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SCHOOL OF PSYCHOLOGY

## 3rd Perfectionism Network Meeting

University of Kent, 12-13 July 2016

FINAL PROGRAMME



## VENUE & ORGANIZATION

### Venue

The meeting will be held in room KLT4 on the ground floor of Keynes College, University of Kent, Canterbury Campus, Canterbury, CT2 7NP. Please see the campus guide plus map in the appendix of this programme. Keynes College is circled in red. Enter via the main entrance into the atrium (see pictures below), follow the posted signs, ... and voilà!



### Sessions 1–4 (Talks)

If you are presenting a talk, I have assigned you to one of four sessions based on the abstracts you submitted (see Schedule & Presenters on p. 4). I am aware that not all assignments are “perfect”—some sessions are more coherent than others, and Session 4 combines talks that I could not fit into other sessions (for various reasons including my lack of imagination)—but I think that the structure is overall okay and should work. \*Important!\* Talks should be **no longer than 15-20 minutes** so that we have time for some questions after each talk, and can also have a small break (e.g., “comfort break”) after each set of three talks.

### Poster Sessions

If you are presenting a poster, note that the poster session will be on Day 1 from 16:00-17:30 hrs (see Schedule & Presenters on p. 4). I am planning to have the poster boards in the same room as the talks (KLT4) so you can put up your poster when you arrive on Day 1—and then leave the poster displayed on both days. During the poster session, please be with your poster so other participants can have a chat with you, ask questions, give comments, etc. As regards the poster format, posters should be **no larger than A0\*** (and in portrait format, not landscape). Please see the poster board info in the appendix for further details.

### Coffee, Lunch, & Dinner

I will provide coffee and a sandwich lunch on Day 1 and Day 2. As regards the dinner on the evening of Day 1 at 19:30 hrs, I have booked the “Raj Venue” (i.e., Indian cuisine, so that everybody—vegan/vegetarian or not—will have a wide selection of choices; see <http://www.rajvenue.co.uk/>). Please note that coffee and lunch will be paid for, but you will have to pay for the dinner yourself (should not be more than £15-25 per person, de-

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*Size	Width × Height (cm)	Width × Height (in)
A0	84.1 × 118.9 cm	33.1 × 46.8 in

pending on how much we have to drink).<sup>1</sup>

Looking forward to hearing your talks and seeing posters, and to an I am sure exciting and stimulating meeting!

With the very best wishes,

A handwritten signature in blue ink, appearing to read 'Joachim', with a long, sweeping horizontal stroke extending to the right.

Joachim

Contact:

Joachim Stoeber  
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<sup>1</sup>Exchange rates (2 June 2016): £1 ≈ US \$1.44 ≈ €1.29

<b>SCHEDULE &amp; PRESENTERS</b>
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**DAY 1 • TUESDAY, 12 JULY 2016**

<b>9:15-10:00</b>	<b>Coffee &amp; Welcome</b>	
<b>10:00-12:30</b>	<b>Session 1</b>	
	<b>Treatment &amp; Prevention</b>	<b>Adolescence</b>
	1. Paul Hewitt	4. Susannah Johnston
	2. Roz Shafran & Radha Kothari	5. Lavinia Damian
	3. Tracey Wade	6. Oana Negru-Subtirica
<b>12:30-13:30</b>	<b>Lunch</b>	
<b>13:30-16:00</b>	<b>Session 2</b>	
	<b>Stress &amp; Social Support</b>	<b>Other Perfectionisms</b>
	1. Kenneth Rice	4. Joachim Stoeber
	2. David Dunkley	5. Simon Sherry
	3. Caterina Lombardo	6. Martin Smith
<b>16:00-17:30</b>	<b>Poster Session</b>	
	1. Céline Douilliez	7. Esmie Smith
	2. Michael Grugan	8. Martin Smith
	3. Gareth Jowett	9. Thomas Curran
	4. Michael Lizmore	10. Michael Page
	5. Sarah Mallinson-Howard	11. Daniel Read
	6. Fuschia Sirois	
<b>19:30</b>	<b>Dinner “Raj Venue” (92 St. Dunstons St, Canterbury CT2 8AD)</b>	

**DAY 2 • WEDNESDAY, 13 JULY 2016**

<b>9:30-10:00</b>	<b>Coffee</b>	
<b>10:00-12:30</b>	<b>Session 3: Sport &amp; Dance</b>	
	1. Tracy Donachie	4. Sanna Nordin-Bates
	2. Daniel Madigan	5. John Dunn
	3. Oliver Stoll	6. Andrew Hill
<b>12:30-13:30</b>	<b>Lunch</b>	
<b>13:30-16:00</b>	<b>Session 4: Further Advances in Perfectionism Research</b>	
	1. Fuschia Sirois	4. Patrick Gaudreau
	2. Kathryn Fletcher	5. Hongfei Yang
	3. Emily Taylor	6. Gordon Flett
<b>16:00-17:30</b>	<b>General Discussion: Open Questions &amp; Future Directions</b>	
<b>17:30</b>	<b>End of Meeting</b>	

**ABSTRACTS**

**Session 1: Treatment & Prevention – Presentation 1**

*Presenter*

Paul Hewitt (University of British Columbia)

*Title*

The Perfectionism Social Disconnection Model: Perfectionism and Psychotherapy

*Author/s*

Paul L. Hewitt

*Abstract*

Based on the recently refined Perfectionism Social Disconnection Model (PSDM; Hewitt, Flett, & Mikail, in press) we have begun investigating the role of specific components of the perfectionism construct and response to psychotherapy. This paper will describe the PSDM and its particular relevance in treatment. Data from several treatment studies demonstrating the deleterious effect of perfectionism components on various forms of treatment will be discussed. Finally, a study evaluating a new group psychotherapy specifically focused on perfectionistic behaviour will be discussed. The broader implications will also be discussed in terms of understanding how perfectionism can function in different kinds of relationships, including the therapeutic relationship.

*Contact:* phewitt@psych.ubc.ca\*

**Session 1: Treatment & Prevention – Presentation 2**

*Presenter*

Roz Shafran & Radha Kothari (University College London)

*Title*

Guided Online Self-Help for Perfectionism: The Trial and Tribulations

*Author/s*

Roz Shafran, Radha Kothari, Tracey Wade, Lauren Robinson, Jovita Leung, Gerhard Andersson, George 'Speedy' Vlaescu, Julia Bowen, Sophie Cripps, Jean Stafford, Harriet Clarkson, Tuhina Bhattacharyya, Hannah Watson, Martha von Werthern, Radhika Jethwa, Chloe Yu Shu, & Sarah Egan

*Abstract*

Background

Treating clinical perfectionism with cognitive behavioural techniques can effectively reduce both levels of perfectionism, and symptoms of Axis I disorders. Although these techniques are effective when administered as a purely online version of the treatment, without any guidance from a therapist they are less effective than a face-to-face treatment. Guidance from therapists is important to the online delivery of psychological interventions, as it has been shown to improve recovery rates of Axis I disorders when compared to online treatments without guidance.

Aim

The aim of the current research is to compare the effects of an eight-module guided online

self-help treatment for perfectionism in adults delivered over 12 weeks with a waiting list control group who will receive no treatment during the active phase.

#### Method

80 participants with significant levels of perfectionism completed a battery of measures of psychological functioning. They were then randomly assigned to either the intervention group or a waiting list control group. Those in the guided online self-help group received the online self-help package with email guidance provided by a trained supporter and a weekly measure of perfectionism.

#### Results

We will present results in terms of (a) associations between perfectionism and psychological functioning, (b) treatment retention, (c) impact on perfectionism and (d) impact on Axis 1 Psychopathology.

#### Discussion

The findings will be discussed within the broader literature on both perfectionism and also the challenges of 'scaling up' interventions to increase their accessibility.

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### **Session 1: Treatment & Prevention – Presentation 3**

#### *Presenter*

Tracey Wade (Flinders University)

#### *Title*

Evidence Supporting the Role of Perfectionism as a Transdiagnostic Mechanism in Prevention

#### *Author/s*

Tracey D. Wade & Eva Vekas

#### *Abstract*

#### Aim

Perfectionism has been identified as a possible transdiagnostic construct given its association with depression, anxiety, and eating disorders. Some debate and confusion exists over the measurement of the harmful aspects of perfectionism, thought to relate to self-criticism, versus the helpful aspects of perfectionism, such as achievement striving. The measurement of perfectionism in younger children continues to be based on adult measures, and the validity of such measures is largely untested. The aim of the current study is to review three prevention trials with young people (aged 10 to 16 years of age) that focus on decreasing unhelpful perfectionism, and investigate the variety of outcomes related to these interventions, and the implications for moving forward in this area.

#### Method

All of the three studies were randomized controlled trials, including males and females, with around 1000 participants in all. A variety of measures were utilized, including the Depression, Anxiety and Stress Scales, the Warwick-Edinburgh Mental Well-being Scale, the Dysfunctional Attitudes Scale, the Self-Compassion Scale, the Forms of Self-Criticising/Attacking and Self-Reassuring Scale, and the Child and Adolescent Perfectionism Scale.

#### Results

Significant decreases in negative affect, unhelpful perfectionism, self-criticism, self-oriented perfectionism striving were found over follow-up, ranging from 1 to 12 months.

#### Conclusion

Targeting perfectionism shows promise as a transdiagnostic strategy in prevention work. While decreases in unhelpful perfectionism and psychopathology are robust, improvements

in well-being are less examined. We continue to have difficulty in finding suitable measures of perfectionism in young children, and our understanding of how the different types of perfectionism impact on poor outcome is still limited. The implications for future measurement of perfectionism and development of interventions are discussed.

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<b>Session 1: Adolescence – Presentation 4</b>
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*Presenter*

Susannah Johnston (University of Edinburgh)

*Title*

Clinical Adolescent Perfectionism: A Grounded Theory Study

*Author/s*

Susannah C. Johnston, Emily P. Taylor, & Joanne M. Williams

*Abstract*

Clinical adolescent perfectionism literature currently relies on adult-derived conceptualisations of perfectionism, which may lack consideration for potential qualitative differences in perfectionism during the developmental period of adolescence. This conceptual issue may have implications for research assessing relationships between perfectionism and psychopathology in adolescence and also for therapeutic approaches towards perfectionism experienced by this young population.

The current qualitative study offers unique insight into adolescents' own theories of perfectionism. Sixteen adolescent participants were recruited from a Scottish Child and Adolescent Mental Health Service for a study of this construct in a typically highly perfectionistic clinical population – the eating disordered population. Through individual semi-structured interviews their perspectives, definitions, and experiences of perfectionism were explored. The interviews were audiotaped and transcribed before undergoing Grounded Theory analysis, which enabled an acute, methodical examination of clinical adolescent perfectionism.

This presentation will outline some of what has been discovered about clinical adolescent perfectionism and will discuss this in relation to lay, clinical, and theoretical beliefs about perfectionism as it presents in this developing population. Implications of these results for both treatment outcomes and healthy development in the adolescent population will also be discussed.

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<b>Session 2: Adolescence – Presentation 5</b>
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*Presenter*

Lavinia Damian (Babeş-Bolyai University)

*Title*

On the Development of Perfectionism and Perfectionistic Self-Presentation in Adolescents: The Role of Parental Behaviors

*Author/s*

Lavinia E. Damian, Oana Negru-Subtirica, Joachim Stoeber, & Eleonora I. Pop

*Abstract*



The present research investigated the longitudinal role of perceived parental behaviors such as parental responsiveness, behavioral control, psychological control, and autonomy support (Soenens et al., 2006) in adolescents' perfectionism (i.e., self-oriented, socially prescribed, and other-oriented perfectionism; Hewitt & Flett, 2004; Flett et al., 2000; Stoeber, 2013) and perfectionistic self-presentation (i.e., perfectionistic self-promotion, nondisplay of imperfection, and nondisclosure of imperfection; Hewitt et al., 2011). The sample at Time 1 consisted of 735 adolescents aged between 11 and 19 ( $M_{\text{age}} = 15.4$ ,  $SD_{\text{age}} = 2.0$ ), 56% females. We performed preliminary analyses on the first two data waves (i.e., hierarchical regression analyses to predict Time 2 perfectionism and perfectionistic self-presentation while controlling for the criterion at Time 1). Results showed that none of the parental behaviors predicted change in self-oriented and other-oriented perfectionism. Both perceived parental responsiveness and autonomy support predicted relative decreases in socially prescribed perfectionism and in nondisclosure of imperfection. Perceived psychological control predicted relative increases in socially prescribed perfectionism, perfectionistic self-promotion, nondisplay of imperfection and nondisclosure of imperfection whereas perceived behavioral control did not predict change in any of the perfectionism dimensions.

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### Session 1: Adolescence – Presentation 6

#### *Presenter*

Oana Negru-Subtirica (Babeş-Bolyai University)

#### *Title*

On the Longitudinal Interplay Between Perfectionism and Career Adaptability in Adolescents

#### *Author/s*

Oana Negru-Subtirica, Lavinia E. Damian, Joachim Stoeber, & Eleonora I. Pop

#### *Abstract*

The present research investigated the longitudinal associations between adolescents' perfectionism (i.e., self-oriented and socially prescribed; Flett et al., 2000) and career adaptabilities (i.e., concern, control, curiosity, and confidence; Savickas & Porfeli, 2012). The sample at Time 1 consisted of 735 adolescents aged between 11 and 19 ( $M_{\text{age}} = 15.4$ ,  $SD_{\text{age}} = 2.0$ ), 56% females. We performed preliminary analyses on the first two data waves (i.e., hierarchical regression analyses to predict Time 2 perfectionism and career adaptabilities while controlling for the criterion at Time 1). Results showed that self-oriented perfectionism predicted relative increases in career concern and vice-versa. Self-oriented perfectionism predicted increases in career confidence whereas socially prescribed perfectionism predicted decreases in career confidence. We highlighted that adolescents' self-oriented perfectionism and their preoccupation with the future, viewed as the personal value they attach to preparing for tomorrow (i.e. their career concern) mutually support each other across time. Also, adolescents' beliefs in their capacity to successfully overcome career barriers (i.e., their career confidence) were sustained by their self-oriented perfectionism and inhibited by socially-prescribed perfectionism.

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### Session 2: Stress & Social Support – Presentation 1

*Presenter*

Kenneth Rice (Georgia State University)

*Title*

Stress-Generation and Stress-Enhancement Aspects of Perfectionism: New Wine in Old Bottles

*Author/s*

Kenneth G. Rice, Merideth E. Ray, & Don E. Davis

*Abstract*

I will report longitudinal and lab studies of the stress-generating and stress-enhancing effects of perfectionism, primarily for first-year college students pursuing STEM majors, areas of study that are demanding in terms of educational, personal, and interpersonal challenges. Using a longitudinal design (Study 1) covering six time points, findings were consistent with expectations regarding adaptive and maladaptive perfectionism and stress on self-reported academic and personal problems. In contrast, intriguing grade-related academic performance findings emerged that required a more nuanced description of what was originally thought to be adaptive or maladaptive perfectionism. Based on the longitudinal findings, in current research, we are examining cardiovascular stress reactivity of perfectionists to induced stress in the lab (Study 2) and the effects of a value affirmation intervention on different aspects of quantitative reasoning demonstrated in the lab (Study 3). These are ongoing studies but sufficient data should be available to present at the meeting.

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<b>Session 2: Stress &amp; Social Support – Presentation 2</b>
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*Presenter*

David Dunkley (Lady Davis Institute–Jewish General Hospital and McGill University)

*Title*

Perfectionism and Daily Stress Reactivity and Coping Effectiveness Over 1 Year: A Two-Wave Experience Sampling Study

*Author/s*

David M. Dunkley & Shauna Solomon-Krakus

*Abstract*

This two-wave experience sampling study of 153 community adults examined the role of perfectionism in daily stress reactivity and coping effectiveness over one year. Participants completed measures of two higher-order dimensions of perfectionism (personal standards [PS], self-criticism [SC]). Then, at baseline (Time 1) and again one year later (Time 2), participants completed experience sampling with repeated within-day reports of stress, coping, and affect for eight consecutive days. PS was associated with problem-focused coping tendencies, whereas SC was associated with the maintenance of event stressfulness, avoidant coping, negative affect, and lower positive affect at Time 1 and 2. Multilevel modeling indicated that individuals with higher SC/PS perfectionism exhibited heightened emotionally reactivity to stress during the day compared to individuals lower on these dimensions at Time 1 and 2. Avoidant coping was especially ineffective for individuals with higher SC/PS perfectionism at Time 2. Problem-focused coping was especially effective for individuals with higher PS at Time 1 and 2, and for those with higher SC at Time 2. These findings highlight the importance of targeting reactions to stress in daily life in order to

reduce distress and bolster resilience over the long-term for perfectionistic individuals.

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### **Session 3: Stress & Social Support – Presentation 3**

*Presenter*

Caterina Lombardo (Sapienza University of Rome)

*Title*

Partner-Prescribed Perfectionism Predicts Marital Satisfaction and Perceived Support in Romantic Relationships

*Author/s*

Caterina Lombardo, Rita Maria Esposito, & Pierre Philippot

*Abstract*

Previous studies (e.g. Stoeber, 2012) showed that Partner-Prescribed Perfectionism (PPP) and Partner-Oriented Perfections (POP) are negatively related to the perception of the quality of romantic relationships. In order to replicate these findings, we conducted a study on 122 couples assessing also the perception of support given and received.

Results showed significant negative correlations between PPP of the actor and satisfaction with marital life and support received and given reported by both the actor and the partner. Regression analyses showed that PPP of the actor negatively predicted marital satisfaction reported by the partner both when the actor is the female partner and when the male actor is considered. Moreover, PPP negatively predicted the received support perceived by the female actor. Unlike previous studies, POP was related to no dependent variable considered.

Findings confirm that PPP acts negatively on the satisfaction with couples life and this negative effect is also evident on the perception of support received. It is plausible that perfectionism influences perceived support and this, in turn, negatively affects marital satisfaction. For this reason we plan to conduct mediation analyses considering perceived support as the mediator and controlling for other variables like commitment with the relationship, anxiety and depression

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### **Session 2: Other Perfectionisms – Presentation 4**

*Presenter*

Joachim Stoeber (University of Kent)

*Title*

How Other-Oriented Perfectionism Differs from Self-Oriented and Socially Prescribed Perfectionism: Further Studies

*Author/s*

Joachim Stoeber

*Abstract*

Recent years have seen a reinvigorated interest in other-oriented perfectionism (Hewitt & Flett, 1990, 1991), and converging findings suggest that it is a “dark” form of perfectionism associated with narcissistic and antisocial traits. Building on my previous research on how

other-oriented perfectionism differs from self-oriented and socially prescribed perfectionism (Stoeber, 2014a, 2014b, 2015; Stoeber, Sherry, & Nealis, 2015), I am currently conducting a series of studies to examine further differences between the three forms of perfectionism that include self-reports and actual behavior in so-called mixed-motive games (or “social dilemmas”). The self-reports include measures of aggression, trust, empathy, and the “seven deadly sins” (anger, envy, gluttony, greed, lust, pride, and sloth). The mixed-motive games include a dictator game, an ultimatum bargaining game, a trust game, a social investment game, a prisoner’s dilemma game, and asking participants to make a donation. Data collection is ongoing, but the expectation is that other-oriented perfectionism will show unique positive relationships with egotistical–antisocial traits/behaviors and unique negative relationships with empathic–prosocial traits/behaviors.

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## **Session 2: Other Perfectionisms – Presentation 5**

*Presenter*

Simon Sherry (Dalhousie University)

*Title*

Narcissistic Perfectionism: New Evidence From a Meta-Analysis, Longitudinal Study, and Daily Diary Study

*Author/s*

Simon B. Sherry, Martin M. Smith, Donald H. Saklofske, Logan J. Nealis, Paul L. Hewitt, & Gordon L. Flett

*Abstract*

Clinicians have long speculated about narcissistic perfectionism—an outwardly directed need for perfection marked by grandiosity, entitlement, hyper-criticism of others, and lofty expectations for others. Until recently, there were no empirical tests of this construct. Three studies involving multiple methods and multiple sources were conducted to elucidate narcissistic perfectionism. Study 1 involved a comprehensive meta-analysis of the association between narcissism and perfectionism. Results indicated narcissism was clearly and consistently related to other-oriented perfectionism. Study 2 involved a longitudinal study with self- and informant reports and supported the test-retest reliability, factorial validity, and incremental validity of narcissistic perfectionism. In particular, narcissistic perfectionism predicted anger beyond several covariates. Study 3 involved a 28-day diary study and showed that narcissistic perfectionism contributed to other-oriented discrepancies (i.e., being dissatisfied with and disappointed in others) which, in turn, contributed to conflict with others and derogation of others. Results held after controlling for self-critical perfectionism. In sum, three studies suggested narcissistic perfectionism is a reliable, valid, and distinct trait constellation that predicts aversive social behaviors.

*Contact:* simon.sherry@dal.ca

## **Session 2: Other Perfectionisms – Presentation 6**

*Presenter*

Martin Smith (University of Western Ontario)

*Title*

The Big Three Perfectionism Scale: A New Measure of Perfectionism.

*Author/s*

Martin M. Smith, Donald H. Saklofske, Joachim Stoeber, & Simon B. Sherry

*Abstract*

The Big Three Perfectionism Scale (BTPS) is a new measure of dispositional perfectionism. The BTPS assesses three higher-order global factors (rigid perfectionism, self-critical perfectionism, narcissistic perfectionism) via 10 lower-order perfectionism facets (self-oriented perfectionism, self-worth contingencies, concern over mistakes, doubts about actions, self-criticism, socially prescribed perfectionism, other-oriented perfectionism, hypercriticism, grandiosity, entitlement). We examined the structure of the BTPS using exploratory factor analysis in Study 1 (288 undergraduates), and confirmatory factor analyses in Study 2 (352 community adults) and Study 3 (290 undergraduates). Additionally, in Study 3 the relationships between the BTPS, other measures of perfectionism, and the five-factor model of personality was investigated. Overall, findings provide first evidence for the reliability and validity of the BTPS as a multidimensional measure of perfectionism.

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<b>Poster Session: Poster 1</b>
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*Presenter*

Céline Douilliez (Université Lille 3)

*Title*

The French Version of the Clinical Perfectionism Questionnaire: Factor Structure, Reliability and Convergent Validity in a Nonclinical Sample

*Author/s*

Céline Douilliez, Alain Guerrien, Amélie Rousseau, Martine Bouvard, & Françoise Lefèvre

*Abstract*

Increasing evidence suggests that perfectionism is a risk and maintaining factor for various disorders. The Clinical Perfectionism Questionnaire (CPQ) was designed to measure the one-dimensional and transdiagnostic construct of clinical perfectionism (Shafran, Cooper, & Fairburn, 2003). However, three previous studies indicated that the CPQ has a two-factor structure, questioning its construct validity. The aim of the present study was to explore the factor structure and the reliability of the French version of the CPQ. Its convergent validity with a multidimensional measure of perfectionism was also examined. Participants were 229 first-year university students who were involved in a larger online study on student well-being. Similarly to previous studies, the exploratory factor analysis indicated that the French CPQ has a two-factor structure. The factors were consistent with the two well-established higher-order dimensions of perfectionism (i.e., Factor 1 with perfectionist concerns and Factor 2 with perfectionist strivings). After partialling out the other factor, Factor 1 was positively correlated with most of the dimensions of perfectionism while Factor 2 was mainly correlated with dimensions related to perfectionistic strivings. The CPQ demonstrated modest but acceptable internal consistency. Further research needs to examine the predictive validity of the French CPQ in community and clinical samples.

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<b>Poster Session: Poster 2</b>
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*Presenter*

Michal Grugan (York St John University)

*Title*

Multidimensional Perfectionism and Student Team-Based Athletes' Perceptions of the Peer-Created Motivational Climate

*Author/s*

Michael C. Grugan, Gareth E. Jowett, & Andrew P. Hill

*Abstract*

Research suggests that perfectionism is associated with perceptions of the achievement climate in sport. That is, whether task mastery or normative ability is emphasised as criteria for success (task-involving versus ego-involving). So far research has focused on coach-created achievement climate. Here, we extend this research by examining whether perfectionism is similarly associated with perceptions of peer-created achievement climate. Ninety-five team-based student-athletes (age  $M = 20.48$ ,  $SD = 2.128$ , range 18-31) completed a multi-section questionnaire which included measures of multidimensional perfectionism (HF-MPS; SMPS-2) and the perceived peer-created motivational climate (PeerMCYSQ). Canonical correlation analyses revealed that higher levels of perfectionistic concerns were associated with higher perceptions of an ego-involving motivational climate. Similarly, higher levels of perfectionistic strivings were also associated with higher perceptions of an ego-involving motivational climate. Multiple regression analyses revealed that dimensions of perfectionism predicted individual elements of the peer-created climate: relatedness support, intra-team-competition, and intra-team conflict. Overall, the results indicate that athletes with elevated perfectionism perceive the peer-created motivational climate to be more ego-involving.

*Contact:* michael.grugan@yorks.j.ac.uk

<b>Poster Session: Poster 3</b>
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*Presenter*

Gareth Jowett (York St John University)

*Title*

Multidimensional Perfectionism and Coping with Injury in Marathon Runners

*Author/s*

Gareth E. Jowett, Dale Forsdyke, & Andrew P. Hill

*Abstract*

Marathon runners employ various strategies in order to cope with injury. In other sports, problem-focussed coping strategies have been associated with better adaptation to injury. Conversely, emotion-focussed and avoidance coping strategies have been linked to elevated psychological distress. Therefore, it is important to identify the psychological factors that may underpin different injury coping strategies in marathon runners. One such factor is multidimensional perfectionism. Therefore, the aim of this study was examine the relationships between multidimensional perfectionism and coping with injury. Marathon runners ( $n = 156$ ,  $M_{age} = 39.60$  years) completed the Multidimensional Perfectionism Scale Short Form and an injury specific version of the Brief COPE. Multiple regression analyses revealed that self-oriented perfectionism positively predicted problem-focussed coping. In contrast, socially prescribed perfectionism negatively predicted problem-focussed coping and positively predicted avoidance coping. The findings suggest that marathon runners

who pursue self-imposed perfection may seek greater control over their injury; whereas, those who pursue perfection imposed by significant others may be more likely to disengage from the injury recovery process.

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<b>Poster Session: Poster 4</b>
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*Presenter*

Michael Lizmore (University of Alberta)

*Title*

Perfectionism and Reactions to Mistakes in Intercollegiate Team-Sport Athletes

*Author/s*

Michael R. Lizmore, John G. H. Dunn, & Janice Causgrove Dunn

*Abstract*

This study examined the degree to which perfectionistic strivings and perfectionistic concerns were related to dispositional self-compassion, optimism, pessimism, and rumination following poor performances in sport. A total of 239 intercollegiate team-sport athletes ( $M$  age = 20.5 years,  $SD$  = 1.99) participated in the study. Perfectionistic strivings were measured with the Personal Standards and Striving for Perfection subscales of the Sport-MPS-2 (Gotwals & Dunn, 2009) and the MIPS (Stoeber, Otto, & Stoll, 2006) respectively. Perfectionistic concerns were measured with the Concern over Mistakes and Negative Reactions to Imperfection subscales from the same instruments. Self-Compassion, optimism, pessimism, and rumination were measured with self-report instruments that asked respondents to indicate how they typically think and feel following poor performances in sport. Results of sequential regression analyses indicated that perfectionistic concerns were positively related to pessimism and rumination and negatively related self-compassion and optimism. Conversely, perfectionistic strivings were positively related to self-compassion and optimism and negatively related to pessimism (when the overlap with perfectionistic concerns was controlled). Results provide support for (a) the adaptive role that heightened perfectionistic strivings can have in sport, and (b) the maladaptive role that heightened perfectionistic concerns can have in sport (see Gotwals, Stoeber, Dunn, & Stoll, 2012).

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<b>Poster Session: Poster 5</b>
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*Presenter*

Sarah Mallinson-Howard (Nottingham Trent University)

*Title*

Perfectionism and Youth Sport Experiences: The Moderating Role of the Perceived Motivational Climate

*Author/s*

Sarah H. Mallinson-Howard, Andrew P. Hill, & Howard K. Hall

*Abstract*

Research indicates that young people's sport experiences are influenced by social-environment and personal factors. In accord, this study examined the moderating effect of the

perceived motivational climate on young people's sport experiences (i.e., enjoyment, anxiety, friendship conflict, and intentions to drop out) across four subtypes of perfectionism from the  $2 \times 2$  model. Two-hundred and fifty-two young people (232 females,  $M$  age = 13.65,  $SD$  = 1.14, range = 11–16), from school- and community-based sport clubs, completed a multi-section questionnaire. Two significant three-way interactions emerged and revealed that friendship conflict was lower for all four subtypes of perfectionism in a high task-involving climate ( $\Delta F$  = 4.74;  $\Delta R^2$  = .02;  $\beta$  = .18,  $p$  < .05). Enjoyment was lower for three subtypes and higher for one subtype in a high ego-involving climate ( $\Delta F$  = 10.32;  $\Delta R^2$  = .03;  $\beta$  = -.23,  $p$  < .01). The study indicated that situational cues may be used to improve the quality of young people's sport experiences.

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<b>Poster Session: Poster 6</b>
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*Presenter*

Fuschia Sirois (University of Sheffield)

*Title*

Perfectionism and the Drive for Muscularity in Men

*Author/s*

Fuschia M. Sirois & Lisa Mask

*Abstract*

Body dissatisfaction is a phenomena of increasing interest in male populations that is predictive of markers for poor psychological and physical health, including steroid use, extreme dieting and exercise behaviours. These behaviours can reflect a drive for greater muscularity to achieve the lean ideal promoted by the media. The current study examined how perfectionism dimensions related to behaviours and attitudes associated with a drive for muscularity, and if greater body dissatisfaction explained these links.

In a sample of 205 males (Mean age 28.98,  $SD$  = 11.3) recruited from the community, those who were following a general diet plan scored high on socially prescribed perfectionism (SPP), whereas those who were currently on a shredding diet (eating less calories to lose fat) scored high on self-oriented perfectionism (SOP). Both SPP and SOP were associated with higher levels of body dissatisfaction and a drive for muscularity. Mediation analyses revealed that higher levels of body dissatisfaction accounted for the link to a drive for masculinity for both SPP and SOP.

The current findings underscore the appearance-related concerns and behaviours associated with both perfectionism dimensions in men, and highlight the need to understand when such behaviours may become unhealthy.

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<b>Poster Session: Poster 7</b>
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*Presenter*

Esmie Smith (York St John University)

*Title*

The Relationship between Perfectionism, Depressive Symptoms, Anxiety, and Burnout in Academy Footballers

*Author/s*



Esmie P. Smith, Andrew P. Hill, & Howard K. Hall

*Abstract*

Athletes contend with the same stressors and strains experienced by most perfectionists but also have to contend with a variety of unique stressors that may make the particularly vulnerable to psychological difficulties (Flett & Hewitt, 2014). The relationship between perfectionism and wellbeing has been examined extensively outside of sport (Hall, Hill & Appleton, 2012). However in sport, less is known about this relationship particularly with regards to more extreme outcomes such as depression. So to address this absence of research, the purpose of this study was to examine the relationship between trait perfectionism (self-oriented perfectionism and socially prescribed perfectionism), depressive symptoms, anxiety, and burnout in academy footballers. One hundred and fifty-one male academy level footballers (age  $M = 16.19$ ,  $SD = 1.79$ , range 14 - 21) completed measures of perfectionism (HMPS), depressive symptoms (CES-D), anxiety (SAS-2), and burnout (ABQ). Regression analyses revealed that trait perfectionism predicted all criterion variables. Socially prescribed perfectionism positively predicted depressive symptoms, anxiety and burnout. Self-oriented perfectionism negatively predicted depressive symptoms and burnout. The results suggest that perfectionism may be an important predictor of psychological health among junior football players.

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<b>Poster Session: Poster 8</b>
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*Presenter*

Martin Smith (University of Western Ontario)

*Title*

The General Factor of Perfectionism: Support for a Bifactor Model with a Dominant General Factor and Specific Factors

*Author/s*

Martin M. Smith & Donald H. Saklofske

*Abstract*

Perfectionism is a multidimensional construct comprised of two higher-order factors: perfectionistic strivings and perfectionistic concerns. However, the overlap between strivings and concerns implies the presence of a general factor. The present research addressed this contention using confirmatory factor analysis to evaluate support for a bifactor model of perfectionism. In Study 1, 731 students completed Hewitt and Flett's (1991) Multidimensional Perfectionism Scale (MPS), as well as Frost et al.'s (1990) MPS concern over mistakes, personal standards, and doubts about actions subscales. Greater support for the bifactor model, relative to the two-factor model, was found. The general factor and specific strivings factor, but not the specific concern factor, correlated with two positive aspects of perfectionism. Conversely, the general factor and the specific concerns factor, but not the specific strivings factor, correlated with negative aspects of perfectionism. In Study 2, 290 students completed Hewitt and Flett's MPS as well as Frost et al. (1990)'s MPS concern over mistakes, doubts about actions, organization, and personal standard subscales. More support for the bifactor model, relative to the two-factor model, was again found. Findings suggest perfectionism should be measured by a factor reflecting the overlap between core characteristics, as well as specific factors capturing unique variance.

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**Poster Session: Poster 9**

*Presenter*

Thomas Curran (University of Bath)

*Title*

The Interplay of Parental Conditional Regard, Narcissistic Perfectionism, and Aggression in Junior Elite Athletes

*Author/s*

T. Curran, H. Burley, M. Etherson, S. Grimsell, & L. Williams

*Abstract*

Recent research has evidenced a model of narcissistic perfectionism, which is encapsulated by expressions of grandiosity, entitlement, and excessive expectations for others (Nealis, Sherry, Sherry, Stewart, & Macneil, 2015; Nealis, Sherry, Lee-Baggley, Stewart, & Macneil, 2016). In this study, we extend this research to examine the antecedents and consequences of narcissistic perfectionism among junior-elite athletes. Here, we hypothesize that narcissistic perfectionism develops in a context of conditional regard. This is because conditional regard yields a desire for affirmation that is likely to manifest a preoccupation with the pursuit of accomplishment, power, and a derogation of others – as a means of promoting or protecting self-esteem. These defensive behaviors, in turn, are likely to have harmful interpersonal outcomes, and so we also hypothesized that that narcissistic perfectionism would positively predict aggression. A cross-sectional design was adopted in which 345 junior-elite athletes (Mage = 15.53, SD = 1.44; female n = 107) completed measures of mother and father conditional regard, narcissistic perfectionism, and aggression. Structural Equation Modelling revealed that perceived parental conditional regard positively predicted narcissistic perfectionism that, in turn, positively predicted aggression. Accordingly, our process model of aggression displayed a positive indirect effect which was statistically significant. Findings therefore support the role of conditional regard in the development of narcissistic perfectionism and further substitute claims that this is a construct predictive of maladaptive social-cognition.

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**Poster Session: Poster 10**

*Presenter*

Michael Page (York St John University)

*Title*

Multidimensional Perfectionism and Cortisol Stress Response: A Systematic Review

*Author/s*

Michael J. Page, Andrew P. Hill, & Susan Jones

The relationship between perfectionism and self-reported stress is well-established. However, much less is known about the relationship between perfectionism and cortisol stress responses. The purpose of the current study was to conduct a systematic review of published research articles examining this relationship. A literature search yielded eight articles reporting nine studies. This included seven studies examining cortisol reactivity (CR) and two studies examining cortisol awakening response (CAR). Each study was rated in terms of the quality of the methods employed and included the degree to which confounding variables were controlled, plus the quality of protocols and measures (see Chida & Steptoe,

2008; Dickerson & Kemeny, 2004). In addition, each study was classified as providing supportive, contradictory, or inconclusive/null evidence of a positive relationship between perfectionism and cortisol response. In terms of CR, two studies were rated as low in methodological quality, two studies were rated as medium quality, and three studies were rated as high quality. Of the medium and high quality studies, one provided supportive evidence, one provided contradictory evidence, and the remaining three provided inconclusive/null evidence for a positive relationship. In terms of CAR, one study was rated as low in methodological quality and one was rated as medium quality. The latter study found inconclusive/null evidence of a positive relationship. Based on a review of this research, it is currently difficult to draw any firm conclusions regarding the relationship between perfectionism and cortisol stress response. In order to address this question, additional research of better methodological quality is required.

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#### **Poster Session: Poster 11**

*Presenter*

Daniel Read (York St John University)

*Title*

The Relationship Between Perfectionistic Self-Presentation and Reactions to Impairment and Disability Following Spinal Cord Injury

*Author/s*

Daniel J. Read, Andrew P. Hill, Gareth E. Jowett, & Sarah Astill

*Abstract*

A spinal cord injury alters life in a profound way and requires considerable effort in terms of adapting to the condition. Recent research suggests that perfectionistic self-presentation (a preoccupation with promoting an image of perfection and avoiding disclosing imperfections) is associated with difficulties adapting to chronic illness and disability. Building on this research, the current study is the first to examine the univariate and multivariate relationship between perfectionistic self-presentation and reactions to impairment and disability following spinal cord injury. One hundred and fifty four people with spinal cord injury ( $M$  age = 47.62,  $SD$  = 15.83, range = 18 to 78) completed measures of perfectionistic self-presentation (perfectionistic self-promotion, nondisplay of imperfection, and nondisclosure of imperfection) and reactions to impairment and disability (shock, anxiety, denial, depression, internalised anger, externalised hostility, acknowledgment, and adjustment). A series of multiple regressions revealed that, after controlling for length of time since injury and gender, perfectionistic self-presentation explained 3% to 32% of variance in individual reactions to spinal cord injury. A series of canonical correlation analyses revealed that, at multivariate level, perfectionistic self-presentation was positively associated with non-adaptive reactions (shock, anxiety, depression, internalised anger, and externalised hostility) and negatively associated with adaptive reactions (acknowledgment and adjustment). The findings suggest that perfectionistic self-presentation may be a risk factor for poorer psychosocial adaptation to spinal cord injury.

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#### **Session 3: Sport & Dance – Presentation 1**

*Presenter*

Tracey Donachie (York St John University)

*Title*

The Relationship Between Perfectionism, Perfectionistic Cognitions and Pre-Match Emotions in Adolescent Footballers

*Author/s*

Tracy Donachie, Andrew P. Hill, Howard Hall, & Lynne Gabriel

*Abstract*

For many talented junior footballers, football is “more than just a game” and their participation is associated with strong emotional experiences (Jones, 1995; Hanin, 2010). Some of these emotional responses are positive, such as excitement and enjoyment, whereas others are negative, such as anxiety and dejection (Jones, Lane, Bray, Uphill, & Catlin, 2005). Research suggests that perfectionism may play a role in terms of the emotional experiences of junior athletes. However, to date, research has largely focused on trait perfectionism and much less is known about other aspects of perfectionism such as perfectionistic cognitions. Therefore, the purpose of the current study was to (i) examine the relationship between trait perfectionism (self-oriented and socially prescribed), perfectionistic cognitions and pre-match emotions in footballers and (ii) whether perfectionistic cognitions predict emotions after controlling for trait perfectionism. One hundred and ninety six elite footballers (age  $M = 15.5$  years,  $SD = 1.9$ , range 11-19) completed the Child and Adolescent Perfectionism Scale (CAPS; Flett et al., 1997), the Perfectionistic Cognitions Inventory (PCI; Flett et al., 1998), and the Sport Emotion Questionnaire (SEQ; Jones et al., 2005) with reference to their next match. Trait perfectionism was a significant predictor of anxiety, dejection, excitement and anger. In addition, perfectionistic cognitions predicted anxiety and anger and after controlling for trait perfectionism. Findings suggest that both trait perfectionism and perfectionistic cognitions are likely to be important in terms of understanding the emotional experiences of junior footballers.

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<b>Session 3: Sport &amp; Dance – Presentation 2</b>
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*Presenter*

Daniel Madigan (University of Kent)

*Title*

A Longitudinal Examination of the Perfectionism–Burnout Relationship in Athletes

*Author/s*

Daniel J. Madigan, Joachim Stoeber, & Louis Passfield

*Abstract*

In this presentation, the findings of two longitudinal studies of the perfectionism–athlete burnout relationship will be discussed. The first study uses a two-wave cross-lagged design to investigate whether perfectionism predicts changes in burnout in 101 junior athletes over 3 months. When structural equation modeling was employed to test a series of competing models, the best-fitting model showed opposite patterns for perfectionistic strivings and perfectionistic concerns: Whereas perfectionistic concerns predicted increases in athlete burnout over the 3 months, perfectionistic strivings predicted decreases. The second study sought to extend study one by using a three-wave longitudinal design to investigate whether self-determined motivation mediates the perfectionism–burnout relationship in

141 junior athletes over 6 months. When multilevel structural equation modeling was employed to test a mediational model, a differential pattern of between- and within-person effects emerged: Whereas autonomous motivation mediated the negative effect that perfectionistic strivings had on burnout at the between- and within-person level, controlled motivation mediated the positive effect that perfectionistic concerns had on burnout at the between-person level only. With this, the present studies provide further evidence for the important role that perfectionism plays in explaining why some athletes may burn out while others continue to burn brightly.

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### **Session 3: Sport & Dance – Presentation 3**

*Presenter*

Oliver Stoll (Martin Luther University of Halle-Wittenberg)

*Title*

Perfectionism and Applied Sport Psychology – How Can We Help Athletes to Deal With Negative Emotions?

*Abstract*

Perfectionism is a wide spread problem in performance sports. On the one hand, we find the positive aspect of perfectionism, which is linked to the ability to work hard and in consequence achieve extremely high personal goals or set high standards to him or her, which is helpful and functional from a coach's view. On the other hand, most of the athletes, I worked with, react with high negative emotions, when they are in danger to fail or not fulfil their high standards ("Mixed-Perfectionists").

In my presentation, I will present and discuss four single cases (all high-elite athletes, and so called "Mixed Perfectionists"), which I worked with, in the last 3 years (one male marathon-runner, one female biathlete and two springboard divers). All athletes have in common that they were diagnosed as perfectionists and that they were coached by one of their parents (which is wide spread in the field of performance-sports). The interventions I used were slightly different, depending to the demands of the different sports and individuals. In summary all interventions were focused on emotion-regulation abilities (e.g., stress-inoculation programs) on the one hand and to create an awareness to be "in the here and now" (e.g., sports-specific ideomotoric-training tools based on visualisation and self-talk or developing individual "story-boards" for their competitions or races).

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### **Session 3: Sport & Dance – Presentation 4**

*Presenter*

Sanna Nordin-Bates (Swedish School of Sport and Health Sciences)

*Title*

Positive Only to a Point(e): An Overview of Dance Perfectionism Research

*Author/s*

Sanna M. Nordin-Bates

*Abstract*

Perfectionism research has grown immensely in the past few years, with new findings from sport being published at an ever greater rate. One stream of this research suggests that

while perfectionistic concerns are associated with a range of problems, perfectionistic strivings can be conducive to good performance and well-being among athletes. Going slightly against the tide of this work is a small stream of research originating in another physical, but also artistic, activity: that of dance. In this presentation, I will give an overview of the research into perfectionism in dance to date, comparing and contrasting it with research in sport. Links to the 2x2 model of perfectionism will be made, and the notion that perfectionistic strivings are conducive to performance will be critically examined. Potential differences between populations and research methods will both be considered, and discussion invited.

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### Session 3: Sport & Dance – Presentation 5

*Presenter*

John Dunn (University of Alberta)

*Title*

Examining the Higher-Order Latent Dimensionality of the Sport-Multidimensional Perfectionism Scale-2

*Author/s*

John G. H. Dunn, John K. Gotwals, Janice Causgrove Dunn, & Michael R. Lizmore

*Abstract*

The purpose of this study was to examine the higher-order latent dimensionality of the Sport-Multidimensional Perfectionism Scale-2 (Sport-MPS-2: Gotwals & Dunn, 2009). A total of 1,605 athletes (562 female) from eight independent samples (covering a variety of age groups, sports, and competitive levels) completed the instrument. Athletes in one sample ( $n = 239$ ) also completed the Multidimensional Inventory of Perfectionism in Sport (MIPS: Stoeber, Otto, & Stoll, 2006). The matrices of correlations among the six Sport-MPS-2 subscales from five samples were analyzed with exploratory factor analyses, and the covariance matrices from three samples were analyzed with Maximum Likelihood confirmatory factor analyses. Across all eight samples, two highly interpretable factors emerged. Four Sport-MPS-2 subscales (i.e., concern over mistakes, perceived coach pressure, perceived parental pressure, and doubts about actions) and the negative reactions to imperfection subscale from the MIPS loaded on a factor labelled, *Perfectionistic Concerns*. Two Sport-MPS-2 subscales (i.e., personal standards and organization) and the striving for perfection subscale of the MIPS loaded on a factor labelled, *Perfectionistic Strivings*. Overall, results indicate that the six subscales comprising the Sport-MPS-2 appear to assess the two most prominent higher-order dimensions of perfectionism—namely, perfectionistic concerns and perfectionistic strivings—in the domain of sport.

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### Session 3: Sport & Dance – Presentation 6

*Presenter*

Andrew Hill (York St John University)

*Title*

Development and Initial Validation of the Perfect Performance Scale for Sport (PPS-S)

*Author/s*

Andrew P. Hill, Paul R. Appleton, & Sarah H. Mallinson

*Abstract*

Valid and reliable instruments are required in order to study perfectionism appropriately. With this in mind, three studies will be presented that describe the development and initial validation of a new instrument designed to measure multidimensional performance perfectionism for use in sport (Perfect Performance Scale-Sport, PPS-S). The instrument is based on Hewitt and Flett's (1991) model of perfectionism and includes self-oriented, socially prescribed, and other-oriented performance perfectionism. The new dimensions encapsulate the features of Hewitt and Flett's dimensions but are focused on athletic performance, rather than life generally. The three studies outline item generation and refinement, exploratory, confirmatory and exploratory-confirmatory examination of factor structure, and initial assessment of construct validity. The findings of the three studies provide initial evidence for the reliability and validity of the PPS-S and suggest that the instrument is worthy of further scrutiny and validation.

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<b>Session 4: Further Advances in Perfectionism Research – Presentation 1</b>
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*Presenter*

Fuschia Sirois (University of Sheffield)

*Title*

Too Perfect to Delay? A Meta-Analytic Update on the Procrastination and Perfectionism Debate

*Author/s*

Fuschia M. Sirois, Danielle S. Molnar, & Jameson K. Hirsch

*Abstract*

The often equivocal findings on the link between perfectionism and procrastination have fuelled an ongoing debate among researchers about the nature of their relations, with opponents and proponents citing conceptual and methodological reasons to support their position.

This paper addresses this debate meta-analytically by analysing the current research on whether and how procrastination and perfectionism are related, and by taking a fine-grained, conceptually-driven approach to examining the associations. We examined how Perfectionistic Strivings (PS) and Perfectionistic Concerns (PC) were each associated with trait procrastination (TP) and situational procrastination (SP).

A literature search of formal and informal channels yielded 42 eligible studies ( $N = 9,241$ ) for the TP meta-analysis, and 17 studies ( $N = 4,489$ ) for the SP meta-analysis. Overall, PC was positively associated with TP ( $r = .218$ ), whereas PS was negatively associated with TP ( $r = -.219$ ). The same pattern of results emerged for SP, with PC positively ( $r = .128$ ), and PS negatively ( $r = -.163$ ) associated with SP. Effects did not differ as a function of the scales or samples used, but did vary as a function of publication status.

Findings are discussed in terms of the convergence of self-regulation difficulties associated with procrastination and PC.

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<b>Session 4: Further Advances in Perfectionism Research – Presentation 2</b>
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*Presenter*

Kathryn Fletcher (Ball State University)

*Title*

Social Prescribed Perfectionism Mediates the Relationship Between Maternal Achievement-Oriented Psychological Control and Academic Entitlement

*Author/s*

Kathryn L. Fletcher, Kristie Speirs Neumeister, & Eric Pierson

*Abstract*

We examined relationships among socially prescribed perfectionism, maternal achievement-oriented psychological control (AOPC), academic entitlement and attitudes about academic honesty (AAD). Participants, 320 undergraduates (M age = 19.6; 80% female; 90% White) in an American university, completed the Achievement-Oriented Psychological Control Scale ( $\alpha = .90$ ; Soenens, Vansteenkiste, & Luyten, 2010), Academic Entitlement ( $\alpha = .85$ ; Greenberger, Lessard, Chen, & Farruggia, 2008), Attitudes Toward Academic Dishonesty Scale ( $\alpha = .80$ ; Bolin, 2004), and Socially Prescribed Perfectionism ( $\alpha = .83$ ; MPS; Hewitt & Flett, 1991).

Socially prescribed perfectionism significantly correlated with maternal AOPC ( $r = .49$ ), attitudes toward academic dishonesty ( $r = .12$ ) and academic entitlement ( $r = .34$ ). Maternal AOPC significantly correlated with AAD ( $r = .23$ ) and AE ( $r = .22$ ). We regressed both socially prescribed perfectionism and maternal AOPC on AAD and AE. Socially prescribed perfectionism did not mediate the relationship between AOPC and AAD ( $\beta = .23$  compared to  $\beta = .24$ ,  $t = 3.75$ ,  $p < .001$ ). However, it fully mediated the relationship between maternal AOPC and AE ( $\beta = .22$  compared to  $\beta = .08$ ,  $t = 1.20$ ,  $p = .232$ ). Socially prescribed perfectionism, resulting from parental pressure, may lead to dysfunctional attitudes toward academics.

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<b>Session 4: Further Advances in Perfectionism Research – Presentation 3</b>
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*Presenter*

Emily Taylor (University of Edinburgh)

*Title*

Adolescent Perfectionism as Measured by the CAPS: Constructs and Correlates with Psychopathology

*Author/s*

Emily Taylor, Clodagh Keegan, Dimitra Athanasiadou, & Holly Wilson

*Abstract*

Background

Perfectionism is common in adolescent presentations to mental health services, yet models of perfectionism in adolescence are derived from adult theory, with only one dedicated Child and Adolescent Perfectionism Scale (CAPS). Various possible factor structure for the CAPS has been found suggesting variability in perfectionism between populations and/or theoretical problems with the CAPS model. A large data sample is used to examine the construction of perfectionism, as measured by the CAPS, in adolescence.

Aim(s)



(i) To examine whether the CAPS can be re-validated in a general Scottish adolescent population. (ii) To establish whether a relationship exists between perfectionism, attachment, and general psychopathology in this population (iii) To examine the effect of age in adolescence on perfectionism.

#### Methods

The CAPS and various measures of psychosocial functioning were administered to school, college, and university undergraduate students. Attempts were also made to recruit working and out-of-work adolescents.

#### Results

Exploratory and confirmatory factor analysis was conducted on the CAPS based on previous published analyses. Using the best fit model, associations were tested between perfectionism, psychosocial variables and age.

#### Conclusion

These studies support the association between adolescent perfectionism and markers for psychopathology, but findings both reveal and are limited by the weakness of current perfectionism constructs when applied to the adolescent population.

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### **Session 4: Further Advances in Perfectionism Research – Presentation 4**

#### *Presenter*

Patrick Gaudreau (University of Ottawa)

#### *Title*

The  $2 \times 2$  Model of Perfectionism: Overview, Advances, and Implications for Students in Post-Secondary Education

#### *Author/s*

Patrick Gaudreau, Kristina Kljajic, & Véronique Franche

#### *Abstract*

In our research program, we investigate and intervene on factors associated with optimal functioning of university students. Perfectionism is an interesting “case study” because it integrates both personal and social mental representations that operate together in a complex personality system. The  $2 \times 2$  model (e.g., Gaudreau & Thompson, 2010; Gaudreau & Verner-Filion, 2011; Gaudreau, 2015) was proposed in an effort to empirically examine four *a priori* hypotheses regarding four different forms of within-person combinations of perfectionism: non-perfectionism, pure self-oriented perfectionism, mixed perfectionism, and pure socially prescribed perfectionism. In this presentation, we will provide a brief overview of the model and its empirical foundation. Then, we will present the results of a longitudinal study in which the subtypes of perfectionism are shown to influence the longitudinal trajectory of academic performance during the transition between high school and university. We will follow by describing a set of theoretical principles that should orient future research to further examine under which circumstances and for what types of persons does a certain subtype of perfectionism relate to improved or worsened psychological functioning. Finally, we will discuss the implications of the  $2 \times 2$  model for the academic achievement and mental health of university students.

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### **Session 4: Further Advances in Perfectionism Research – Presentation 5**

*Presenter*

Hongfei Yang (Zhejiang University)

*Title*

The Moderation of Moral Perfectionism on Moral Cleansing and Licensing Effect

*Author/s*

Hongfei Yang, Chanchan Shen, Haoche Zhang, & Huijuan Zhao

*Abstract*

Previous studies have demonstrated that acting immorally pushes people to engage in future moral actions, whereas acting morally licenses them to relax their moral strivings and engage in morally questionable behavior. However, little is known about the moderators of moral cleansing and licensing effect. The present study aimed to investigate the moderation of moral perfectionism on moral cleansing and licensing effect. Study 1 will examine this moderation among 500 university students. It is expected that the moderations of High Moral Standards (HMS) and/or Concern over Moral Mistakes (CMM) on moral cleansing are significant. Study 2 will examine this moderation on prospective moral cleansing and licensing among 500 university students. It is expected to replicate the findings of Study 1.

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<b>Session 4: Further Advances in Perfectionism Research – Presentation 6</b>
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*Presenter*

Gordon Flett (York University)

*Title*

Cognitive Components of Perfectionism

*Author/s*

Gordon L. Flett, Paul L. Hewitt, & Taryn Nepon

*Abstract*

The chapter provides an overview of perfectionism from a cognitive perspective. Our analysis focuses primarily but not exclusively on individual differences in the frequent experience of perfectionistic automatic thoughts about having to be perfect. We discuss the role of these thoughts in a variety of phenomena and show how an emphasis on perfectionistic automatic thoughts qualifies what is currently known about such topics as the role of trait perfectionism in anxiety, depression, and suicide, and the link that perfectionism has with other personality constructs such as procrastination. Our analysis addresses a series of key themes such as the link between perfectionistic cognitions and motivation and how frequently experienced perfectionism cognitions can contribute to a chronic form of stress. The overarching theme of the chapter is that cognitive perfectionism is a key component of this personality construct; as such, attempts to fully understand perfectionists and the heterogeneity that exists among these people requires taking the cognitive perspective into account.

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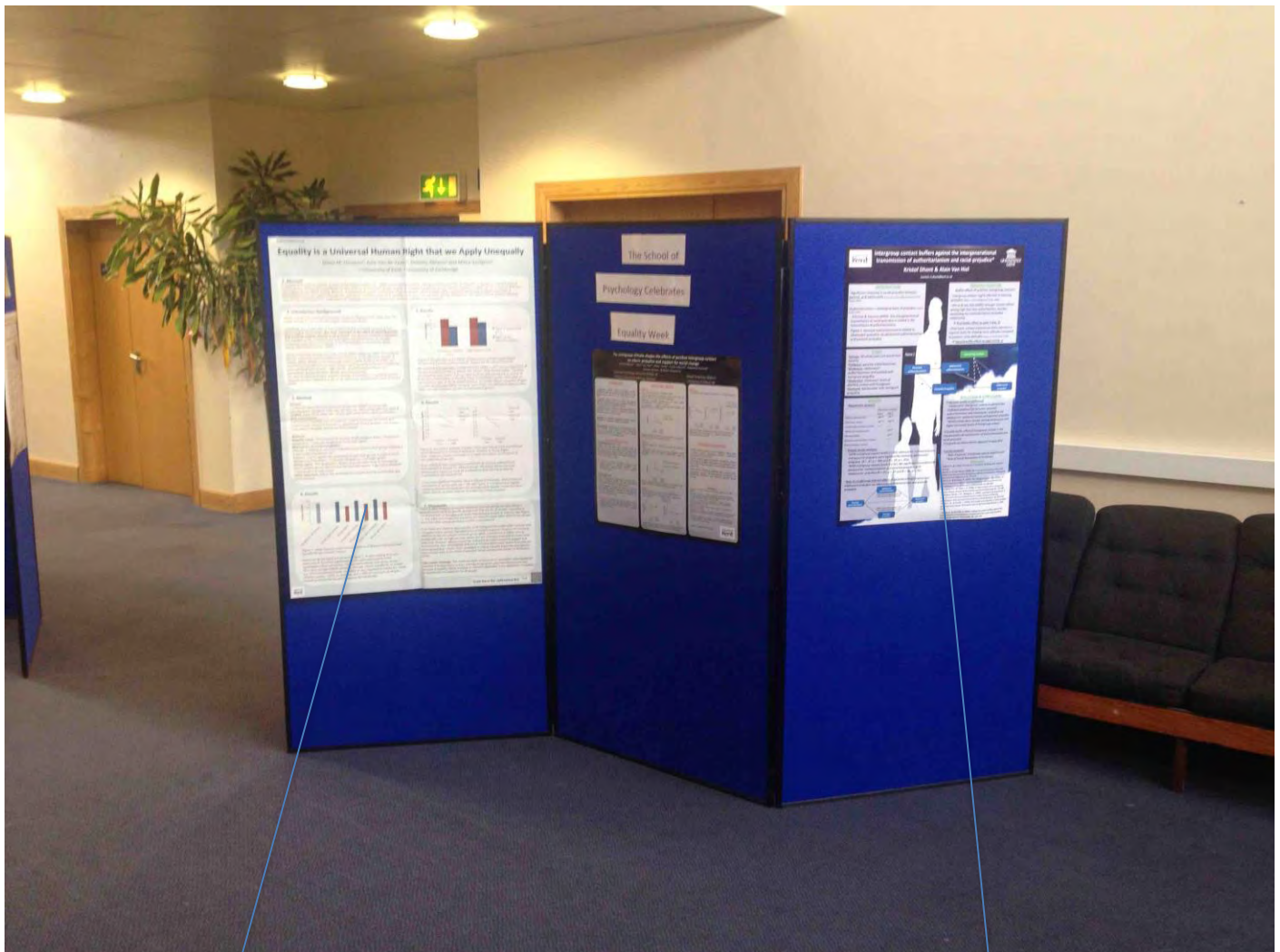
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# HOW TO REACH THE UNIVERSITY

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### Sea

Ferry (Calais to Dover) – train services from Dover Priory to Canterbury East – bus to the University or by road using the A2 to Canterbury.

### Euro Tunnel

Calais to Folkestone – by road to the M20 – A28 to Canterbury

### Eurostar

Europe to Ashford or Ebbsfleet International stations  
– then by rail to Canterbury

### Air

London Heathrow Airport – underground to Victoria Station  
– then by rail to Canterbury  
London Heathrow Airport – Heathrow Express to Paddington Station – underground to St Pancras – then by rail to Canterbury  
London Gatwick Airport – Gatwick Express to Victoria Station  
– then by rail to Canterbury  
London Gatwick Airport – Gatwick Express to Victoria Station  
– underground from Victoria to St Pancras – then by rail to Canterbury

National Express coach service is also available from the airports.

### Rail

London (St Pancras) to Canterbury West (High-Speed train)  
London (Charing Cross or Waterloo East) to Canterbury West  
London (Victoria) to Canterbury East  
Ebbsfleet International to Canterbury East  
Ashford International to Canterbury West

Then use local bus service or taxi to travel to the University.

### Coach

Regular services run from London Victoria Coach Station to Canterbury Bus Station.

### Local bus services

The UNIBUS runs every 8-15 minutes, Triangle bus 4X runs every 30 minutes from Canterbury Bus Station. Both services stop at the University campus. Alight at the bus turning circle on University Road.

### Road

#### To Canterbury

Via M25 clockwise: M25 junction 2 exit onto A2 Canterbury, continue on A2/M2, exit M2 junction 7 onto A2, follow signs to Canterbury.

Via M25 anticlockwise: M25 junction 5 continue ahead on M26(M20) signposted Maidstone, M20 junction 7 exit onto A249 Canterbury, A249 exit left onto M2 for Canterbury, exit M2 junction 7 onto A2 follow signs to Canterbury.

#### Canterbury to the campus

Via A2 eastbound/London: Rheims Way, London Road, A290 Whitstable Road, University Road.

Via A2 westbound/A28: Wincheap, Rheims Way, London Road, A290 Whitstable Road, University Road.

Satellite navigation postcode **CT2 7NP** (University Road), then follow signs for visitor parking.

See [www.kent.ac.uk/maps](http://www.kent.ac.uk/maps) and [www.disabledgo.com](http://www.disabledgo.com)

Recruitment and Admissions, T: +44 (0)1227 827272  
Other information about the University, T: +44 (0)1227 764000



### Parking

Visitor parking on campus is available within five visitor Pay and Display car parks. Parking elsewhere is restricted and for permit holders only.

Visitors with restricted mobility can reserve a parking bay by contacting [parking@kent.ac.uk](mailto:parking@kent.ac.uk) or +44 (0)1227 823609.

Also see [www.kent.ac.uk/estates/transport](http://www.kent.ac.uk/estates/transport)

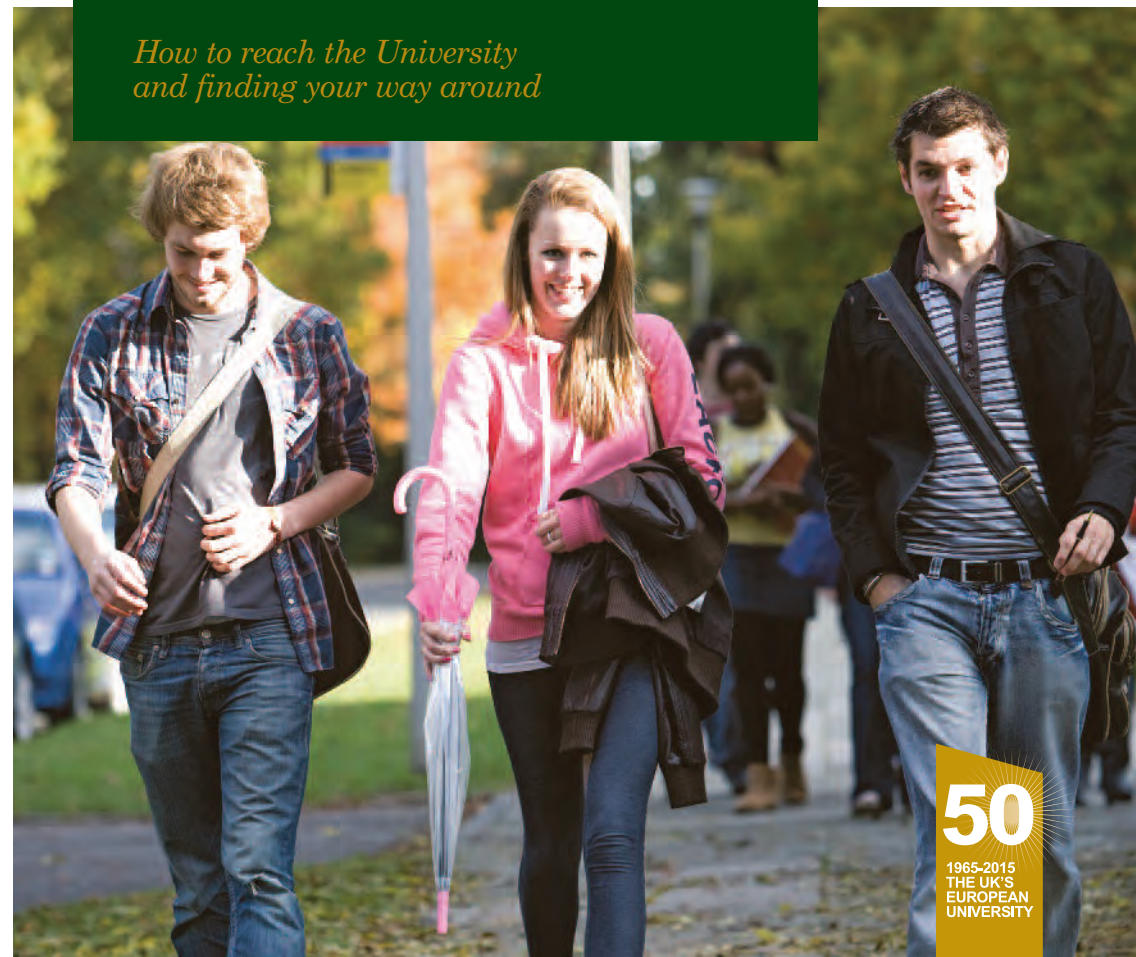
The UK's European university

University of  
**Kent**

## CANTERBURY CAMPUS/GUIDE

*How to reach the University  
and finding your way around*

Every possible care has been taken to ensure that the information given in this leaflet is accurate at the time of going to press. DPC 120157 08/15



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# FINDING YOUR WAY AROUND THE CAMPUS

- Colleges
- Other buildings
- P Visitor Pay and Display parking
- T Taxi Rank
- Permit-holder parking only
- Main road
- Minor road
- Footpath
- Footpath unsuitable for wheelchair users

- ➔ Main entrance, suitable for disabled access
- ➔ Main entrance
- ➔ Alternative access for wheelchair users

- Cycle path
- National cycle route 1
- Cycle lock up
- Cycle lock up, sheltered with secure access



## Buildings labelled on map

A1 Sports Pavilion	F2 Nickle Court	H3 Jennison Building
C1 Maintenance Centre	F3 Stock Court	H4 Ingram Building
D1 Estates Department	F4 Kemsdale Court	H5 Sports Centre
D2 Design & Print Centre	F5 Purchas Court	H6 Canterbury Enterprise Hub
D3 Cornwallis North-West	F6 Ellenden Court	H7 Stacey Building
D4 George Allen Wing	F7 Thornden Court	H8 Tanglewood
D5 Cornwallis West	F8 Grounds Maintenance	J1 Boiler House
D6 Woolf College	F9 Oaks Nursery	J2 Cornwallis Lecture Theatre
D7 Colyer-Fergusson Music Building	G1 Lypeatt Court	J3 Cornwallis South & South West
E1 Cornwallis North-East	G2 Woodys Bar	J4 Campus Security
E2 Cornwallis Maths Institute	G3 Park Wood Shop	J6 Grimond Building
E3 Cornwallis South-East Octagon	G4 Park Wood Administration Building	J7 UELT Building
E4 Darwin Houses	G5 Bishopden Court	J8 Banks
E5 Darwin College	G6 Farthings Court	J9 Lumley Building
E6 Cornwallis East	G7 Marley Court	J10 Gulbenkian Theatre
F1 Bossenden Court	H1 Kent Business School	J11 Templeman Library
	H2 Research and Development Building	

J12 Senate	N3 Woodlands
J13 Marlowe Building	N4 Rothford
J14 Locke Building	N5 Olive Cottages
J15 Eliot College Extension	N6 <b>Keynes College</b>
J16 Jarman Building	N7 Turing College
K1 Registry	P2 The Venue/Media Centre
K3 Rutherford College Extension	P3 Mandela Building
K4 Rutherford College	P4 Becket Court
K5 Tyler Court	P5 Eliot College
K6 Rutherford Annexe	P6 Careers and Employability Service
L1 Hothe Court Farmhouse	Q2 Beverley Farmhouse
L2 Grimshill Court	
L3 Denstead Court	
L4 Homestall Court	
M1 Clowes Court	
M2 Willows Court	
M3 Tudor Court	
N1 Medical Centre	
N2 Pharmacy	

## Other organisations based on campus

Blackwell's Bookshop	J14
Canterbury Enterprise Hub	H6
Open Colleges Network	
Kent and Medway	N6
Canterbury Innovation Centre	Q3
Jobshop	J14