FORM 4.6

Perfectionism Inventory

Please use the following options to rate how much you generally agree with each statement.

1	2	3	4	5
Strongly disagree	Disagree somewhat	Neither agree nor disagree	Agree somewhat	Strongly agree

1. My work needs to be perfect in order for me to be satisfied. (se1) _____
2. I am oversensitive to the comments of others. (na1) _____
3. I usually let people know when their work isn't up to my standards. (hso1) _____
4. I am well organized. (o1) _____
5. I think through my options carefully before making a decision. (p1) _____
6. If I make mistakes, people might think less of me. (cm1) _____
7. I've always felt pressure from my parent(s) to be the best. (pp1) _____
8. If I do something less than perfectly, I have a hard time getting over it. (r1) _____
9. All my energy is put into achieving a flawless result. (se2) _____
10. I compare my work to others and often feel inadequate. (na2) _____
11. I get upset when other people don't maintain the same standards I do. (hso2) _____
12. I think things should be put away in their place. (o2) _____
13. I find myself planning many of my decisions. (p2) _____
14. I am particularly embarrassed by failure. (cm2) _____
15. My parents hold me to high standards. (pp2) _____
16. I spend a lot of time worrying about things I've done, or things I need to do. (r2) _____
17. I can't stand to do something halfway. (se3) _____
18. I am sensitive to how others respond to my work. (na3) _____
19. I'm not very patient with people's excuses for poor work. (hso3) _____
20. I would characterize myself as an orderly person. (o3) _____
21. Most of my decisions are made after I have had time to think about them. (p3) _____
22. I overreact to making mistakes. (cm3) _____
23. My parent(s) are difficult to please. (pp3) _____
24. If I make a mistake, my whole day is ruined. (r3) _____
25. I have to be the best in every assignment I do. (se4) _____

(continued)

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26. I'm concerned with whether or not other people approve of my actions. (na4) _____
27. I'm often critical of others. (hso4) _____
28. I like to always be organized and disciplined. (o4) _____
29. I usually need to think things through before I know what I want. (p4) _____
30. If someone points out a mistake I've made, I feel like I've lost that person's respect in some way. (cm4) _____
31. My parent(s) have high expectations for achievement. (pp4) _____
32. If I say or do something dumb I tend to think about it for the rest of the day. (r4) _____
33. I drive myself rigorously to achieve high standards. (se5) _____
34. I often don't say anything, because I'm scared I might say the wrong thing. (na5) _____
35. I'm frequently aggravated by the lazy or sloppy work of others. (hso5) _____
36. I clean my home often. (o5) _____
37. I need time to think up a plan before I take action. (p5) _____
38. If I mess up on one thing, people might start questioning everything I do. (cm5) _____
39. Growing up, I felt a lot of pressure to do everything right. (pp5) _____
40. When I make an error, I generally can't stop thinking about it. (r5) _____
41. I must achieve excellence in everything I do. (se6) _____
42. I'm self-conscious about what others think of me. (na6) _____
43. I have little tolerance for other people's careless mistakes. (hso6) _____
44. I make sure to put things away as soon as I'm done using them. (o6) _____
45. I tend to deliberate before making up my mind. (p6) _____
46. To me, a mistake equals failure. (cm6) _____
47. My parent(s) put a lot of pressure on me to succeed. (pp6) _____
48. I often obsess over some of the things I have done. (r6) _____
49. I'm often concerned that people will take what I say the wrong way. (na7) _____
50. I often get frustrated over other people's mistakes. (hso7) _____
51. My closet is neat and organized. (o7) _____
52. I usually don't make decisions on the spot. (p7) _____
53. Making mistakes is a sign of stupidity. (cm7) _____
54. I always felt that my parent(s) wanted me to be perfect. (pp7) _____
55. After I turn a project in, I can't stop thinking of how it could have been better. (r7) _____
56. My workspace is generally organized. (o8) _____
57. If I make a serious mistake, I feel like I'm less of a person. (cm8) _____
58. My parent(s) have expected nothing but my best. (pp8) _____
59. I spend a great deal of time worrying about other people's opinion of me. (na8) _____

(continued)

Scoring Directions for the Perfectionism Inventory

1. Concern Over Mistakes (8 items) AVE Items: 6 14 22 30 38 46 53 57
2. High Standards for Others (7) AVE Items: 3 11 19 27 35 43 50
3. Need for Approval (8) AVE Items: 2 10 18 26 34 42 49 59
4. Organization (8) AVE Items: 4 12 20 28 36 44 51 56
5. Perceived Parental Pressure (8) AVE Items: 7 15 23 31 39 47 54 58
6. Planfulness (7) AVE Items: 5 13 21 29 37 45 52
7. Rumination (7) AVE Items: 8 16 24 32 40 48 55
8. Striving for Excellence (6) AVE Items: 1 9 17 25 33 41

9. Conscientious Perfectionism Sum Scales: HSO, O, P, SE
10. Self-Evaluative Perfectionism Sum Scales: CM, NA, PP, R
11. PI Composite: Sum of all 8 PI scales

Interpretation: Normative data described at *www1.appstate.edu/~hillrw/Perfection.Inventory.JPA.pdf.* Generally, scores 1 *SD* above the mean would represent Higher scores, while 1 *SD* below the mean would reflect Lower scores. PI Scale means, undergraduate sample ($N = 366$):

Scale	Items	Mean	*SD*
Concern Over Mistakes	8	2.46	.75
High Standards for Others	7	2.83	.78
Need for Approval	8	3.22	.77
Organization	8	3.5	.86
Perceived Parental Pressure	8	3.17	.89
Planfulness	7	3.4	.76
Rumination	7	2.83	.82
Striving for Excellence	6	3.1	.80
Conscientious Perfectionism		12.83	2.41
Self-Evaluative Perfectionism		11.68	2.61
PI Composite	59	24.51	4.40

(continued)

Perfectionism Inventory Scales, Construct Definitions, Sample Items, and Expected Relationships with MPS Scales

Perfectionism Indicator Scale	*Construct Definition*	*Sample Item*
Concern Over Mistakes	Tendency to experience distress or anxiety over a mistake	"I am particularly embarrassed by failure"
High Standards for Others	Tendency to hold others to one's own perfectionist ideals	"I get upset when other people do not maintain the same standards I do"
Need for Approval	Tendency to seek validation from others and to be sensitive to criticism	"I compare my work to others' and often feel inadequate"
Organization	Tendency to be neat and orderly	"I always like to be organized and disciplined"
Perceived Parental Pressure	Tendency to feel the need to perform perfectly to obtain parental approval	"My parents hold me to high standards"
Planfulness	Tendency to plan ahead and to deliberate over decisions	"I tend to deliberate before making up my mind"
Rumination	Tendency to worry about past errors, less than perfect performance, or future mistakes	"I spend a lot of time worrying about things I've done, or things I need to do"
Striving for Excellence	Tendency to pursue perfect results and high standards	"I drive myself rigorously to achieve high standards"