

Almost Perfect Scale-Revised (English)

Instructions

The following items are designed to measure attitudes people have toward themselves, their performance, and toward others. There are no right or wrong answers. Please respond to all of the items. Use your first impression and do not spend too much time on individual items in responding.

Respond to each of the items using the scale below to describe your degree of agreement with each item. Circle the appropriate rating for each item.

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree

Items	Ratings						
1. I have high standards for my performance at work or at school.	1	2	3	4	5	6	7
2. I am an orderly person.	1	2	3	4	5	6	7
3. I often feel frustrated because I can't meet my goals.	1	2	3	4	5	6	7
4. Neatness is important to me.	1	2	3	4	5	6	7
5. If you don't expect much out of yourself, you will never succeed.	1	2	3	4	5	6	7
6. My best just never seems to be good enough for me.	1	2	3	4	5	6	7
7. I think things should be put away in their place	1	2	3	4	5	6	7
8. I have high expectations for myself.	1	2	3	4	5	6	7
9. I rarely live up to my high standards.	1	2	3	4	5	6	7
10. I like to always be organized and disciplined.	1	2	3	4	5	6	7
11. Doing my best never seems to be enough.	1	2	3	4	5	6	7
12. I set very high standards for myself.	1	2	3	4	5	6	7
13. I am never satisfied with my accomplishments.	1	2	3	4	5	6	7
14. I expect the best from myself.	1	2	3	4	5	6	7
15. I often worry about not measuring up to my own expectations.	1	2	3	4	5	6	7
16. My performance rarely measures up to my standards.	1	2	3	4	5	6	7
17. I am not satisfied even when I know I have done my best.	1	2	3	4	5	6	7
18. I try to do my best at everything I do.	1	2	3	4	5	6	7
19. I am seldom able to meet my own high standards of performance.	1	2	3	4	5	6	7
20. I am hardly ever satisfied with my performance.	1	2	3	4	5	6	7
21. I hardly ever feel that what I've done is good enough.	1	2	3	4	5	6	7
22. I have a strong need to strive for excellence.	1	2	3	4	5	6	7
23. I often feel disappointment after completing a task because I know I could have done better.	1	2	3	4	5	6	7

Source:

Slaney, R. B., Mobley, M., Trippi, J., Ashby, J. S., & Johnson, D. G. (1996). *The Almost Perfect Scale-Revised*. Unpublished manuscript, The Pennsylvania State University, University Park.

Slaney, R. B., Rice, K. G., Mobley, M., Trippi, J., & Ashby, J. S. (2001). The revised Almost Perfect Scale. *Measurement and Evaluation in Counseling and Development*, 34, 130-145.

Scoring – APS-R

Standards = 1, 5, 8, 12, 14, 18, 22

Order = 2, 4, 7, 10

Discrepancy = 3, 6, 9, 11, 13, 15, 16, 17, 19, 20, 21, 23

Sum up the items corresponding to the three subscales to get your scores on *Standards*, *Order*, and *Discrepancy*.

Classification: (Rice & Ashby, 2007)

If your *Standards* score is below 42, you are not a perfectionist.

If you have a *Standards* score 42 and above, you are classified as a perfectionist.

- If you also have a *Discrepancy* score 42 and above, you are classified as a maladaptive perfectionist.
- If your *Discrepancy* score is below 42, you are a adaptive perfectionist

NOTE: You have my permission to use the APS-R for research only. Such use indicates agreement with the stated terms, is limited to one year from today's date, and involves appropriate citations in the event of publication. I would also like to be informed of any data gathered and findings on the scale.