Perfectionism: Good, Bad, or Growth?
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<th>Perfectionism</th>
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| **Perfectionism** | - Setting exceptionally high standards for one's behavior  
- Stringent self-evaluations | **Perfectionism** | - Multidimensional Perfectionism Scale (Frost et al., 1990)  
- Five subscales:  
  - High personal standards  
  - Doubts about actions  
  - Concern over mistakes  
  - High parental expectations  
  - Parental criticism |  |
| **Past Research** | - From a clinical, pathological perspective  
- Intraperpersonal & interpersonal measures | **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) |
| **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** | - Setting exceptionally high standards for one's behavior  
- Stringent self-evaluations |  |
| **Related Research** | - From a clinical, pathological perspective  
- Intraperpersonal & interpersonal measures |  |
| - 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 |  |
| **Hypothesis** | **Method** |  |
| **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. | - Approximately 100 university students  
- Primed with either adaptive or maladaptive instructions  
- Anagram task and 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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