

SAPS (Short Almost Perfect Scale) – Portuguese

The following items are designed to measure certain attitudes people have toward themselves, their performance, and toward others. It is important that your answers be true and accurate for you. In the space next to the statement, please enter a number from "1" (strongly disagree) to "7" (strongly agree) to describe your degree of agreement with each item.

STRONGLY DISAGREE 1	DISAGREE 2	SLIGHTLY DISAGREE 3	NEUTRAL 4	SLIGHTLY AGREE 5	AGREE 6	STRONGLY AGREE 7
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1. **Tenho grandes expectativas para mim mesmo(a).** (*I have high expectations for myself.*)
2. **Fazer o meu melhor nunca parece ser o suficiente.** (*Doing my best never seems to be enough.*)
3. **Mantenho padrões altos quanto a mim mesmo(a).** (*I set very high standards for myself.*)
4. **Muitas vezes me sinto desapontado após concluir uma tarefa, porque sei que poderia ter feito melhor.** (*I often feel disappointment after completing a task because I know I could have done better.*)
5. **Tenho uma forte necessidade de buscar fazer o melhor.** (*I have a strong need to strive for excellence.*)
6. **Minha performance raramente atende aos meus padrões.** (*My performance rarely measures up to my standards.*)
7. **Eu espero o melhor de mim mesmo(a).** (*I expect the best from myself.*)
8. **Quase nunca estou satisfeito com a minha performance.** (*I am hardly ever satisfied with my performance.*)

Note: We recommend distributing these 8 SAPS within other items the researcher might use that have a similar response scale.

Citation:

- Lins de Holanda Coelho, G., Pereira Monteiro, R., Vilar, R., HP Hanel, P., Cunha Moizéis, H. B., & Gouveia, V. V. (2020). Psychometric Evidence of the Short Almost Perfect Scale (SAPS) in Brazil. *The Counseling Psychologist*, Advanced Online Publication. doi:10.1177/0011000020949146
- Rice, K. G., Richardson, C. M., & Tueller, S. (2014). The Short Form of the Revised Almost Perfect Scale. *Journal of Personality Assessment*, 96, 368-379. doi: 10.1080/00223891.2013.838172

SAPS Scoring Key:

- Standards = 1, 3, 5, 7
- Discrepancy = 2, 4, 6, 8

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