Description of The Adaptive/Maladaptive Perfectionism Scale: Contingent Self-esteem Scale

|  |  |
| --- | --- |
| Function | Other’s approval, external standard, competence |
| Relevance | Academic ability, anxiety, social avoidance |
| Target | Family and child welfare service |
| Respondent | Child |
| Feature | 5 items in 4-point rating scale |
| Reliability | .82 |
| References | 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. |

Scoring of The Adaptive/Maladaptive Perfectionism Scale: Contingent Self-esteem Scale

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Response | Really  Unlike Me | Somewhat  Unlike Me | Somewhat  Like Me | Really  Like Me |
| Score for Items 1-5 | 0 | 33.33 | 66.67 | 100 |

|  |  |
| --- | --- |
| Scale score: average of item scores | Action |
| 70-100 | Great concern for promotion |
| 30-70 | Some concern for promotion |
| 0-30 | Appreciation |