



Perfectionism and Life Satisfaction: Investigating the Relationship between  
Perfectionism and Life Satisfaction.

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### **Abstract**

The current study aimed to provide further understanding of the relationship between three global perfectionism dimensions (self-critical, rigid and narcissistic) and life satisfaction, with further research into the gender (Males;  $n=52$ , Females;  $n=162$ ) differences impact on the three perfectionism facets on levels of life satisfaction. The study examined varying levels of perfectionism and the interaction on life satisfaction. The variables were assessed through the administration of a self-report questionnaire. The questionnaires were distributed to the participants ( $n = 214$ ) through social media and group messaging applications. The three global perfectionism facets were assessed using the Big Three Perfectionism scale (BTPS), while the Satisfaction with Life scale (SWLS) was used to assess levels of life satisfaction. The results indicated a significant negative correlation between self-critical perfectionism and life satisfaction, suggesting that participants that score lower for self-critical perfectionism have higher life satisfaction score than those who score higher on perfectionism, this was similar for moderate perfectionism scores having statistically higher life satisfaction levels than those that scored high on perfectionism. Neither rigid or narcissistic perfectionism had a significant relationship with life satisfaction, but the three predictor variables were significantly correlated. Rigid perfectionism increased the predicative power of self-critical perfectionism on life satisfaction. Gender differences were non-significant for life satisfaction, self-critical and rigid perfectionism. However, males scored significantly higher than females for narcissistic perfectionism. The results of the current study indicate a need to address ways of reducing self-critical perfectionism in order to increase life satisfaction levels.

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## Introduction

Perfectionism is individuals endeavor for both things and themselves to be perfect and exact (Flett & Hewitt, 2015). Perfectionistic behaviours can be both a positive and negative, those that strive to succeed but use failures as learning opportunities, have adaptive perfectionist tendencies. Adaptive or 'healthy' perfectionism is defined as striving towards achievement and experiencing pride in accomplishments while also including high performance expectations with low levels of negative self-evaluation (Burnam, Komarraju, Hamel & Nadler, 2013). Whereas, maladaptive perfectionism is characterised by the setting of unreasonably high standards for performance and is accompanied by overly critical self-evaluation (Richardson & Gradisar, 2020). Maladaptive perfectionism is often associated with dysfunctional cognitions, emotions and behaviours such as anxiety, depression, negative affect and lower psychological well-being (Wigert, Reiter-Palmon, Kaufman & Silvia, 2012).

Previous studies suggested that perfectionism was a unidimensional concept, but it is now understood that perfectionism is a multidimensional concept, that goes beyond conscientiousness and neuroticism (Flett & Hewitt, 2015). Several dimensions that were identified as indicators of perfectionism are; excessive concern over making mistakes, high personal standards, the perception of high parental expectations, the perception of high parental criticism, the doubting of the quality of one's actions and a preference for order and organization (Frost, Marten, Lahart & Rosenblate, 1990). Perfectionist behaviours are driven by the compulsion to be perfect, it is an intense self-conscious need to be flawless in everything that you do. According to Hewitt et al., (2002) The three main perfectionist concepts are self-oriented perfectionism which requires the self to be perfect, other-orientated

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perfectionism which requires others to be perfect and socially prescribed perfectionism which involves the perception that others require the self to be perfect. Other studies have looked at rigid perfectionism, narcissistic and self-critical perfectionism as global factors of perfectionism each of which encompasses several lower order factors of perfectionism. These are the three categories of perfectionism that will be addressed in the current study through the implementation of the Big three perfectionism scale, which has previously been indicated as a reliable and valid measure for multidimensional perfectionism (Smith, Saklofske, Stoeber and Sherry, 2016). Self-critical perfectionism involves the constant and harsh self-scrutiny, overly critical evaluations of one's own behavior, an inability to derive satisfaction from successful performance and chronic concerns about other's criticisms and expectations (Dunkley, Zuroff, & Blankstein, 2003). Rigid perfectionism is the insistence that one's own performance must be flawless and without error (Smith et al., 2016). Narcissistic perfectionism is an outward need for perfection, accompanied by grandiose self-image, interpersonal entitlement and unreasonably high standards for others (Nealis, Sherry, Sherry, Stewart & Macneil, 2015). Narcissistic perfectionists often see themselves as faultless and others as defective.

The desire to do well can often be used as a motivational tool to achieve one's goals, but maladaptive perfectionism is a significant variable associated with negative psychological functioning such as greater depressive symptomology, anxiety, stress, suicidal risk, eating disturbances and poorer outcomes in the treatment of clinical depression (Chang, Banks & Watkins, 2004). There is a significant focus on eating disorders and depression and their relationship to perfectionist cognitions. Anorexia nervosa is the relentless pursuit of thinness and bulimia nervosa is characterized as a quest for the perfect diet, perfect weight, perfect



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body shape and perfect exercise regime (Bastiani, Rao, Weltzin & Kaye, 1995, Stoeber, Madigan, Damian, Esposito & Lombardo, 2017). Those with eating disorders experience extreme feelings of shame and self-deprecation, these core concepts of Anorexia nervosa and Bulimia nervosa appear to be linked to perfectionistic tendencies (Goldner, Cockell & Srikaneswaran, 2002). For both anorexia nervosa and bulimia nervosa, the patients strive for the 'perfect' body weight which is intrinsically accepted as a perfectionistic ideation (Bardone-Cone et al, 2007). Similarly, a study that looked at the relationship between life satisfaction, weight perception and dieting behaviours, found actions and cognitions commonly linked to eating disorders like having vomited, used laxatives and a perception of being under or overweight to have a negative correlation with life satisfaction (Kitsantas, Gilligan & Kamata, 2003). There are also significant differences across genders in relation to their eating disturbances influencing their life satisfaction (Valois, Zullig, Huebner & Drane, 2003). Those that experience eating disturbances have higher perfectionist behaviours and report lower life satisfaction as the pressure to achieve their ideal physique combined with their self-depreciation creates a maladaptive perception for oneself as not being 'ideal' which in turn increases their negative attitudes towards themselves.

The pressure of always trying to be perfect causes self-defeating attitudes to form and results in the formation of excessively high personal standards and can also result in a fear of failure (Campbell, 2020). A study conducted by Conroy, Kaye and Fifer (2007), found that only socially prescribed perfectionism was strongly associated with the belief that failure would lead to negative interpersonal consequences. This suggests that the fear of failure to meet societies standards of 'perfection' causes the formation of negative beliefs about oneself, and having a negative interpersonal perception of oneself is associated with lower levels of

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life satisfaction. Perfectionist behaviours are not innate in some cases they stem from intense amounts of pressure being placed on a child during their developmental stage of life, leading the child to associate love or appraisal as a conditional reward to success (Campbell, 2020). Perfectionism is a stressful mode of coping with the conditional positive regard promoted by achievement and can lead to self-devaluation and shame after failure and feelings of grandiosity after success (Assor & Tal, 2011). This is rigid cognitive process that can lead to anxiety, depression and other self-depreciating thought processes which are also significantly correlated with lower life satisfaction levels, furthermore suggesting the possibility of a relationship between perfectionism and life satisfaction.

Perfectionism has negative implications on people's lives, it is often linked to early mortality and suicide ideation. Fry and Debats (2009) found that risk of death was significantly greater for those that scored higher on the perfectionist personality assessment and neuroticism in comparison to those with lower scores and those that scored higher on conscientiousness and optimism were at lower risk of death. Shahnaz, Saffer and Klonsky (2018), found that perfectionism was moderately higher in people that had contemplated suicide than those who had not, but there was no significant difference in perfectionism levels for suicide ideations and suicide attempters, suggesting that perfectionistic characteristics are related to suicide ideation but not the progression between considering and attempting suicide. Negative psychological functioning like suicide ideation, depression, anxiety and eating disorders that are often associated with perfectionism are also significant indicators of lower life satisfaction, those that experience greater psychological illnesses often report lower life satisfaction levels. The overlap of psychological illnesses associated with perfectionism and life satisfaction could be an indicator of a significant relationship between the two concepts.

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Life satisfaction refers to our holistic perspective of our overall life and our experiences and whether we are either satisfied or dissatisfied with our accomplishments and overall life experience. Similarly, to perfectionism, studies have found that lower levels of life satisfaction have been related to higher suicide ideation reports for females in particular (Yao et al, 2014). Life satisfaction has been indicated as a significant predictor of mental health issues and suicide attempts, in addition to mental health predicating lower life satisfaction levels (Fergusson et al., 2015). A study carried out on university students found that depression and anxiety were both significant predictors of life satisfaction, those that experienced higher depressive and anxiety symptoms had lower perceived life satisfaction (Serin, Serin & Özbas, 2011). Similarly, to life satisfaction higher self-critical and rigid perfectionism levels are associated with higher anxiety depression levels and eating disorders. This could suggest a possible relationship between the two variables as higher perfectionist tendencies are seen to have a significant effect on psychological illnesses that are also significant predictors of lower life satisfaction scores. Narcissistic perfectionism is commonly accompanied by grandiosity and belief that oneself is perfect, this is linked to levels of higher life satisfaction (Rohmann, Hanke, & Bierhoff, 2019).

Previous studies focused on perfectionism and life satisfaction as predictors for mental health issues. Perfectionism studies focused on the correlation between perfectionism and mental illness such as depression, anxiety and eating disorders across a variety of ages but with a particular emphasis on children (Akay & Bratton, 2017). For life satisfaction the primary focus was on depression and self-esteem within a population of college students (Moksnes & Espnes, 2013). Unlike previous studies this study will aim to look at the relationship between perfectionism and life satisfaction which both have been linked to

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similar mental health issues in the past. I anticipate that levels of perfectionism will have a significant relationship with life satisfaction scores as higher levels of perfectionism have previously been correlated with higher prevalence of mental health issues and higher mental health issues are correlated with lower life satisfaction scores. Perfectionism has been seen to interact with stressors as predictor of depression (Hewitt & Flett, 1993), all these adverse mental processes may lead to lower levels of life satisfaction.

This study will also look at the varying levels of perfectionism between males and females. Previous studies that focused on the gender differences between perfectionism emphasised the gender differences for the variations of perfectionist behaviours like physical appearance and eating disorders finding females to be predominately affected (Sassaroli et al, 2008). Another previous study that focused on positive and negative perfectionism found variation between types of perfectionism experienced by males and females, with perfectionism predicting social physique anxiety and female's perfectionism predicting both physique anxiety and eating disorders (Haase, Prapavessis & Owens, 2002). Suggesting that there are differences in perfectionist behaviours based on participants gender orientation, so I aim to investigate the differences in three types of perfectionism based on the participants gender within this study. I will also address the impact of gender and perfectionism on levels of life satisfaction.

This study is unique as it builds on the previous research by comparing life satisfaction and three dimensions of perfectionism (Self-critical, rigid and narcissistic) within the general population, whereas previous studies have focused on children and the effects of perfectionism or the pressure from others to be perfect on the development of anxiety. From

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the research I have conducted I have found no previous studies that have looked at the relationship of these three dimensions of perfectionism and life satisfaction but they have focused on mental illnesses that are caused by striving for perfection or the influence of mental illnesses on life satisfaction scores. The current study aims to determine if perfectionist behaviours have an impact on one's life satisfaction rating while also addressing the differences in levels of perfectionism scores for males and females. The current study will also provide an understanding of the varying ways the three dimensions of perfection can impact life satisfaction and how each dimension differs within the context of life satisfaction.

H1: Self-critical, Rigid, and Narcissistic perfectionism are predictors of Life satisfaction levels.

H2: Males and females will differ in regard to the impact of Self-critical, Rigid, Narcissistic perfectionism on Life satisfaction.

## Methods

### Participants

The sample population within the current study consisted of 214 participants (Female:  $n=162$ ; Males:  $n=52$ ). The minimum sample size required for the multiple regression analysis used in the current study is  $n=74$ . This was calculated using Tabachnick and Fidell's (2018) formula which is  $(N > 50 + 8m)$ , ( $N$ = no. of participants and  $m$ = number of predictor variables). The participants were recruited by means of convenience and snowball sampling through the researcher's social media accounts (Facebook, Instagram and Snapchat) and group messaging applications such as WhatsApp and Messenger. Upon completion of the questionnaire participants were encouraged to share the questionnaire with others in order to broaden its outreach. In compliance with ethical guidelines, participants were required to be at least 18 years old to participate. Additionally, participants were required to provide informed consent prior to commencing the questionnaire. Gender was the only demographic variable that was gathered from the participants, no additional demographic information was necessary to the current study, which is an investigation into the relationship between three types of perfectionism (Self-critical, rigid, and narcissistic) and life satisfaction, with a further investigation into the gender differences within types of perfectionism while controlling for life satisfaction. No identifiable information was required by the participants in order to maintain anonymity.

### Measures

**The Big Three Perfectionism Scale.** The first scale used was the Big Three Perfectionism scale (BTPS) which is a 45-question measure that is marked along a 5-point

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Likert scale ranging from 1 = disagree strongly to 5 = agree strongly (See Appendix 1). The scale assesses three higher order global factors of perfectionism (Rigid perfectionism, Self-critical perfectionism and Narcissistic perfectionism) via 10 lower-order perfectionism facets (self-oriented perfectionism, self-worth contingencies, concern over mistakes, doubts about actions, self-criticism, socially prescribed perfectionism, other-oriented perfectionism, hypercriticism, grandiosity, entitlement) (Smith et al., 2016). The participants were asked to mark their level of agreement or disagreement to the statements provided on the questionnaire, for example '2. I have doubts about most of my actions', participants noted how strongly they agreed or disagreed to this statement. Scores were then added together to compute a total variable for each of the higher order perfectionism variables; Rigid perfectionism (Questions; 1,10,16,20,23,27,29,38,40 & 42), Self-critical perfectionism (Questions; 2,5,6,8,9,11,17,18,19,22,24,25,26,32,34,35,44 & 45) and Narcissistic perfectionism (Question; 3,4,7,12,13,14,15,21,28,30,31,33,36,37,39,41 & 43). Higher scores for each factor of perfectionism indicate higher levels of perfectionism for that factor. The BTPS has shown high levels of validity across previous studies. Preliminary support for the internal consistency of the BTPS primary factors ( $\alpha = .92-.93$ ) is reported in Smith et al., (2016). These findings are consistent with the current study ( $\alpha = .96$ ), indicating that the internal reliability consistency of this measure is well within the acceptable range for this study.

**Satisfaction with Life Scale.** The second scale is the Satisfaction with life scale (SWLS) (See Appendix 2) consists of 5 statements marked on a 7-point Likert scale, 1 = strongly disagree and 7 = strongly agree (Diener, Emmons, Larsen & Griffin, 1985). The responses for each participant will be added together to get a total score which will indicate

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the life satisfaction levels, those that score between 5-9= extremely dissatisfied, 10-14=dissatisfied, 15-19= slightly dissatisfied, 20= neutral, 21-25 slightly satisfied, 26-30= satisfied and 31-35= extremely satisfied. The SWLS uses statements such as 'In most ways my life is close to my ideal', the statements are broad which allows the participants to consciously decide the criteria within their own lives that apply to their satisfaction levels (Pavot & Diener, 1993). This gave the participants the opportunity to explore various facets of their lives that impact their life satisfaction levels. SWLS has been used in hundreds of studies to assess life satisfaction and has demonstrated good psychometric characteristics (Pavot & Diener, 1993). Lucas, Diener & Suh, (1996) reported good internal consistency across several studies ( $\alpha = .80$ ). Additionally, the current study shows high levels of reliability for the SWLS. The Cronbach's alpha coefficient for the current sample was .86.

### **Design**

The current study is a quantitative research approach using a cross-sectional design which investigated the relationship between the three global perfectionism factors (Self-critical, Rigid and Narcissistic) and life satisfaction in addition to investigating the relationship between gender, the three perfectionism variables and life satisfaction at a single time point for the same group of participants. A survey research design using a questionnaire that was comprised of the BTPS and SWLS was used to interpret the variables as numerical data. H1 states that the perfectionism variables will be predictors of life satisfaction. The predictor variables for the first hypothesis are self-critical, rigid and narcissistic perfectionism and the criterion variable is life satisfaction. H2 states that males and females will differ in regard to the impact of self-critical, rigid and narcissistic perfectionism on life satisfaction.



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The independent variables are the three global perfectionism facets (grouped as low, moderate and high) and gender (males or females) and the dependent variable included is life satisfaction. To determine if males and females will differ in regard to the impact of self-critical, rigid and narcissistic perfectionism on life satisfaction, the three types of perfectionism were converted into categorical variables in order to conduct three separate Two-Way Between-Groups ANOVA's. They were split into three levels (low, moderate and high) of perfectionism, which were calculated by finding the minimum and maximum scores for each group and splitting all possible outcomes evenly into three groups. Three t-test were also conducted to investigate the gender differences for the three perfectionism facets without including the interaction of life satisfaction. The continuous variable was gender and the independent variable was the perfectionism categories (self-critical, rigid and narcissistic).

### **Procedure**

This study was approved by the National College of Ireland's Ethics Committee and was developed in accordance to the Psychology Society of Ireland's Code of Professional Ethics (2011). The data was collected online through google forms, using a self-report method and all data was anonymised. The questionnaire was distributed via the researcher's social media (Instagram and Facebook) and Group messaging applications (Messenger, WhatsApp and Snapchat) by a link. Additional participants were recruited by other participants 'forwarding' on the questionnaire.

Before beginning the questionnaire, all participants were required to read the information form that was provided (See Appendix 3), this informed them of the purpose of the study, an approximate timeframe for the study (15min), how they could contact the

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researcher, any risk or benefits involved and their rights in accordance with the Psychology Society of Ireland's ethical guidelines. Participants were informed that their participation was voluntary and they could withdraw from the study at any point or opt out of answering any question that they were uncomfortable with, without incurring a penalty. The only stipulation to participation in the study was once answers were submitted they could not be withdrawn as all data is anonymised, therefore it would not be possible to identify the individual's submission. The participants were required to acknowledge their understanding of the information provided by selecting 'yes' in the consent section. Participants also needed to confirm that they were 18/+ before continuing (See Appendix 4). In the absence of providing consent or being under the required age participants could not continue to the questionnaire.

The questionnaire was comprised of three sections. The first section included one question about the participants' gender, in which they could select male, female or prefer not to say. This was the only demographics gathered about the participants and was used to compare levels of perfectionism and life satisfaction between genders. The second section was the BTPS (Smith et al., 2016) which included 45 questions marked along a 5-point Likert scale which assessed participants' perfectionism levels for three dimensions of perfectionism (self-critical, rigid and narcissistic) (See Appendix 1). The third section of the questionnaire was the SWLS (Diener et al., 1985), which was used to assess participants' life satisfaction levels, within the parameters of the participants' own interpretation of the five questions. Each question was measured using a 7-point Likert scale. Once the questionnaire was complete, participants were provided with a debriefing form (See Appendix 5). The researcher and supervisor's details were provided at the end of the study and the participants were

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encouraged to contact the relevant numbers had any questions in the study caused them distress (See Appendix 5). Participants were also thanked for taking part in the study.

## Results

### Descriptive statistics

Descriptive statistics were performed using the current data, which is gathered from a sample of 214 participants ( $n = 214$ ). This sample is comprised of 75.7% females ( $n = 162$ ) and 24.3% males ( $n = 52$ ). Descriptive statistics were conducted for the four continuous variables which includes rigid perfectionism, self-critical perfectionism, narcissistic perfectionism and life satisfaction. Means ( $M$ ), Standard deviations ( $SD$ ), Medians ( $MD$ ) and Range were found for all continuous variables. Additionally, preliminary analysis was performed on the data and indicated that all continuous variables followed the assumptions of normality. Table 1 which is provided below presents the results of the analysis for all the continuous variables.

**Table 1**

*Descriptive statistics for Self-critical perfectionism, Rigid perfectionism, Narcissistic perfectionism and Life Satisfaction*

Variable	$n$	$M$ [95% CI]	Median	$SD$	Range
Self-critical perfectionism	214	50.23[48.03, 52.44]	49.50	16.38	18-85
Rigid perfectionism	214	26.00[24.70, 27.29]	25.00	9.60	11-50
Narcissistic perfectionism	214	30.79[29.50, 32.08]	29.88	9.55	17-68
Life satisfaction	214	23.84[22.97, 24.71]	24.00	6.46	5-35

**Hypothesis 1**

A Pearson's correlation coefficient was used to investigate the relationship between self-critical perfectionism and life satisfaction. Preliminary analysis was conducted to ensure no violation of the assumptions of normality, linearity and homoscedasticity. There was a significant moderate, negative correlation between self-critical perfectionism and life satisfaction ( $r = -.33$ ,  $n = 214$ ,  $p < .001$ ). This indicated that the two variables shared 10.89% variance. Results indicate that higher levels of self-critical perfectionism are associated with lower levels of life satisfaction (See Table 2).

A Pearson's correlation coefficient was used to investigate the relationship between rigid perfectionism and life satisfaction. Preliminary analysis was conducted to ensure no violation of the assumptions of normality, linearity and homoscedasticity. There was a non-significant, negative correlation between rigid perfectionism and life satisfaction ( $r = -.10$ ,  $n = 214$ ,  $p = .15$ ). The results indicate that rigid perfectionism is not associated with life satisfaction (See Table 2).

A Pearson's correlation coefficient was used to investigate the relationship between narcissistic perfectionism and life satisfaction. Preliminary analysis was conducted to ensure no violation of the assumptions of normality, linearity and homoscedasticity. There was a non-significant, positive correlation between narcissistic perfectionism and life satisfaction ( $r = .04$ ,  $n = 214$ ,  $p = .53$ ). The results indicate that narcissistic perfectionism is not associated with life satisfaction (See Table 2).

**Table 2***Pearson's correlations between continuous variables*

Variables	1	2	3	4
1. Life satisfaction	1			
2. Self-critical perfectionism	-.33*	1		
3. Rigid perfectionism	-.10	.77*	1	
4. Narcissistic perfectionism	.04	.44*	.57*	1

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*N* = 210; Statistical significance: \* $p < .01$

Multiple regression analysis was performed to determine how well life satisfaction levels could be explained by three variables including self-critical, rigid and narcissistic perfectionism. Preliminary analyses showed no violations of the assumptions of normality, linearity and homoscedasticity. The correlation between the predictor variables and the criterion variables included in the study were examined. One of the three predictor variables were significantly correlated with life satisfaction levels; Self-critical perfectionism ( $r = -.33$ ,  $p < .001$ ) (See Table 2 for full details). The correlations between the predictor variables were also assessed, finding a significant relationship with  $r$  values ranging from .04 to .77. Tests for multicollinearity indicated that all Tolerance and VIF values were in an acceptable range and that there was no violation of the assumptions of multicollinearity and that the data was suitable for examination through multiple linear regression analysis.

Since no A priori hypotheses had been made to determine the order of the entry of the predictor variables, a direct method was used for the analysis. The predictor variables explained 18.2% of variance for life satisfaction levels ( $F(3, 210) = 15.57$ ,  $p < .001$ ). One of

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the three predictor variables were found to uniquely predict life satisfaction to a statistically significant level: Self-critical perfectionism ( $\beta = -.63, p < .001$ ) and the inclusion of Rigid perfectionism ( $\beta = .30, p = .005$ ) was found to increase the predicative power of self-critical perfectionism on life satisfaction by 7.2%. The multiple regression model for predictors of life satisfaction is presented in Table 3.

**Table 3**

*Multiple regression model predicting Life satisfaction*

Variable	R <sup>2</sup>	B	SE	$\beta$	<i>t</i>	<i>P</i>
<b>Model</b>	<b>.18***</b>					
Self-critical perfectionism		-.25	.04	-.63	-6.38	<.001***
Rigid perfectionism		.21	.07	.30	2.82	.005*
Narcissistic perfectionism		.10	.05	.14	1.84	.07

*Note: \*\*\* $p < .001$ ; \*\* $p < .01$ ; \* $p < .05$*

### Hypothesis 2

A two-way between-groups ANOVA was conducted to explore the impact of gender and self-critical perfectionism on the levels of life satisfaction. Participants were divided into two groups according to their gender (males or females). Participants were also classified as either low (18-42), moderate (43-66) or high (67-90) self-critical perfectionism levels. The

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interaction between gender and self-critical perfectionism was non-significant ( $F(2, 208) = 1.21, p = .30$ ). There was a statistically significant main effect for self-critical perfectionism,  $F(2, 208) = 8.74, p < .001$ ; the effect size was moderate (partial eta squared = .08). Life satisfaction levels were higher among low self-critical perfectionists ( $M = 25.93, SD = 5.03$ ) in comparison to moderate ( $M = 23.84, SD = 6.50$ ) and high ( $M = 20.02, SD = 7.04$ ). The main effect for gender was non-significant,  $F(1, 208) = .50, p = .48$ .

Post-hoc comparison using Tukey's HSD test indicated that the mean scores for low self-critical perfectionism participants life satisfaction levels ( $M = 25.93, SD = 5.03$ ) was significantly higher ( $p < .001$ ) than high self-critical perfectionism ( $M = 20.02, SD = 7.04$ ) life satisfaction, but there was a non-significant ( $p = .07$ ) difference for moderate self-critical perfectionism ( $M = 23.84, SD = 6.50$ ). Moderate self-critical perfectionism was significantly higher ( $p = .003$ ) than high self-critical perfectionisms participants life satisfaction levels.

A two-way between-groups ANOVA was conducted to explore the impact of gender and rigid perfectionism on the levels of life satisfaction. Participants were divided into two groups according to their gender (males or females). Participants were also classified as either low (10-23), moderate (24-36) or high (37-50) rigid perfectionism levels. The interaction between gender and rigid perfectionism was non-significant ( $F(2, 208) = 2.56, p = .08$ ). Both the main effects for rigid perfectionism ( $F(2, 208) = .96, p = .39$ ) and gender ( $F(1, 208) = 2.43, p = .12$ ) did not reach statistical significance.

A two-way between-groups ANOVA was conducted to explore the impact of gender and narcissistic perfectionism on the levels of life satisfaction. Participants were divided into two groups according to their gender (males or females). Participants were also classified as



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either low (17-39), moderate (40-62) or high (63-85) narcissistic perfectionism levels. The interaction between gender and narcissistic perfectionism was non-significant ( $F(2, 208) = .43, p = .65$ ). Both the main effects for narcissistic perfectionism ( $F(2, 208) = .13, p = .87$ ) and gender ( $F(1, 208) = 1.29, p = .26$ ) did not reach statistical significance.

Additionally, three sample t-test were produced to compare levels for self-critical perfectionism, rigid perfectionism, and narcissistic perfectionism between gender groups (male and female). Two of the dependent variables; rigid and self-critical perfectionism indicated a non-significant difference in scores for males and female (See Table 4). There was a significant difference in scores for narcissistic perfectionism, with males scoring ( $M = 33.29, SD = 10.20$ ) significantly higher than females ( $M = 29.99, SD = 9.24$ ),  $t(212) = -2.19, p = .03$ , two-tailed. The magnitude of the differences in the mean score (Mean difference = -3.3, 95% CI = -6.28 to -.33) was small (Cohen's  $d = .34$ ). These results indicate that males tend to have higher levels of narcissistic perfectionism in comparison to females.

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**Table 4**

*Group differences between Males and Females for Life satisfaction, Self-critical perfectionism, Rigid and Narcissistic perfectionism.*

	Male			Female			<i>t</i>	<i>df</i>	<i>p</i>	95% CI	Cohen 's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>n</i>	<i>M</i>	<i>SD</i>	<i>n</i>					
Self-critical perfectionism	49.00	15.57	52	50.63	16.66	162	.62	212	.54	-3.53, 6.78	-
Rigid perfectionism	26.33	9.18	52	25.89	9.76	162	-.29	212	.78	-3.46, 2.59	-
Narcissistic perfectionism	33.29	10.20	52	29.99	9.24	162	-2.19	212	.04	-6.28, -.33	.34

*Note:* CI = confidence interval for mean difference

To summarise, there is a significant correlation between self-critical and life satisfaction, and a non-significant correlation between rigid perfectionism and life satisfaction and narcissistic perfectionism and life satisfaction. The three perfectionism variables were significantly correlated, with self-critical perfectionism uniquely predicting life satisfaction to a statistically significant degree. The inclusion of rigid perfectionism increased the predictive power of self-critical perfectionism for life satisfaction. The interaction between self-critical perfectionism and gender was non-significant, however there is a significant interaction between levels of self-critical perfectionism and life satisfaction, with those that experience low and moderate levels of self-critical perfectionism scoring significantly higher on the life

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satisfaction scale than those that score higher in self-critical perfectionism. There was a non-significant interaction for both levels of rigid perfectionism, gender and life satisfaction and narcissistic perfectionism, gender and life satisfaction. Three sample t-tests indicated significant differences between males and females for narcissistic perfectionism, with males scoring significantly higher. Non-significant results were found for gender differences for self-critical and rigid perfectionism.

## Discussion

The current study aimed to investigate self-critical, narcissistic and rigid perfectionism as predictors of life satisfaction levels. It also aimed to examine the gender differences regarding the impact of self-critical, narcissistic and rigid perfectionism on life satisfaction. Previous studies have indicated an overlap for several mental illnesses such as depression, stress, anorexia and anxiety and their relationship with life satisfaction and various categories of perfectionism (Yao et al., 2014, Wigert et al., 2012, & Chang et al., 2004). Previous studies found negative correlations for mental illnesses and life satisfaction, those that experienced symptoms of mental illness had lower life satisfaction levels (Serin et al., 2011). Mental health or psychological well-being is a fundamental part of an individual's ability to lead a fulfilling life, and often suffers of mental illness have lower life satisfaction levels as a result of mental illness (Layard, Chrisholm, Patel, Saxena, 2013). Similarly, prior studies found a correlation between perfectionism and mental illness, suggesting that perfectionism is a predictor of mental illness (Fergusson et al., 2015). Positive perfectionism has previously indicated a positive association with psychological well-being while negative perfectionism is negatively associated with psychological well-being and positively correlated with mental illness (Geranmayepour & Besharat, 2010).

The analysis for the first hypothesis found evidence of support for self-critical perfectionism and rigid perfectionism influencing the levels of life satisfaction, but no evidence was found in the current study to support the hypothesis that narcissistic perfectionism was a predictor of life satisfaction levels. There was a negative relationship between self-critical perfectionism ( $\beta = -.63, p < .001$ ) and life satisfaction suggesting that

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those that experience higher levels of self-critical perfectionism have lower levels of life satisfaction and those that have lower self-critical perfectionism have higher levels of life satisfaction. These findings are consistent with previous studies having found significant relationships between maladaptive perfectionistic traits as a predictor of depression, stress and lower life satisfaction (Chen et al., 2016; Gnilka, Ashby & Noble, 2013). Whereas rigid perfectionism was not significantly correlated to life satisfaction, the addition of this variable increased the level of variance exhibited between the predictor variables (self-critical and rigid) and life satisfaction. Rigid perfectionism is a suppressor variable, although it is not significantly correlated to life satisfaction, there is a significant relationship between rigid and self-critical perfectionism which increase self-critical perfectionisms impact on life satisfaction from 10.9% to 18.2% of variance. This is the suppressor effect, whereby one predictor increases the predictive power of the other predictive variable (Smith, Ager & Williams, 1992), in this case rigid perfectionism increases self-critical perfectionisms power of prediction for life satisfaction. Those that score high on both rigid and self-critical perfectionism will score lower on the satisfaction with life scale. A previous study of the relationship between perfectionism and multidimensional life satisfaction for Turkish adolescents found similar results indicating maladaptive perfectionism has a negative correlation with life satisfaction (Öngen, 2009). The greater discrepancy between one's ability and one's performance the lower their life satisfaction levels.

The non-significant narcissistic perfectionisms impact on life satisfaction is inconsistent with previous research on narcissism. Although to the researcher's knowledge there has been no previous research that directly addresses the topic of narcissistic perfectionism and life satisfaction, previous studies have found a positive correlation between

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grandiose narcissism and life satisfaction (Anderson & Costello, 2009). Individuals that exhibit narcissistic behavioural traits have an exaggerated sense of their own abilities and importance, therefore they believe themselves to be perfect and in previous studies this has been an indicator of higher life satisfaction, this was not the case in the study as no significant relationship was found. Furthermore, previous studies found a negative correlation for narcissistic perfectionism and relationship satisfaction, finding those that have partners that are high on narcissism report lower relationship satisfaction, as narcissists are less empathetic in relationships (Casale, Fioravanti, Baldi, Flett & Hewitt, 2020). The current study found a non-significant relationship for narcissistic perfectionism and life satisfaction which was inconsistent with previous studies focusing on narcissism and satisfaction, but the previous studies findings were limited as the majority of studies focused did not directly focus on narcissistic perfectionism and life satisfaction.

The second hypothesis was not fully supported by the analysis, there was a nonsignificant interaction between gender and the two dimensions of perfectionisms (narcissistic and rigid) impact on life satisfaction. Nevertheless, Self-critical perfectionism found significant results that support the second hypothesis. Self-critical perfectionism supported previous findings that there is a negative correlation for life satisfaction. The three levels of self-critical perfectionism are low, moderate and high and they were found to indicate different levels of life satisfaction. Those that scored lower ( $M= 25.93$ ,  $SD= 5.03$ ) and moderate ( $M= 23.84$ ,  $SD= 6.50$ ) on the self-critical perfectionism section had significantly higher life satisfaction scores in comparison to those that scored high ( $M= 20.02$ ,  $SD= 7.04$ ) for self-critical perfectionism. This is consistent with previous research that indicated higher levels of self-critical perfectionism is associated with increased mental illness and lower life

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satisfaction (Chen et al., 2017). The majority of previous research focused on self-critical perfectionism as a predictor of stress and depression rather than how it effects life satisfaction but there has been a large overlap between increased psychological distress as a result of perfectionism and the psychological distress reducing life satisfaction (Smith, Saklofske, Yan & Sherry 2017).

Furthermore, there was no significant difference for males and females in relation to life satisfaction, self-critical and rigid perfectionism. Previous research has indicated findings that disagree with the current study's findings. Several studies have suggested that different variations of perfectionism are typically more extreme in one gender than the other, females more commonly experiencing physique anxiety and eating disorders, whereas as males are concerned about failure or mistakes (Macsinga & Dobrita, 2010, Sassaroli et al, 2008, & Haase et al., 2002). However, there was a significant difference found for males and females for narcissistic perfectionisms, with males ( $M= 33.29, SD= 10.20$ ) scoring significantly higher ( $p= .03$ ) than females ( $M= 29.99, SD= 9.24$ ) on narcissistic perfectionism. Sherry, Garlnick, Hewitt, Sherry & Flett (2014), found conflicting results, suggesting that narcissistic perfectionism is consistent across genders. However, a meta-analysis found similar results to this current study, indicating that males are more narcissistic than females, these findings remained stable across different age group as well (Grijalva et al., 2015). This indicates that males have a greater need for perfection and they typically have a higher self-image and an exaggerated sense of entitlement in comparison to females.

**Practical Implications**

The current study found evidence of support for some aspects of the hypothesis that self-critical, rigid and narcissistic perfectionism were predictors of life satisfaction. The significant interaction for self-critical perfectionism and life satisfaction can be used to understand the influence of self-critical perfectionism and how it reduces life satisfaction levels. This can then be used to develop interventions to reduce self-critical cognitions and develop more adaptive cognitions for dealing with failure and success. By doing this we can reduce negative personal standards which in turn will aid in the reduction of mental illnesses such as depression and anxiety. By developing adaptive perfectionistic tendencies, we can simultaneously reduce levels of self-critical perfectionism and increase life satisfaction levels. The department of education could implement a new policy to educate teachers on different methods of dealing with success and failure within classrooms to stop the perception of success with positive outcomes and failure being associated with negative emotions. Instead they could implement an awards based system that encourages learning from your mistakes, whereby improvement is rewarded equally to success. Furthermore, punishing mistakes should be reduced as this instils a negative connotation towards mistakes. Instead of punishing mistakes people should be provided with the opportunity to discuss what went wrong and what could be done differently to improve the situation. Children's ability to identify their mistakes and discuss changes will help to develop a healthy cognitive process. Additionally, parents would need to be educated on the negative impact on mental health of the association between perfection and affection (Campbell, 2020). People need to learn that affection is not a conditional response to success, by educating people on the negative impact of associating success with positive experiences and mistakes with negative experience, we



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can help people understand the importance of developing healthy personal standards for both themselves and others, which in turn will reduce perfectionistic behaviours and promote adaptive perfectionism which will increase life satisfaction levels.

### **Limitations and Future Research**

A strength of the current study is the attempt to address the novel concept of three types of perfectionism and their impact on life satisfaction. Although several of the results were non-significant, some findings have indicated a correlation between lower levels of life satisfaction and higher self-critical perfectionism. Another strength to the current study is the high quantity of participants and the availability of the questionnaire. The questionnaire was widely distributed and available to all participants with access to the internet and that wanted to participate. The availability allowed for many participants which improves our understanding of the interaction between perfectionism and life satisfaction. Nevertheless, several limitations were identified and addressed by the researcher for the current study.

A limitation of this study is the dependence on self-report measures to assess perfectionism and life satisfaction levels. Although the questionnaire was anonymous some participants may have still felt embarrassed or uncomfortable about providing honest answers to certain questions. They could have consciously or unconsciously answered questions in a way that they deem more socially desirable, rather than how they honestly feel. The current study used techniques such as explaining the anonymity of the data and the importance of answering honestly, to reassure participants that it was safe to answer truthfully without judgement. Providing additional information about the anonymity of the data has previously indicated a reduction in social desirability bias but does not fully prevent it as some

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participants may not read the information provide prior to commencing the study (Gordon, 1987). Additionally, participants may not be able to accurately assess their own perfectionistic behaviours and may have inaccurately reported the intensity of certain behaviours and feelings.

Theories of response styles also provide indications of several limitations that occur because of self-report measures. Acquiescence response style is the tendency to respond positively to questions regardless of the context of the question (Kam, & Meyer, 2015). Extreme and moderacy response style occurs when scales similar to the current scale are used, participants may consistently respond using certain sections of the scale, with females typically scoring more extreme scores than males (Razavi, 2001). Both acquiescence response and extreme and moderacy response styles can be offset by the implementation of positively and negatively scored questions. This allows responses that follow a pattern to be distinguished by the inconsistency present in the responses (Anastasi & Urbina, 1997, Schriesheim & Hill, 1981). This method was not used for the current study as all questions in both the SWLS and the BTPS are scored in the same direction and no reverse scoring was present. Future research could implement reverse scored questionnaires to decrease the likelihood of response bias's occurring. Negative affectivity bias could explain some variation in scores for self-report, particularly for the satisfaction for life scores. Participants experiencing negative emotions, cognitions or increased stressors when they completed the questionnaire could have rated their life satisfaction levels as lower due to their current emotions (Brennan, & Barnett, 1998). Negative affectivity bias for this study could be reduced by having participants complete the SWLS several times over a few weeks or days to

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get a more accurate representation of their overall life satisfaction levels instead of at a single timepoint.

Secondly, the distribution of genders across the sample population was heavily skewed with males making up only 24.3% of the sample and females contributing 75.7% this is a 51.4% difference and could impact the ability to determine gender differences for the second hypothesis. Although it is common for females to have higher participation in studies this sample size does not accurately reflect the population and as such the results may not be generalisable to the population. As such future research should attempt to attain greater numbers of males to counteract this limitation and provide a more balanced insight into possible gender differences for perfectionism and life satisfaction. A possible option could have been to close the questionnaire off to females once a large sample had been achieved and then specifically reach out to males for participation in the study. This could have helped to reduce the gender gap and provided a more equally distributed sample population for the current study.

Furthermore, future research could address additional demographic differences associated with perfectionism and life satisfaction. Influences of race, socio-economic status or education could be investigated to further understand the possible influence of perfectionistic traits on life satisfaction. Separately different demographic influences could be investigated for their impact on the three variables of perfectionism addressed in the current study (self-critical, rigid and narcissistic) to identify any variation in levels of perfectionism related to education level, socio-economic status or race. Moreover, future research could investigate the three dimensions of perfectionism and how they develop. This could be done

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by addressing participants upbringing to see if there are any indicators of events that increase individual's chances of developing perfectionistic behaviours. By learning how we develop maladaptive perfectionism, we can develop interventions to reduce the impact of perfectionism on mental health issues.

## Conclusion

The current study found a significant negative interaction for self-critical perfectionism and life satisfaction, indicating that individuals that report higher levels of self-critical perfectionism also report lower life satisfaction, this trend is consistent across varying levels of self-critical perfectionism. These results provide insight into the relationship between those that are overly critical of their flaws and how it effects their psychological wellbeing and life satisfaction. The study also provides additional cooperation to the belief that males are more narcissistic than females. Future studies could develop their research to investigate societal expectations or biological factors that increases male's likelihood of developing narcissistic perfectionism. This study aimed to develop on the previous studies research in relation to life satisfaction and multidimensional perfectionism by examining these concepts and how they overlap. This study was novel in its approach at comparing two different variables that have previously overlapped for several mental illnesses, by doing this we have gained further insight into the difference between the three dimensions of perfectionism and why it is important to study it as a multidimensional concept rather than unidimensional. As the three dimensions of perfectionism each influence life satisfaction and gender in unique ways, even though some of the results are non-significant that still indicates the individuality of each dimension of perfectionism. Further research is required into this

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topic and a longitudinal study could be beneficial to develop a greater understanding of participants life satisfaction levels.

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**Appendix 1****The Big Three Perfectionism Scale**

Please answer each statement below by selecting the number that best reflects your degree of agreement or disagreement with the following statements.

There are five possible responses to each statement ranging from; Disagree Strongly= 1, Disagree= 2, Neither agree nor disagree=3, Agree=4, Agree strongly=5.

1. I strive to be as perfect as possible

Disagree strongly    1   2   3   4   5    Agree strongly

2. I have doubts about most of my actions

Disagree strongly    1   2   3   4   5    Agree strongly

3. I am highly critical of other people's imperfections

Disagree strongly    1   2   3   4   5    Agree strongly

4. Other people acknowledge my superior ability

Disagree strongly    1   2   3   4   5    Agree strongly

5. People are disappointed in me whenever I don't do something perfectly

Disagree strongly    1   2   3   4   5    Agree strongly

6. I have difficulty forgiving myself when performance is not flawless

Disagree strongly    1   2   3   4   5    Agree strongly

7. I am quick to point out others flaws

Disagree strongly    1   2   3   4   5    Agree strongly

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8. When I make a mistake, I feel like a failure

Disagree strongly    1   2   3   4   5    Agree strongly

9. Everyone expects me to be perfect

Disagree strongly    1   2   3   4   5    Agree strongly

10. I have a strong need to be perfect

Disagree strongly    1   2   3   4   5    Agree strongly

11. I am never sure if I'm doing things the correct way

Disagree strongly    1   2   3   4   5    Agree strongly

12. It is important to me that other people do things perfectly

Disagree strongly    1   2   3   4   5    Agree strongly

13. It bothers me when people don't notice how perfect I am

Disagree strongly    1   2   3   4   5    Agree strongly

14. I deserve to always have things go my way

Disagree strongly    1   2   3   4   5    Agree strongly

15. I am the absolute best at what I do

Disagree strongly    1   2   3   4   5    Agree strongly

16. My values as a person depends on being perfect

Disagree strongly    1   2   3   4   5    Agree strongly

17. I am very concerned about the possibility of making a mistake

Disagree strongly    1   2   3   4   5    Agree strongly

18. When my performance falls short of perfection, I get very mad at myself

Disagree strongly    1   2   3   4   5    Agree strongly

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19. I judge myself harshly when I don't do something perfectly

Disagree strongly    1   2   3   4   5    Agree strongly

20. I always need to be aiming for perfection to feel 'right' about myself

Disagree strongly    1   2   3   4   5    Agree strongly

21. I know that I am perfect

Disagree strongly    1   2   3   4   5    Agree strongly

22. I have doubts about everything I do

Disagree strongly    1   2   3   4   5    Agree strongly

23. I could never respect myself if I stopped trying to achieve perfection

Disagree strongly    1   2   3   4   5    Agree strongly

24. The idea of making a mistake frightened me

Disagree strongly    1   2   3   4   5    Agree strongly

25. I feel uncertain about most things I do

Disagree strongly    1   2   3   4   5    Agree strongly

26. I feel disappointed with myself when I don't do something perfectly

Disagree strongly    1   2   3   4   5    Agree strongly

27. I never settle for less than perfection from myself

Disagree strongly    1   2   3   4   5    Agree strongly

28. I am entitled to special treatment

Disagree strongly    1   2   3   4   5    Agree strongly

29. It is important to me to be perfect in everything I attempt \

Disagree strongly    1   2   3   4   5    Agree strongly

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30. I feel dissatisfied with other people even when I know they are trying their best

Disagree strongly    1   2   3   4   5    Agree strongly

31. Other people secretly admire my perfection

Disagree strongly    1   2   3   4   5    Agree strongly

32. I tend to doubt whether I am doing something 'right'

Disagree strongly    1   2   3   4   5    Agree strongly

33. I expect other people to bend the rules for me

Disagree strongly    1   2   3   4   5    Agree strongly

34. People make excessive demands of me

Disagree strongly    1   2   3   4   5    Agree strongly

35. When I notice that I have made a mistake I feel ashamed

Disagree strongly    1   2   3   4   5    Agree strongly

36. People complain that I expect too much of them

Disagree strongly    1   2   3   4   5    Agree strongly

37. I demand perfection from my family and friends

Disagree strongly    1   2   3   4   5    Agree strongly

38. Striving to be as perfect as possible makes me feel worthwhile

Disagree strongly    1   2   3   4   5    Agree strongly

39. I expect those close to me to be perfect

Disagree strongly    1   2   3   4   5    Agree strongly

40. My opinion of myself is tied to being perfect

Disagree strongly    1   2   3   4   5    Agree strongly



## Running Head: Life satisfaction and Perfectionism

41. I get frustrated when other people make mistakes

Disagree strongly    1   2   3   4   5    Agree strongly

42. I do things perfectly or I don't do them at all

Disagree strongly    1   2   3   4   5    Agree strongly

43. Everything that other people do must be flawless

Disagree strongly    1   2   3   4   5    Agree strongly

44. Making even a small mistake would upset me

Disagree strongly    1   2   3   4   5    Agree strongly

45. People expect too much from me

Disagree strongly    1   2   3   4   5    Agree strongly

**Appendix 2****Satisfaction with Life Scale**

Below are five statements that you may agree or disagree with. Using the 1-7 scale below, indicate your agreement with each item. Please be open and honest in your response.

Disagree strongly=1, Disagree=2, Slightly Disagree=3, Neither agree nor disagree=4, Slightly agree=5, Agree=6, Strongly Agree=7.

1. In most ways my life is close to my ideal

Disagree strongly    1   2   3   4   5   6   7    Agree strongly

2. The conditions of my life are excellent

Disagree strongly    1   2   3   4   5   6   7    Agree strongly

3. I am satisfied with my life

Disagree strongly    1   2   3   4   5   6   7    Agree strongly

4. So far, I have gotten the important things I want in life

Disagree strongly    1   2   3   4   5   6   7    Agree strongly

5. If I could live my life over, I would change almost nothing

Disagree strongly    1   2   3   4   5   6   7    Agree strongly

**Appendix 3****Information Form****The relationship between perfectionism and life satisfaction.**

Before deciding whether to take part, please take the time to read this document, which explains the purpose of the research and what it would involve for you. If you have any questions about the information provided, please do not hesitate to contact me using the details provided below.

**What is this study about?**

I am a final year student in the BA in Psychology programme at National College of Ireland. As part of our degree we must carry out a research project. For my project, I aim to investigate the relationship between perfectionism and life satisfaction, I will also look at the gender differences.

**What will be taking part in the study involve?**

If you decide to take part, you will be asked to complete a questionnaire that will assess your perfectionist and life satisfaction levels, using 50 short statements that are ranked from strongly agree to strongly disagree and you are to select the number that best suits your feeling towards the statement. The questionnaire will take approximately 15 minutes to complete on either your smartphone or computer. Please answer all questions honestly.

**Who can take part?**

You can take part in this study if you are aged 18 or over.

**Do I have to take part?**

Participation in this study is completely volunteer. If you do decide to participate you have the right to withdraw at any point without consequences. In cases were the questionnaire has been submitted you will not be able to remove your responses as all answers are completely anonymise so there is no way to identify individual responses.

## Running Head: Life satisfaction and Perfectionism

### What are the risks and benefits of taking part?

There are no direct benefits to taking part, however the information gathered will contribute to the understanding of the relationship between perfectionism and life satisfaction. The questionnaire requires reflection on your overall life satisfaction, this may cause minor distress for some people. If this occurs feel free to take a break or end the questionnaire and use the relevant contact details provided below.

### Will taking part be confidential and what happens to my data?

The questionnaire is anonymous, it is not possible to identify participants. Only the researcher and the supervisor will have access to the data. The data gathered will only be used for the purpose of this study. The data will be retained for 5 years in accordance with NCI data retention policy.

### What will happen as a result of this study?

The results of this study will be presented in my final year dissertation, which will be submitted to National College of Ireland.

### Contact information

Name	Affiliation	Email
Naoise Finnegan	Researcher	x18316103@student.ncirl.ie
Andrew Allen	Supervisor	Andrew.allen@ncirl.ie

### Consent Section

I understand all the information provided and consent to the collection of my data for the purpose of this study

Yes

I acknowledge that I am 18 years or over

Yes

**Appendix 4****Demographics**

What Gender do you Identify as?

Male

Female

Prefer not to say

**Appendix 5****Debriefing Form**

Thank you for agreeing to participate in my final year project for psychology. I appreciate you taking the time out of your day to complete this questionnaire about the relationship of perfectionism (self-critical, rigid and narcissistic) and life satisfaction. From this data I hope to find a relationship between levels of perfectionism and levels of life satisfaction. I also hope to find a gender difference between the variables.

Should you wish to receive a copy of the finished research please use my email provided to request to read it.

Should any of the questions asked have caused you distress please feel free to use the relevant contacts provided below. If you have any further questions about the study do not hesitate to get in touch.

Once you have selected the submit button you will no longer be able to withdraw your responses as all information collected is anonymous, so there is no way to identify your data.

**Contact information**

<b>Name</b>	<b>Affiliation</b>	<b>Email</b>
Naoise Finnegan	Researcher	x18316103@student.ncirl.ie
Andrew Allen	Supervisor	Andrew.allen@ncirl.ie

## Running Head: Life satisfaction and Perfectionism

## Appendix 6

## Evidence of data and SPSS output

	Name	Type	Width	Decimals	Label	Values	Missing
1	Gender	String	6	0	What Gender d...	{1, Female}...	None
2	BPTS1	Numeric	2	0	I strive to be as...	None	None
3	BPTS2	Numeric	2	0	I have doubts a...	None	None
4	BPTS3	Numeric	2	0	I am highly criti...	None	None
5	BPTS4	Numeric	2	0	other people ac...	None	None
6	BPTS5	Numeric	2	0	People are disa...	None	None
7	BPTS6	Numeric	2	0	I have difficulty...	None	None
8	BPTS7	Numeric	2	0	I am quick to p...	None	None
9	BPTS8	Numeric	2	0	When I make ...	None	None
10	BPTS9	Numeric	2	0	Everyone expe...	None	None
11	BPTS10	Numeric	2	0	I have a strong...	None	None
12	BPTS11	Numeric	2	0	I am never sur...	None	None
13	BPTS12	Numeric	2	0	It is important t...	None	None
14	BPTS13	Numeric	2	0	It bothers me ...	None	None
15	BPTS14	Numeric	2	0	I deserve to al...	None	None
16	BPTS15	Numeric	2	0	I am the absol...	None	None
17	BPTS16	Numeric	2	0	My value as a ...	None	None
18	BPTS17	Numeric	2	0	I am very conce...	None	None
19	BPTS18	Numeric	2	0	When my perf...	None	None
20	BPTS19	Numeric	2	0	I judge myself ...	None	None
21	BPTS20	Numeric	2	0	I always need t...	None	None
22	BPTS21	Numeric	2	0	I know that I a...	None	None
23	BPTS22	Numeric	2	0	I have doubts a...	None	None
24	BPTS23	Numeric	2	0	I could never re...	None	None
25	BPTS24	Numeric	2	0	The idea of ma...	None	None
26	BPTS25	Numeric	2	0	I feel uncertai...	None	None
27	BPTS26	Numeric	2	0	I feel disappoin...	None	None
28	BPTS27	Numeric	2	0	I never settle for...	None	None
29	BPTS28	Numeric	2	0	I am entitled to...	None	None

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**Descriptive Statistics**

	Mean	Std. Deviation	N
TotalLS	23.8318	6.46113	214
TotalSC	50.2309	16.38172	214
TotalRP	25.9960	9.60417	214
TotalNAR	30.7915	9.55976	214

**Correlations**

		TotalLS	TotalSC	TotalRP	TotalNAR
Pearson Correlation	TotalLS	1.000	-.330	-.099	.039
	TotalSC	-.330	1.000	.773	.441
	TotalRP	-.099	.773	1.000	.574
	TotalNAR	.039	.441	.574	1.000
Sig. (1-tailed)	TotalLS	.	.000	.074	.284
	TotalSC	.000	.	.000	.000
	TotalRP	.074	.000	.	.000
	TotalNAR	.284	.000	.000	.
N	TotalLS	214	214	214	214
	TotalSC	214	214	214	214
	TotalRP	214	214	214	214
	TotalNAR	214	214	214	214

**Variables Entered/Removed<sup>a</sup>**

Model	Variables Entered	Variables Removed	Method
1	TotalNAR, TotalSC, TotalRP <sup>b</sup>	.	Enter

a. Dependent Variable: TotalLS

b. All requested variables entered.