適應性/不適應性完美主義量表：權變性自尊量表(The Adaptive/Maladaptive Perfectionism Scale: Contingent Self-esteem Scale)的描述

|  |  |
| --- | --- |
| 功能 | 他人認可，外部標準，競爭力 |
| 關聯 | 學術能力，焦慮，社交厭惡 |
| 對象 | 家庭及兒童福利服務 |
| 回應者 | 兒童 |
| 特色 | 5項4分評分項目 |
| 信度 | .82 |
| 參考 | 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. |

適應性/不適應性完美主義量表：權變性自尊量表的計分

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 回應 | 真的很不像我 | 有點不像我 | 有點像我 | 真的很像我 |
| 項目1-8的分數 | 0 | 33.33 | 66.67 | 100 |

|  |  |
| --- | --- |
| 量表得分：項目分數的平均 | 行動 |
| 70-100 | 需要積極提升 |
| 30-70 | 需要稍作提升 |
| 0-30 | 讚賞 |