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Smith, Martin M. (2019) Perfectionism Is Increasing. [Image] (Unpublished)

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# RaY

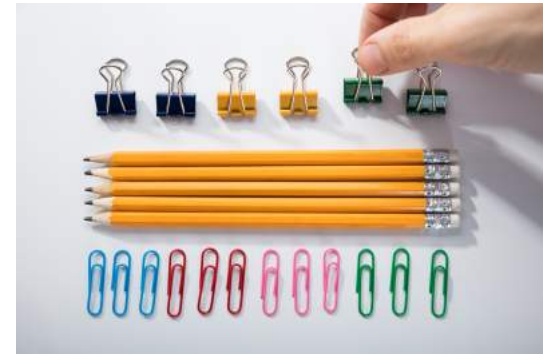
Research at the University of York St John

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# Perfectionism Is Increasing



New study shows perfectionism is rising and peaking in millennials.



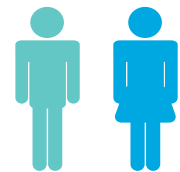
## 3 Major Findings

Perfectionism has increased over the past

**25 years.**

Perfectionists become more **neurotic** and less **conscientious** as time passes.

**Men** and **women** report similar levels of perfectionism.



**"It's important to note that high standards are not the same as perfectionistic standards, and that striving for excellence and striving for perfection are not the same thing."**

**- Dr. Martin Smith**



Our study is one of the largest ever studies on perfectionism.

Complete article available here:

<http://tiny.cc/CRUXPerfectionism>

Infographic by Dr. Martin M Smith. He is a lecturer in research methods at York St John University in the United Kingdom.