

Family Almost Perfect Scale (FAPS) – Chinese (Simplified) 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.

下列各项用来测试你对自己家人的态度、信念和价值观的认识以及家人所传达给你的这些认识。答案没有对错之分。请凭自己的第一感觉回答所有问题，不要在个别条目的回答上花费太多时间。

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

请对下面量表中的每个条目作答，以描述你和每个条目的同意程度。

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
极不同意	不同意	有点不同意	中立	有点同意	同意	极同意

1. My family has high standards for my performance at work or at school.
我的家人对我在工作或学习中的表现有很高的标准。
2. My family expects me to be an orderly person.
我的家人期望我是个有条理的人。
3. Neatness is important to my family.
整齐对我的家人很重要。
4. My best just never seems to be good enough for my family.
我最好的表现似乎从来没有达到令我的家人满意的程度。
5. My family thinks things should be put away in their place.
我的家人认为东西应该各归其位。
6. My family has high expectations for me.
我的家人对我有很高期望。
7. I rarely live up to my family's high standards.
我很少达到我的家人为我设定的高标准。
8. My family expects me to always be organized and disciplined.

- 我的家人期望我总是处于一种有组织、有纪律的状态。
9. Doing my best never seems to be enough for my family.
尽我全力，对我的家人来说总是还不够。
 10. My family sets very high standards for me.
我的家人为我设置了非常高的标准。
 11. Nothing short of perfect is acceptable in my family.
我的家人不能接受任何不完美。
 12. My family expects the best from me.
我的家人希望我达到自己最好的水平。
 13. My performance rarely measures up to my family's standards.
我的表现很少达到家人的标准。
 14. My family expects me to try to do my best at everything I do.
我的家人期望我尽全力去做我所做的每件事。
 15. I am seldom able to meet my family's high standards of performance.
我很少能够达到我的家人对我的表现设定的高标准。
 16. I am aware that my family sets standards that are unrealistically high.
我很清楚我的家人设定的标准高得不切实际。
 17. My family expects me to have a strong need to strive for excellence.
我的家人希望我有追求卓越的强烈需要。

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:

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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.