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Effectiveness of an Online Acceptance and Commitment Therapy-Based Programme in Reducing Perfectionism in Female Soccer Players

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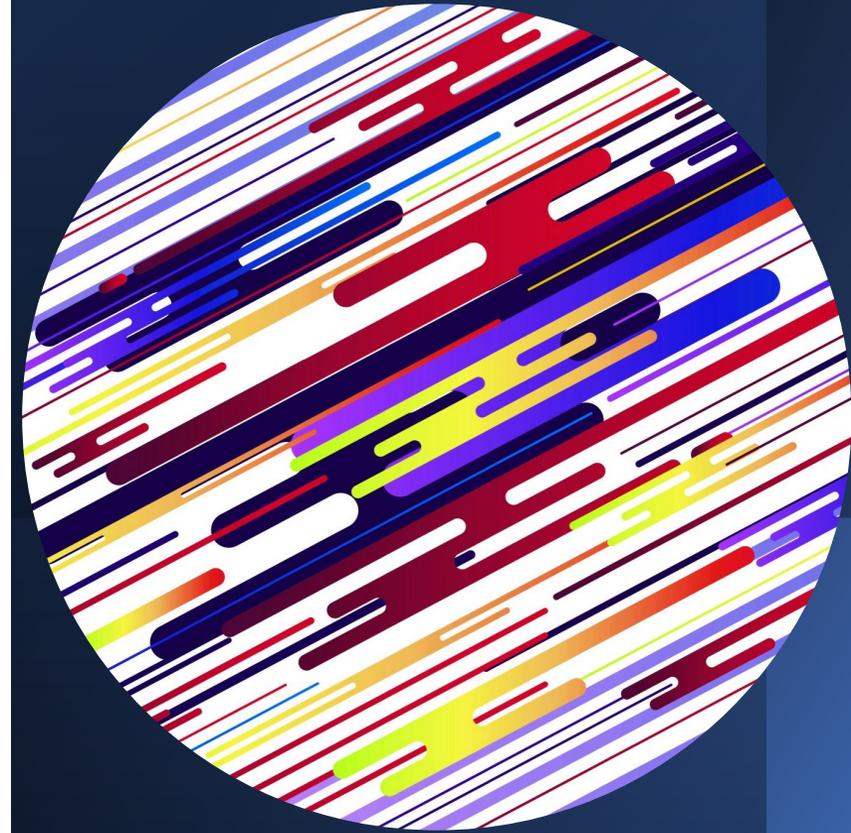
Outline

What is perfectionism?

Introduction

Method

Results

Practical implications

Trait Perfectionism

Trait perfectionism is a personality characteristic that includes setting ==unrealistically high standards of performance== and tendencies for ==overly critical evaluations== of one's behavior

The Dimensions of Perfectionism

Randy O. Frost,[1] Patricia Marten, Cathleen Lahart, and Robin Rosenblate

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Perfectionism is a major diagnostic criterion for one DSM-III diagnosis, and it has been hypothesized to play a major role in a wide variety of psychopathologies. Yet there is no precise definition of, and there is a paucity of research on, this construct. Based on what has been theorized about perfectionism, a multidimensional measure was developed and several hypotheses regarding the nature of perfectionism were tested in four separate studies. The major dimension of this measure was excessive concern over making mistakes. Five other dimensions were identified, including high personal standards, the perception of high parental expectations, the perception of high parental criticism, the doubting of the quality of one's actions, and a preference for order and organization. Perfectionism and certain of its subscales were correlated with a wide variety of psychopathological symptoms. There was also an association between perfectionism and procrastination. Several subscales of the Multidimensional Perfectionism Scale (MPS), personal standards and organization, were associated with positive achievement striving and work habits. The MPS was highly correlated with one of the existing measures of perfectionism. Two other existing measures were only moderately correlated with the MPS and with each other. Future studies of perfectionism should take into account the multidimensional nature of the construct.

In 1983 Asher Pacht devoted his APA Distinguished Professional Contribution Award address to the topic of perfectionism (Pacht, 1984). In it he argued that perfectionism is a widespread and extremely debilitating problem. He linked it

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(Frost et al., 1990)

Perfectionistic Concerns (PC)	Perfectionistic Strivings (PS)	Measure
Socially-Prescribed Perfectionism (SPP)	Self-Oriented Perfectionism (SOP)	Performance Perfectionism Scale-Sport (PPS-S; Hill et al., 2016)
Concerns Over Mistakes (CM)	Personal Standards (PES)	Sport Multidimensional Perfectionism Scale-2 (SMPS-2; Gotwals & Dunn, 2009)
Negative Reactions to Imperfection (NRI)	Striving For Perfection (SP)	Multidimensional Inventory of Perfectionism in Sport (MIPS; Stoeber et al., 2004)

(Stoeber & Madigan, 2016)

PC
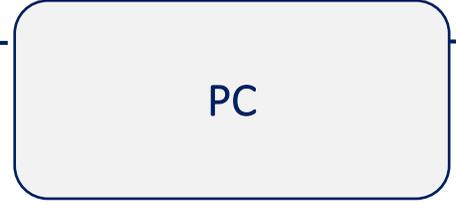
Perfectionism Cognitions

Perfectionism cognitions are ==automatic ruminative thoughts and images== involving the need to be perfect

Not All Perfectionism Cognitions Are Multidimensional: Evidence for the Perfectionism Cognitions Inventory–10

Andrew P. Hill[1] and Tracy Donachie[1]

Abstract

The measurement of perfectionistic cognitions has recently caused disagreement among researchers. Flett, Hewitt, Blankstein, and Gray proposed that perfectionistic cognitions are unidimensional. However, after re-examining the factor structure of the instrument used to measure perfectionistic automatic thoughts (Perfectionism Cognitions Inventory [PCI]), Stoeber, Kobori, and Tanno argued that perfectionistic cognitions are multidimensional. Researchers are now faced with a dilemma: Should they adopt a multidimensional approach derived from the analysis of the underpinning structure of the instrument or should theory take precedence and the instrument be revised? In considering these two alternatives, in this instance, we advocate the latter strategy. In accord, in the current study, we assess the factor structure of the PCI with the intention of creating a unidimensional version of the instrument. In doing so, we provide evidence to support the use of a new shorter version of the PCI. Unlike the original PCI, the Perfectionism Cognitions Inventory–10 (PCI-10) has a unidimensional structure that replicates across independent samples. The PCI-10 and the original PCI are also highly correlated. Based on this evidence, we propose that the PCI-10 provides a short, psychometrically sound, instrument to measure perfectionistic cognitions in the unidimensional manner it was intended.

Keywords
questionnaire, survey, psychometrics

Perfectionism has typically been studied as a personality trait. However, perfectionism can also be studied in terms of individual differences in the frequency with which people experience perfectionistic cognitions. Perfectionistic cognitions are automatic ruminative thoughts and images involving the need to be perfect (Flett, Hewitt, Blankstein, & Gray, 1998). As described by Flett et al., perfectionistic cognitions can be understood in context of theories of rumination and as a form of end-state thinking. That is, they are a set of thoughts that occur following failure to reach important goals and when attention shifts toward the self and personal discrepancies (Martin & Tesser, 1989). As such, perfectionistic cognitions are expected to be common among those who

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(Hill & Donachie, 2019)

T1 Title: Effectiveness of an online Acceptance and Commitment Therapy-based sport psychology programme for managing trait perfectionism, perfectionistic thoughts, and emotions in athletes

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Introduction

01

Research suggests that athletes who are perfectionistic are more vulnerable to a range of difficulties (Hill et al., 2018).

02

Little is known about what the most effective way is to reduce perfectionism in sport.

03

Outside of sport, Acceptance & Commitment Therapy (ACT) is shown to be an effective way at reducing perfectionism (Ong et al., 2019).

Aims

TO TEST THE EFFECTIVENESS OF ACT FOR PERFECTIONISM IN SPORT

TO UNDERSTAND THE BENEFITS AND ADVANTAGES OF AN ONLINE INTERVENTION FOR PERFECTIONISTIC ATHLETES
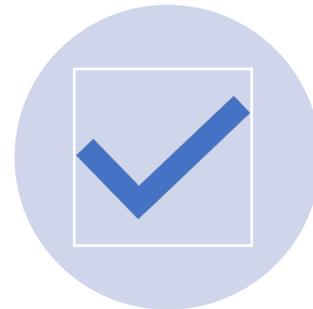
Method

81 female footballers (M age = 24.28 years, SD = 6.77, range 18-44 years)

Eight weeks of self-guided access, working at their own speed

Eight modules + homework tasks

Two check in points

Instruments

Trait Perfectionism:

• Sport Multidimensional Perfectionism Scale – 2 (SMPS–2) (Gotwals & Dunn, 2009)

• Multidimensional Inventory of Perfectionism in Sport (MIPS) (Stoeber et al., 2004)

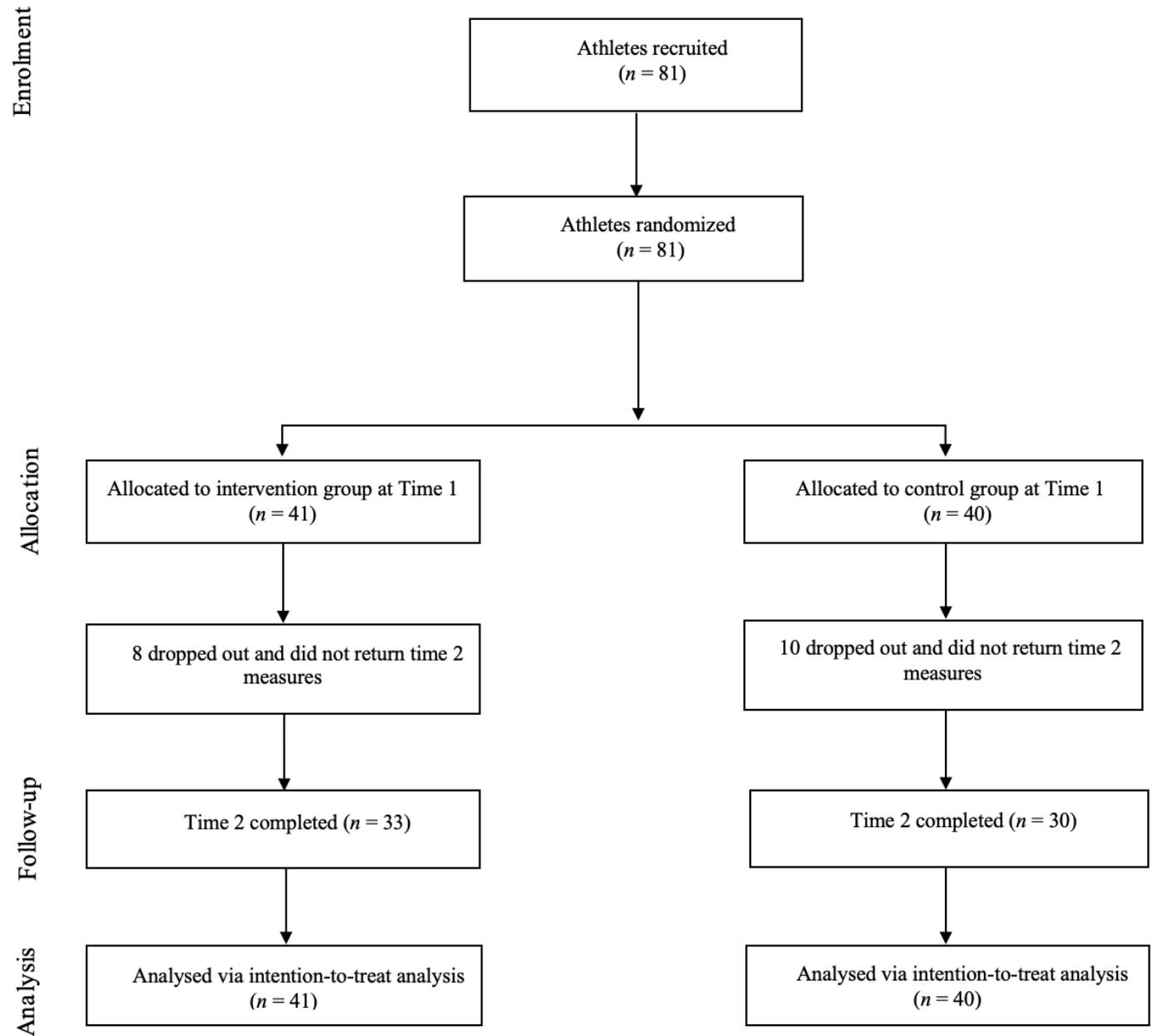• Performance Perfectionism Scale for Sport (PPS–S) (Hill et al., 2016)

Perfectionism Cognitions:

• Perfectionism Cognitions Inventory – 10 (PCI–10; Hill & Donachie, 2019)

Pre-Competition Emotions:

• Sport Emotion Questionnaire (SEQ; Jones et al., 2012)

| Module	ACT	Perfectionism	Aim
1	Introduction	Stigma	Reduce stigma and provide overview of ACT
2	Being Present	Concerns Over Mistakes	Staying focused in competition/training
3	Mindfulness	Fear of Failure	To be able to control the body and mind
4	Acceptance	Self-Criticism	Accept mistakes and reduce self-criticism
5	Defusion	Doubt	To disconnect thoughts
6	Values	Managing Expectations	Leading a values led life
7	Self	Negative Reactions	Increase awareness of our selves
8	Commitment	Healthy Striving	Setting realistic and healthy goals

Results – Highlights
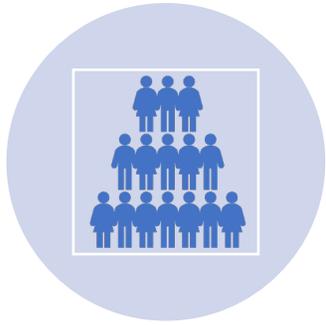
1. Group effects for athletes participating in the ACT-based intervention group for all dimensions of perfectionism, except SOP.

2. Time effects for SOP, SPP, and perfectionism cognitions for those athletes in the ACT-based intervention group.
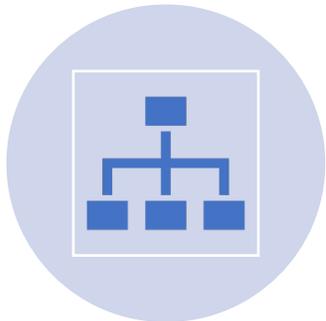
3. Interaction effects (group x time) for all dimensions of perfectionism except SPP for those athletes in the ACT-based intervention group.
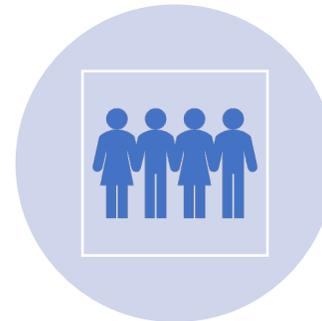
4. Mean differences between the intervention group and the control group at T2 for all dimensions of perfectionism.

Results – Adherence

Number of <u>hours</u> athletes spent on the modules was significantly correlated with reductions in their SOP, perfectionism cognitions, and anxiety over time.

Number of <u>modules</u> the athletes completed was also significantly correlated with reductions in their SP, NRI, perfectionism cognitions, and anger over time.

Practical Implications

We recommend using ACT as a type of intervention when working to reduce perfectionism in athletes.

We cautiously advocate for practitioners to consider using online interventions as part of their work.

We encourage practitioners to use self-help style, or minimally guided, self-paced interventions to support perfectionistic athletes.

Thank You

Any Questions

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