

Frost Multidimensional Perfectionism Scale

Please circle the number that best corresponds to your agreement with each statement below. Use this rating system:

		Strongly disagree 1	2	3	4	Strongly agree 5
1.	My parents set very high standards for me.	1	2	3	4	5
2.	Organization is very important to me.	1	2	3	4	5
3.	As a child, I was punished for doing things less than perfectly.	1	2	3	4	5
4.	If I do not set the highest standards for myself, I am likely to end up a second rate person.	1	2	3	4	5
5.	My parents never tried to understand my mistakes.	1	2	3	4	5
6.	It is important to me that I be thoroughly competent in what I do.	1	2	3	4	5
7.	I am a neat person.	1	2	3	4	5
8.	I try to be an organized person.	1	2	3	4	5
9.	If I fail at work/school, I am a failure as a person.	1	2	3	4	5
10.	I should be upset if I make a mistake.	1	2	3	4	5
11.	My parents wanted me to be the best at everything.	1	2	3	4	5
12.	I set higher goals than most people.	1	2	3	4	5
13.	If someone does a task at work/school better than I do, then I feel as if I failed the whole task.	1	2	3	4	5
14.	If I fail partly, it is as bad as being a complete failure.	1	2	3	4	5
15.	Only outstanding performance is good enough in my family.	1	2	3	4	5
16.	I am very good at focusing my efforts on attaining a goal.	1	2	3	4	5
17.	Even when I do something very carefully, I often feel that it is not quite right.	1	2	3	4	5
18.	I hate being less than the best at things.	1	2	3	4	5
19.	I have extremely high goals.	1	2	3	4	5
20.	My parents expect excellence from me.	1	2	3	4	5

21.	People will probably think less of me if I make a mistake.	1	2	3	4	5
22.	I never feel that I can meet my parents' expectations.	1	2	3	4	5
23.	If I do not do as well as other people, it means I am an inferior being.	1	2	3	4	5
24.	Other people seem to accept lower standards from themselves than I do.	1	2	3	4	5
25.	If I do not do well all the time, people will not respect me.	1	2	3	4	5
26.	My parents have always had higher expectations for my future than I have.	1	2	3	4	5
27.	I try to be a neat person.	1	2	3	4	5
28.	I usually have doubts about the simple everyday things that I do.	1	2	3	4	5
29.	Neatness is very important to me.	1	2	3	4	5
30.	I expect higher performance in my daily tasks than most people.	1	2	3	4	5
31.	I am an organized person.	1	2	3	4	5
32.	I tend to get behind in my work because I repeat things over and over.	1	2	3	4	5
33.	It takes me a long time to do something "right".	1	2	3	4	5
34.	The fewer mistakes I make, the more people will like me.	1	2	3	4	5
35.	I never feel that I can meet my parents' standards.	1	2	3	4	5

Scoring:

- Concern over mistakes and doubts about actions (Questions 9,10,13,14, 17,18,21,23,25,28,32,33,34)
- Excessive concern with parents' expectations and evaluation (Questions 1,3,5,11,15,20,22,26,35)
- Excessively high personal standards (Questions 4,6,12,16,19,24,30)
- Concern with precision, order and organisation (Questions, 2,7,8,27,29,31)

Frost, R. O., & Marten, P. A. (1990). Perfectionism and evaluative threat. *Cognitive Therapy and Research*, 14, 559-572.

Stober, J. (1998). The Frost Multidimensional Perfectionism Scale: More perfect with four (instead of six) dimensions. *Personality and Individual Differences*, 24(4), 481-491.