



Client Information

<i>Client Name</i>	Dummy Client
<i>Date of birth (age)</i>	1 January 2000 (23)

Assessment Information

<i>Assessment</i>	Frost Multidimensional Perfectionism Scale (FMPS)
<i>Date administered</i>	19 October 2023
<i>Assessor</i>	Dr Website Administration
<i>Time taken</i>	3 minutes 12 seconds

Results

	Raw	Percentile
Total Perfectionism	64	32.2
Concern over Mistakes & Doubts about Actions	25	27.4
Parental Expectations and Criticism	15	25.9
Personal Standards	24	70
Organization	22	58.8

Scoring and Interpretation Information

Results consist of a Total Perfectionism score (total of subscales not including Organization) as well as four subscales.

Scores are also represented as percentiles based on the data from Stober's (1998) sample of university students. Interpretation of results using percentiles helps contextualise a respondents' scores compared to typical patterns of responses among healthy individuals. Higher percentiles indicate more problems while a percentile closer to 50 represents average (and healthy) responses. Percentile scores above the 90th percentile are of clinical significance and represent dysfunctional perfectionism.

High scores on the Organization subscale do not contribute to Total Perfectionism and are not intrinsically problematic, but combined with high scores on the other factors may exacerbate dysfunction.

The four subscales are:

- Concern over mistakes and doubts about actions (Questions 9,10,13,14, 17,18,21,23,25,28,32,33,34)
- Excessive concern with parents' expectations and evaluation (Questions 1,3,5,11,15,20,22,26,35)
- Excessively high personal standards (Questions 4,6,12,16,19,24,30)
- Concern with precision, order and



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Scoring and Interpretation Information (cont.)	
	organisation (Questions, 2,7,8,27,29,31)

Client Responses

		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
1	My parents set very high standards for me.	1	2	3	4	5
2	Organization is very important to me.	1	2	3	4	5
3	As a child, I was punished for doing things less than perfectly.	1	2	3	4	5
4	If I do not set the highest standards for myself, I am likely to end up a second-rate person.	1	2	3	4	5
5	My parents never tried to understand my mistakes.	1	2	3	4	5
6	It is important to me that I be thoroughly competent in what I do.	1	2	3	4	5
7	I am a neat person.	1	2	3	4	5
8	I try to be an organized person.	1	2	3	4	5
9	If I fail at work/school, I am a failure as a person.	1	2	3	4	5
10	I should be upset if I make a mistake.	1	2	3	4	5
11	My parents wanted me to be the best at everything.	1	2	3	4	5
12	I set higher goals than most people.	1	2	3	4	5
13	If someone does a task at work/school better than I do, then I feel as if I failed the whole task.	1	2	3	4	5
14	If I fail partly, it is as bad as being a complete failure.	1	2	3	4	5
15	Only outstanding performance is good enough in my family.	1	2	3	4	5
16	I am very good at focusing my efforts on attaining a goal.	1	2	3	4	5
17	Even when I do something very carefully, I often feel that it is not quite right.	1	2	3	4	5



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Client Responses (cont.)		Strongly disagree	Disagree	Neutral	Agree	Strongly agree
18	I hate being less than the best at things.	1	2	3	4	5
19	I have extremely high goals.	1	2	3	4	5
20	My parents expect excellence from me.	1	2	3	4	5
21	People will probably think less of me if I make a mistake.	1	2	3	4	5
22	I never feel that I can meet my parents' expectations.	1	2	3	4	5
23	If I do not do as well as other people, it means I am an inferior being.	1	2	3	4	5
24	Other people seem to accept lower standards from themselves than I do.	1	2	3	4	5
25	If I do not do well all the time, people will not respect me.	1	2	3	4	5
26	My parents have always had higher expectations for my future than I have.	1	2	3	4	5
27	I try to be a neat person.	1	2	3	4	5
28	I usually have doubts about the simple everyday things that I do.	1	2	3	4	5
29	Neatness is very important to me.	1	2	3	4	5
30	I expect higher performance in my daily tasks than most people.	1	2	3	4	5
31	I am an organized person.	1	2	3	4	5
32	I tend to get behind in my work because I repeat things over and over.	1	2	3	4	5
33	It takes me a long time to do something "right".	1	2	3	4	5
34	The fewer mistakes I make, the more people will like me.	1	2	3	4	5
35	I never feel that I can meet my parents' standards.	1	2	3	4	5