

**Multidimensional Perfectionism Scale** [Hewitt, P. L., & Flett, G. L. (1990). Perfectionism and depression: A multidimensional analysis. *Journal of Social Behavior and Personality*, 5, 423–438.]

**INSTRUCTIONS:** Listed below are a number of statements concerning personal characteristics and traits. Read each item and decide whether you agree or disagree & to what extent. **To score your responses, put the number of your response in the column that is highlighted next to this question.**

		Disagree						Agree	Self Oriented	Other Oriented	Socially Prescribed
1.	When I am working on something, I cannot relax until it is perfect	1	2	3	4	5	6	7			
2.	I am not likely to criticize someone for giving up too easily	7	6	5	4	3	2	1			
3.	It is not important that people I am close to are successful	7	6	5	4	3	2	1			
4.	I seldom criticize my friends for accepting second best	7	6	5	4	3	2	1			
5.	I find it difficult to meet others' expectations of me	1	2	3	4	5	6	7			
6.	One of my goals is to be perfect in everything I do	1	2	3	4	5	6	7			
7.	Everything that others do must be of top-notch quality	1	2	3	4	5	6	7			
8.	I never aim for perfection on my work	7	6	5	4	3	2	1			
9.	Those around me readily accept that I can make mistakes too	7	6	5	4	3	2	1			
10.	It doesn't matter when someone close to me does not do their absolute best	7	6	5	4	3	2	1			
11.	The better I do, the better I am expected to do	1	2	3	4	5	6	7			
12.	I seldom feel the need to be perfect	7	6	5	4	3	2	1			
13.	Anything that I do that is less than excellent will be seen as poor work by those around me	1	2	3	4	5	6	7			
14.	I strive to be as perfect as I can be	1	2	3	4	5	6	7			
15.	It is very important that I am perfect in everything I attempt	1	2	3	4	5	6	7			
16.	I have high expectations for the people who are important to me	1	2	3	4	5	6	7			
17.	I strive to be the best at everything I do	1	2	3	4	5	6	7			
18.	The people around me expect me to succeed at everything I do	1	2	3	4	5	6	7			
19.	I do not have very high standards for those around me	7	6	5	4	3	2	1			
20.	I demand nothing less than perfection of myself	1	2	3	4	5	6	7			
21.	Others will like me even if I don't excel at everything	7	6	5	4	3	2	1			
22.	I can't be bothered with people who won't strive to better themselves	1	2	3	4	5	6	7			
23.	It makes me uneasy to see an error in my work	1	2	3	4	5	6	7			
24.	I do not expect a lot from my friends	7	6	5	4	3	2	1			

SUBTOTALS Page 1									SO =	OO=	SP=
Add up in each column the colored areas to create summary score for each dimension											
		Disagree						Agree	Self Oriented	Other Oriented	Socially Prescribed
25.	Success means that I must work even harder to please others	1	2	3	4	5	6	7			
26.	If I ask someone to do something, I expect it to be done flawlessly	1	2	3	4	5	6	7			
27.	I cannot stand to see people close to me make mistakes	1	2	3	4	5	6	7			
28.	I am perfectionistic in setting my goals	1	2	3	4	5	6	7			
29.	The people who matter to me should never let me down	1	2	3	4	5	6	7			
30.	Others think I am okay, even when I do not succeed	7	6	5	4	3	2	1			
31.	I feel that people are too demanding of me	1	2	3	4	5	6	7			
32.	I must work to my full potential at all times	1	2	3	4	5	6	7			
33.	Although they may not say it, other people get very upset with me when I slip up	1	2	3	4	5	6	7			
34.	I do not have to be the best at whatever I am doing	7	6	5	4	3	2	1			
35.	My family expects me to be perfect	1	2	3	4	5	6	7			
36.	I do not have very high goals for myself	7	6	5	4	3	2	1			
37.	My parent rarely expected me to excel in all aspects of my life	7	6	5	4	3	2	1			
38.	I respect people who are average	7	6	5	4	3	2	1			
39.	People expect nothing less than perfection from me	1	2	3	4	5	6	7			
40.	I set very high standards for myself	1	2	3	4	5	6	7			
41.	People expect more from me than I am capable of giving	1	2	3	4	5	6	7			
42.	I must always be successful at school or work	1	2	3	4	5	6	7			
43.	It does not matter to me when a close friend does not try their hardest	7	6	5	4	3	2	1			
44.	People around me think I am still competent even if I make a mistake	7	6	5	4	3	2	1			
45.	I seldom expect others to excel at whatever they do.	7	6	5	4	3	2	1			
SUBTOTALS Page 2											
Add up in each column the colored squares for each dimension											
SUBTOTALS from Page 1											
SUBSCALE TOTALS									SO =	OO=	SP=
<b>Medical Student Averages and Standard Deviations (in parentheses) for Comparison (Henning et al., 1998)</b>									<b>67 (15)</b>	<b>57 (13)</b>	<b>47 (13)</b>

Enns, M. W., Cox, B. J., Sareen, J., & Freeman, P. (2001). Adaptive and maladaptive perfectionism in medical students: A longitudinal investigation. *Medical Education*, 35, 1034–1042.

Henning, K. R., Ey, S., & Shaw, D. (1998). Perfectionism, the imposter phenomenon, and psychological adjustment in medical, dental, nursing, and pharmacy students. *Medical Education*, 32, 456–464.

The Multidimensional Perfectionism Scale is not a clinical measure so there is not a clinical cutoff score but the higher you score on each scale, the more unhealthy your perfectionistic attitudes and behaviors may be—especially if you are dealing with a significant stressful event.

- \* Generally, having high self-oriented perfectionism is associated with greater productivity, success in career, and conscientiousness.
- \* Having high other-oriented perfectionism may lead to problems delegating to others, being seen by others as highly critical/judgmental.
- \* Having high socially prescribed perfectionism is associated with greater risk of anxiety, depression and even suicide risk if the person experiences a major setback (perceives others are disappointed/highly critical of their abilities) and is unable to put the criticism in perspective.

Researchers and clinicians are finding that there is a subtle distinction between “adaptive vs. maladaptive perfectionism” (e.g., Enns & Cox, 2002).

Here are some examples below:

Maladaptive perfectionism

- Inflexibly high standards—often beyond what is expected
- Fear of failure
- Focus on avoiding error
- Sense of self-worth dependent on performance
- Associated with procrastination
- Black and white thinking: perfection vs. failure

Adaptive Perfectionism

- standards modified in accordance with situation
- high standards matched to person’s limitations and strengths
- striving for success
- sense of self independent of performance
- timely completion of tasks
- balanced thinking

An excellent self-help book is:

Antony, M. M. & Swinson, R. P. (1998). *When perfect isn’t good enough*. New Harbinger: Oakland, CA.