

# Frost Multidimensional Perfectionism Scale

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The following 35-item questionnaire aims to explore your level of perfectionism. There is 5 possible answers to the 35 items:

1. Strongly disagree
2. Disagree
3. Neither agree or disagree
4. Agree
5. Strongly agree

Please answer the following questions as honestly as possible to obtain accurate results.

Items	1	2	3	4	5
1. My parents set very high standards for me.					
2. Organization is very important to me.					
3. As a child, I was punished for doing things less than perfect.					
4. If I do not set the highest standards for myself, I am likely to end up a second-rate person.					
5. My parents never tried to understand my mistakes.					
6. It is important to me that I be thoroughly competent in everything I do.					
7. I am a neat person.					
8. I try to be an organized person.					

Items	1	2	3	4	5
9. If I fail at work/school, I am a failure as a person.					
10. I should be upset if I make a mistake.					
11. My parents wanted me to be the best at everything.					
12. I set higher goals than most people.					
13. If someone does a task at work/school better than I, then I feel like I failed the whole task.					
14. If I fail partly, it is as bad as being a complete failure.					
15. Only outstanding performance is good enough in my family.					
16. I am very good at focusing my efforts on attaining a goal.					
17. Even when I do something very carefully, I often feel that it is not quite right.					
18. I hate being less than the best at things.					
19. I have extremely high goals.					
20. My parents have expected excellence from me.					
21. People will probably think less of me if I make a mistake.					

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

Items	1	2	3	4	5
35. I never felt like I could meet my parents' standards.					

## Scoring

To score each factor, take the raw score of each item related to the respective factor.

Factors	Score
<b>Concern over mistakes and doubts about actions:</b> 9, 10, 13, 14, 17, 18, 21, 23, 25, 28, 32, 33, and 34	
<b>Excessive concern with parents' expectations and evaluation:</b> 1, 3, 5, 11, 15, 20, 22, 26, and 35.	
<b>Excessively high personal standards:</b> 4, 6, 12, 16, 19, 24, and 30.	
<b>Concern with precision, order, and organization:</b> 2, 7, 8, 27, 29, and 31.	
Total perfectionism score (total of all factors not including organization):	

## References

Frost, R. O., Marten, P., Lahart, C., & Rosenblate, R. (1990). The dimensions of perfectionism. *Cognitive therapy and research, 14*, 449-468.