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## INTERVIEW FOR PERFECTIONISTIC BEHAVIOR

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**AGE:** \_\_\_\_\_

**RACE:** \_\_\_\_\_

**SEX:** M or F

**MARITAL STATUS:** \_\_\_\_\_

**EDUCATION** (# of years) : \_\_\_\_\_

**OCCUPATION:** \_\_\_\_\_

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### I. NEED TO BE PERFECT

1. Some people have a very strong need for themselves to be perfect, not just very good or even excellent, but perfect. How much does this characterize you or the way you would describe yourself?

0	1	2	3
Not at all	Somewhat	Very much	Extremely

2. How consistently does this describe you? That is, how often does needing to be perfect apply to you?

0	1	2	3
Never Applies	Sometimes	Frequently	Always Applies

Do you need to be perfect in everything you do or just some things.

\* Everything (1 or 2 examples) \_\_\_\_\_

\* Some things need to be perfect in (1 or 2 examples of things need and don't need to be perfect in) \_\_\_\_\_

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3. Some people have a very strong need for other people (e.g., co-workers, subordinates, parents, siblings, spouse, children, and so forth) to be perfect, and again, not just very good or even excellent, but perfect. How much does this characterize you or the way you would describe yourself, needing others to be perfect?

0	1	2	3
Not at all	Somewhat	Very much	Extremely

4. How consistently does this describe you? That is, how often does needing others to be perfect apply to you?

0	1	2	3
Never Applies	Sometimes	Frequently	Always Applies

Do you need others to be perfect in everything they do or just some things.

\* Everything (examples see above 1c) \_\_\_\_\_

\* Some things need to be perfect in (examples see above 1 c) \_\_\_\_\_

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5. Some people believe that other people in their lives (e.g., co-workers, subordinates, parents, siblings, spouse, children, and so forth) expect or require them to be perfect. (Give example, a man might believe his boss expects perfectionism from him or a woman might believe her parents expect perfectionism from her), and again, not just very good or even excellent, but perfect. Does this characterize you or is this the way you would describe yourself, as believing that other people need you to be perfect?

0	1	2	3
Not at all	Somewhat	Very much	Extremely

6. How consistently does this apply to you or describe you? That is, how often do you perceive that others require you to be perfect?

0	1	2	3
Never Applies	Sometimes	Frequently	Always Applies

Do others need you to be perfect in everything you do or just some things.

\* Everything (examples) \_\_\_\_\_

\* Some things (examples) \_\_\_\_\_

Who is that requires you to be perfect (prompt with mother, father, siblings, friends, acquaintances, teachers, boss, coworkers, everyone, most people, no one)

\_\_\_\_\_

## II. CRITICISM

7. Sometimes people are very hard on themselves. That is, sometimes people get very critical of themselves when they do not do as well as they wanted. Does this characterize you?

0	1	2	3
Not at all	Somewhat	Very much	Extremely

8. How consistently does this apply to you or describe you? That is, how often does needing to be perfect apply to you?

0	1	2	3
Never Applies	Sometimes	Frequently	Always Applies

9. Sometimes people are very hard on others around them, being somewhat critical of others or having very standards for others. Does this characterize you?

0                      1                      2                      3  
Not at all              Somewhat              Very much              Extremely

10. How consistently does this describe you? That is, how often would you be critical of those around you?

0                      1                      2                      3  
Never Applies              Sometimes              Frequently              Always Applies

11. Sometimes a person believes that others are very hard on him or her. That is, sometimes an individual feels as if others are very critical of him or her. Does this characterize you?

0                      1                      2                      3  
Not at all              Somewhat              Very much              Extremely

12. How consistently does this describe you? That is, how often would others be critical of you?

0                      1                      2                      3  
Never Applies              Sometimes              Frequently              Always Applies

### III. FEAR OF MISTAKES

13. Some people are very fearful of making errors or mistakes either in front of others or even when others will not see the mistake. Are you fearful or anxious of making mistakes in front of others?

0                      1                      2                      3  
Not at all              Somewhat              Very much              Extremely

14. How consistently does this describe you? That is, how often would you be fearful of making mistakes in front of others?

0                      1                      2                      3  
Never Applies              Sometimes              Frequently              Always Applies

15. Are you fearful or anxious of making mistakes even if others will not be aware of those mistakes?

0                      1                      2                      3  
Not at all              Somewhat              Very much              Extremely

16. How consistently does this describe you? That is, how often would you be fearful of making mistakes privately?

0                      1                      2                      3

Never Applies

Sometimes

Frequently

Always Applies

17. Sometimes, if a person tries to do something and there is even one small mistake or shortcoming, the person feels as if the whole thing is a failure. Does this describe or characterize you?

0

Not at all

1

Somewhat

2

Very much

3

Extremely

18. How consistently does this describe or apply to you?

0

Never Applies

1

Sometimes

2

Frequently

3

Always Applies

19. Do you feel like other people do this to you? That is, do you feel like other people will not be pleased with you if you make even one small mistake?

0

Not at all

1

Somewhat

2

Very much

3

Extremely

20. How consistently does this describe or apply to you?

0

Never Applies

1

Sometimes

2

Frequently

3

Always Applies

21. Do you get upset with others if they make even a small mistake?

0

Not at all

1

Somewhat

2

Very much

3

Extremely

22. How consistently does this describe or apply to you?

0

Never Applies

1

Sometimes

2

Frequently

3

Always Applies

**IV. SATISFACTION**

23. People will sometime complete a task or job successfully and experience a great deal of satisfaction and others will not experience any satisfaction and continue to think of ways that it could have been better. Do you feel a sense of satisfaction when you have completed some project successfully?

0	1	2	3
Not at all	Somewhat	Very much	Extremely

24. How consistently does this describe or apply to you?

0	1	2	3
Never Applies	Sometimes	Frequently	Always Applies

25. Do you continue to think of ways that it should have been improved?

0	1	2	3
Not at all	Somewhat	Very much	Extremely

26. How consistently does this describe or apply to you?

0	1	2	3
Never Applies	Sometimes	Frequently	Always Applies

**V. PERFECTIONISM SELF-STATEMENTS**

27. Many people talk to themselves, sometimes cut loud and sometimes silently, and they tell themselves things. This is a very common practice. Do you ever tell yourself things like I need to be perfect, of I should have done that perfectly, or I can't have even one flaw, I should never make mistakes and so forth? How well does this characterize you?

0	1	2	3
Not at all	Somewhat	Very much	Extremely

28. How consistently does this describe or apply to you?

0	1	2	3
Never Applies	Sometimes	Frequently	Always Applies

**VI. PERFECTIONISTIC SELF PRESENTATION**

29. Some people feel they don't necessarily have to BE PERFECT, but they have to APPEAR TO BE PERFECT in front of others. That is, some people believe that it is important to present themselves to others in as perfect a manner as possible. Does this characterize you?

0	1	2	3
Not at all	Somewhat	Very much	Extremely

30. How consistently does this describe or apply to you?

0	1	2	3
Never Applies	Sometimes	Frequently	Always Applies

31. Some people will spend a great deal of effort, not allowing others to see even one small imperfection or mistakes. Does this describe you?

0	1	2	3
Not at all	Somewhat	Very much	Extremely

32. How consistently does this describe or apply to you?

0	1	2	3
Never Applies	Sometimes	Frequently	Always Applies

33. Finally, some people have a great deal of difficulty telling people about their shortcomings or mistakes or even talking personally about anything that could be seen as a shortcoming. Does this characterize you?

0	1	2	3
Not at all	Somewhat	Very much	Extremely

34. How consistently does this describe or apply to you?

0	1	2	3
Never Applies	Sometimes	Frequently	Always Applies

**VII. SELF-RATING**

35. Has anyone ever told you that you were a perfectionist?

0	1	2	3
Never	Sometimes	Frequently	All the Time

Why do you think that he/she would tell you a perfectionist?

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36. Would you describe yourself generally as perfectionistic?

0	1	2	3
Never	Sometimes	Frequently	All the Time

37. Is the perfectionism you have for yourself a problem? \_\_\_\_\_

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38. Is the perfectionism you have for others a problem? \_\_\_\_\_

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39. Is the perfectionism others have for you a problem? \_\_\_\_\_

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40. Overall, does perfectionism toward the self:

- 0 Not apply to you
- 1 Characterizes you but is not very relevant or central to how you see yourself
- 2 Characterizes you and is very relevant or central to how you see yourself

41. Overall, does perfectionism directed toward others:

- 0 Not apply to you
- 1 Characterizes you but is not very relevant or central to how you see yourself
- 2 Characterizes you and is very relevant or central to how you see yourself

42. Overall, does the perception that others expect perfectionism:

- 0 Not apply to you
- 1 Characterizes you but is not very relevant or central to how you see yourself
- 2 Characterizes you and is very relevant or central to how you see yourself

43. Overall, would you say that needing to appear perfect:

- 0 Not apply to you
- 1 Characterizes you but is not very relevant or central to how you see yourself
- 2 Characterizes you and is very relevant or central to how you see yourself

44. Overall, would you say that needing to avoid appearing imperfect:

- 0 Not apply to you
- 1 Characterizes you but is not very relevant or central to how you see yourself
- 2 Characterizes you and is very relevant or central to how you see yourself

45. Overall, would you say that avoiding disclosure of imperfection:

- 0 Not apply to you
- 1 Characterizes you but is not very relevant or central to how you see yourself
- 2 Characterizes you and is very relevant or central to how you see yourself

**INTERVEIWER RATINGS (Overall Clinical Impressions)**

46. Self-Oriented	None				Extreme
47. Other-Oriented	0	1	2	3	4
48. Socially Prescribed	0	1	2	3	4
49. Perfect. Cognition	0	1	2	3	4
50. Promote	0	1	2	3	4
50. Nondisplay	0	1	2	3	4
51. Nondisclose	0	1	2	3	4

**COMMENTS (Relevant Information and Clinical Impressions):**

**CLINICIAN NARRATIVE: (Provide a description of the person's perfectionistic behavior):**