

Perfectionism in Relation to Negative Mood and Psychological Wellbeing

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Various studies have identified the perfectionism has been associated with negative outcomes, regarding mood. However very few studies have examined the role in regards to psychological wellbeing, and whether or not perfectionism is beneficial as well as detrimental to one's wellbeing. The aim of the study was to determine if perfectionism had positive outcomes regarding an individual's wellbeing. Specifically, the study examined three types of perfectionism: self-oriented perfectionism (SOP), socially prescribed perfectionism (SPP), and other oriented perfectionism (OOP) in relation to depression, trait anxiety and psychological wellbeing. Self- oriented perfectionism (SOP), is when an individual develops high expectations that are directed to them self, other- oriented perfectionism (OOP), is when the individual develops high expectations that come from the self and are directed to others; and socially prescribed perfectionism (SPP), is high expectations that come from others but are directed to the self (Hewitt & Flett, 1991). A sample of 59 students from Brandon University completed a series of self-report questionnaires (Multidimensional Perfectionism Scale, Beck Depression Inventory, State- Trait Anxiety Inventory and the Scales of Psychological Wellbeing). A Correlational analysis indicated that socially prescribed perfectionism was the only dimension that significantly, and positively correlated with depression ($r(57) = .463, p \leq .001$) and trait anxiety ($r(54) = .487, p \leq .001$). Additionally, it was negatively correlated with psychological wellbeing ($r(57) = -.553, p \leq .001$). Contrary to expectation, self-oriented perfectionism yielded significant results only with depression ($r(57) = .229, p = .041$). The findings from this study added to past literature by verifying significant associations between perfectionism and negative

outcomes. Findings from the present study may be used to help mental health workers understand the role of perfectionistic traits and facilitate professionals in predicting potential mental health in the future.