

Family Almost Perfect Scale (FAPS)

Instructions

The following items are designed to measure your perceptions of the attitudes, beliefs, and values your family has and conveyed to you. 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.

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

1. My family has high standards for my performance at work or at school.
2. My family expects me to be an orderly person.
3. Neatness is important to my family.
4. My best just never seems to be good enough for my family.
5. My family thinks things should be put away in their place.
6. My family has high expectations for me.
7. I rarely live up to my family's high standards.
8. My family expects me to always be organized and disciplined.
9. Doing my best never seems to be enough for my family.
10. My family sets very high standards for me.
11. Nothing short of perfect is acceptable in my family.
12. My family expects the best from me.
13. My performance rarely measures up to my family's standards.
14. My family expects me to try to do my best at everything I do.
15. I am seldom able to meet my family's high standards of performance.
16. I am aware that my family sets standards that are unrealistically high.
17. My family expects me to have a strong need to strive for excellence.

Source:

Wang, K. T. (2010). The Family Almost Perfect Scale: Development, Psychometric Properties, and Comparing Asian and European Americans. *Asian American Journal of Psychology, 1*, 186-199.

FAPS Scoring Key

Family Standards = 1, 6, 10, 12, 14, 17

Family Order = 2, 3, 5, 8

Family Discrepancy = 4, 7, 9, 11, 13, 15, 16

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

Sources for psychometric information:

Wang, K. T. (2010). The Family Almost Perfect Scale: Development, Psychometric Properties, and Comparing Asian and European Americans. *Asian American Journal of Psychology, 1*, 186-199.

NOTE: You have my permission to use the FAPS for research only. Such use indicates agreement with the stated terms 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.

For any questions, please contact **Kenneth T. Wang** at ktwang@fuller.edu.