

QUESTIONNAIRE: PERFECTIONISM SCALE



PART 1: PATIENT TO FILL OUT

Name (optional): Date:

For each of the following statements, please select the option that best describes the way you usually or generally feel or behave (i.e. across your adult years and not just during any state of burnout).

Items	Not True	Slightly	Moderately	Definitely
I try to do everything as well as possible.	0	1	2	3
I always like to do my best.	0	1	2	3
I push myself to be the best at most things I do.	0	1	2	3
I like to work to my full potential.	0	1	2	3
I work hard at most things.	0	1	2	3
I put high standards on myself and most things I take on.	0	1	2	3
I try to succeed at most things.	0	1	2	3
I commit myself fully to things I take on.	0	1	2	3
I always feel very driven to keep on meeting my responsibilities.	0	1	2	3
I am viewed as a highly responsible person.	0	1	2	3
My word is my bond and I'm somewhat perfectionistic.	0	1	2	3

PART 2: PRACTITIONER TO FILL OUT

To calculate perfectionism score, add up points for each item to determine total score.

Perfectionism score card	Not True	Slightly	Moderately	Definitely
Section Total				
			Total score	

Interpretation of Perfectionism Score:

Score of 5–11: Dutiful and might be mildly perfectionistic.

Score of 12–22: Likely to be mildly to moderately perfectionistic.

Score of 23–33: Likely to be distinctly perfectionistic.