



# Perfectionism: Good, Bad, or Growth?

Elissa A. Lauber, Jack Bauer, Ph.D  
University of Dayton

## Perfectionism

### Perfectionism

- Setting exceptionally high standards for one's behavior
- Stringent self-evaluations

### Past Research

- From a clinical, pathological perspective
- Intrapersonal & interpersonal measures

### Recent Research

- Perfectionism can be either adaptive or maladaptive (e.g., Luyckx et al, 2008)

## My Approach: Perfection as a Motivation

### Perfection as a Motivation

- Perfection as a rigid expectation
  - Rigid expectation for behavior, for self
- Perfection as guiding ideal for growth

### Related Research

- Based on self-determination theory (Ryan & Deci, 1985)
  - Intrinsic v. Extrinsic motivation
  - Harmonious v. Obsessive passion (Vallerand, 2008)
  - Growth Motivation (Bauer, 2012)
    - Well-being
    - Activity-engagement
    - Performance

## The Present Study

- Previous research has primarily focused on perfectionism from a clinical perspective, which is generally studied in terms of its maladaptive components.
- The present study, however, aims to experimentally distinguish two groups of perfectionists—adaptive and maladaptive.

## Method

- Approximately 100 university students
- Primed with either adaptive or maladaptive instructions
- Anagram task and Creativity test

## Hypothesis

**Hypothesis 1:** Participants in the adaptive condition are expected to find more solutions on the anagram task and generate more uses for objects on the creativity test.

**Hypothesis 2:** Participants in the adaptive condition are expected to report greater intrinsic motivation, harmonious passion, and growth motivation than participants in the maladaptive condition.

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## Measures

### Perfectionism

- Multidimensional Perfectionism Scale (Frost et al., 1990)
  - Five subscales:
    - High personal standards
    - Doubts about actions
    - Concern over mistakes
    - High parental expectations
    - Parental criticism

- 3 subscales (20-items) of the Perfectionism Inventory (Hill et al., 2008)
  - Planfulness
  - Rumination
  - Striving for Excellence

### Motivation

- Growth Motivation Inventory (Bauer, 2012)
- Authenticity Scale (Wood, Linley, Maltby, Baliousis, & Joseph, 2008)
- Achievement Goal Questionnaire-Revised (Elliot & Murayama, 2008)
- Situational Motivational Scale (Guay, Vallerand, & Blanchard, 2000)
- Passion Scale (Vallerand et al., 2003)
- Hedonic and Eudaimonic Motives for Activities Scale (Huta & Ryan, 2010)