

Family Almost Perfect Scale (FAPS) – Latvian 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
Noteikti nepiekrītu	Nepiekrītu	Drīzāk nepiekrītu	Ne piekrītu, ne nepiekrītu	Drīzāk piekrītu	Piekrītu	Noteikti piekrītu

1. My family has high standards for my performance at work or at school.
Manā ģimenē ir augsti standarti, attiecībā uz manu veikumu darbā vai skolā.
2. My family expects me to be an orderly person.
Mana ģimene no manis sagaida, ka būšu kārtīgs cilvēks.
3. Neatness is important to my family.
Manā ģimenē ir svarīgs kārtīgums.
4. My best just never seems to be good enough for my family.
Pat mans labākais sniegums manai ģimenei nekad nešķiet pietiekami labs.
5. My family thinks things should be put away in their place.
Manā ģimenē valda uzskats, ka visām lietām ir jāatrodas tām paredzētajā vietā.
6. My family has high expectations for me.
Manai ģimenei ir lielas gaidas attiecībā uz mani.
7. I rarely live up to my family's high standards.
Es reti kad atbilstu manas ģimenes augstajiem standartiem.
8. My family expects me to always be organized and disciplined.
Mana ģimene no manis sagaida, ka vienmēr esmu organizēts un disciplinēts.
9. Doing my best never seems to be enough for my family.
Pat tad, ja es paveicu labāko, ko varu, manai ģimenei tas nav pietiekami.
10. My family sets very high standards for me.
Mana ģimene izvirza man ļoti augstus standartus.
11. Nothing short of perfect is acceptable in my family.
Manai ģimenei nav pieņemams nekas, kas ir mazāk nekā izcils.
12. My family expects the best from me.
Mana ģimene no manis sagaida vislabāko (sniegumu).
13. My performance rarely measures up to my family's standards.
Mans sniegums, reti kad atbilst manas ģimenes standartiem.

14. My family expects me to try to do my best at everything I do.
Manā ģimenē tiek sagaidīts, ka es es centīšos darīt visu, kas manos spēkos, lai ko es arī darītu.
15. I am seldom able to meet my family's high standards of performance.
Es reti kad spēju atbilst manas ģimenes augstajiem standartiem attiecībā uz manu sniegumu.
16. I am aware that my family sets standards that are unrealistically high.
Es apzinos, ka mana ģimene uzstāda man nereāli augstus, nerasniedzamus standartus.
17. My family expects me to have a strong need to strive for excellence.
Manā ģimenē tiek sagaidīts, ka man būs izteikta vajadzība pēc izcilības.

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.

Translated by:

Inese Jokste <inese.jokste@inbox.lv> & **Karīna Āboliņa**
<karina.abolina@gmail.com>

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.