

Family Almost Perfect Scale (FAPS) – Lithuanian Version

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.
Mano šeimos nariai kelia aukštus standartus mano pasirodymui darbe/moksluose.
2. My family expects me to be an orderly person.
Šeimos nariai tikisi, jog būsiu tvarkingas (-a).
3. Neatness is important to my family.
Tvarka yra svarbu mano šeimoje.
4. My best just never seems to be good enough for my family.
Kad ir kaip gerai pasirodyčiau, mano šeimos nariams tai niekada neatrodys pakankamai gerai.
5. My family thinks things should be put away in their place.
Mano šeimoje priimta, jog daiktai visada turi būti padėti savo vietose.
6. My family has high expectations for me.
Mano šeima turi dėl manęs didelius lūkesčius.
7. I rarely live up to my family's high standards.
Aš retai atitinku aukštus keliamus savo šeimos standartus.
8. My family expects me to always be organized and disciplined.
Mano šeima tikisi, kad aš visada elgsiuosi disciplinuotai ir organizuotai.
9. Doing my best never seems to be enough for my family.
Net jei dedu visas pastangas, tai niekada neatrodys pakankamai gerai mano šeimai.
10. My family sets very high standards for me.
Mano šeima man kelia labai aukštus standartus.
11. Nothing short of perfect is acceptable in my family.
Mano šeimoje pripažįstama tik tobulybė/tobulas atlikimas.
12. My family expects the best from me.
Mano šeima iš manęs tikisi tik geriausių rezultatų.
13. My performance rarely measures up to my family's standards.
Mano atlikimas retai atitinka aukštus mano šeimos standartus.
14. My family expects me to try to do my best at everything I do.
Mano šeima tikisi, jog visose veiklose stengsiuosi pasirodyti geriausiai kaip tik galiu.

15. I am seldom able to meet my family's high standards of performance.
Aš retai galiu atitikti savo šeimoje keliamus standartus.
16. I am aware that my family sets standards that are unrealistically high.
Aš žinau, jog mano šeimos nustatyti standartai yra nerealiai aukšti.
17. My family expects me to have a strong need to strive for excellence.
Mano šeima tikisi, jog aš turėsiu stiprią motyvaciją siekti tobulybės.

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.

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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.