朋友们的适应性/不适应性完美主义量表：权变性自尊量表(Friends’ Adaptive/Maladaptive Perfectionism Scale: Contingent Self-esteem Scale)的描述

|  |  |
| --- | --- |
| 功能 | 他人认可，外部标准，竞争力 |
| 关联 | 学术能力，焦虑，社交厌恶 |
| 对象 | 家庭及儿童福利服务 |
| 回应者 | 儿童 |
| 特色 | 5项4分评分项目 |
| 信度 | .82 |
| 参考 | Fong, W. T. (2012). Perfectionism, social connectedness, and academic self-efficacy in average and academically talented primary school students in Hong Kong *(Doctoral dissertation, University of Hong Kong).*Rice, K. G., & Preusser, K. J. (2002). The adaptive/maladaptive perfectionism scale. *Measurement and evaluation in counseling and development, 34*(4), 210-222. |

朋友们的适应性/不适应性完美主义量表：权变性自尊量表的计分

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 回应 | 真的很不像他们 | 有点不像他们 | 有点像他们 | 真的很像他们 |
| 项目1-5的分数 | 0 | 33.33 | 66.67 | 100 |

|  |  |
| --- | --- |
| 量表得分：项目分数的平均 | 行动 |
| 70-100 | 需要积极减少 |
| 30-70 | 需要稍作减少 |
| 0-30 | 赞赏 |