, I have am satisfied with my hair

Strongly Agree   Agree   Disagree   Strongly Disagree

Scoring: SA=3, A=2, D=1, SD=0. Items with an asterisk (*) are reverse scored, that is, SA=0, A=1, D=2, SD=3.

Sum the scores for the 10 items. The higher the score, the higher the hair-esteem.

The scale ranges from 0-30. Scores between 15 and 25 are within normal range; scores below 15 suggest low hair-esteem.

MBTI Personality Type Test (Shortened)

1. At a party/social event do you:
    a. Interact with many, including strangers

    b. Interact with a few, known to you

2. At parties/social events do you:

    a. Stay late, with increasing energy

    b. Leave early with decreased energy

3. In your social groups do you:

    a. Keep abreast of other's happenings

    b. Get behind on the news

4. In phoning do you:

    a. Rarely question what all will be said

    Rehearse what you'll say

5. In company do you:

    a. Initiate conversation

    b. Wait to be approached

6. Does new and non-routine interaction with others:

    a. Stimulate and energize you

    b. Tax your reserves

7. Do you prefer:

    a. Many friends with brief contact

    b. A few friends with more lengthy contact

8. Do you:

    a. Speak easily and at length with strangers

    b. Find little to say to strangers

9. When the phone rings do you:

    a. Hasten to get to it

    b. Take your time or hope they leave a message

10. Are you more inclined to be:

a. Easy to approach

b. Somewhat reserved