

Frost Multidimensional Perfectionism Scale (FMPS)

Full name: _____ Date answered: _____

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

I 1 - Strongly disagree I 2 - Disagree I 3 - Neither agree or disagree I

I 4 - Agree I 5 - Strongly agree I

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.					
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.					

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

Scoring and interpretation

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

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

A higher total score reflects a stronger tendency toward perfectionism, whereas a lower score suggests fewer perfectionistic traits. The scoring excludes the organization subscale scores. While organization isn't problematic on its own, it can worsen dysfunction when paired with high scores on other subscales.

Remarks

Frost, R. O., & Marten, P. A. (1990). Perfectionism and evaluative threat. *Cognitive Therapy and Research*, 14, 559-572.

Stober, J. (1998). The Frost Multidimensional Perfectionism Scale: More perfect with four (instead of six) dimensions. *Personality and Individual Differences*, 24(4), 481-491.