



Beyond Perfect: Exploring the Link Between Rigid and Narcissistic Perfectionism among Gen Z

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Abstract: This study examines influence of rigid and Narcissistic perfectionism on gen z population of south India. In this 152 females and 152 males were participated with an average age of 19.30. The participants are from various regions in South India Big Three Perfectionism Scale (BTPS) was used to evaluate higher order global factors in rigid and Narcissistic perfectionism. Snowball method of data collection was used and the collected data were analysed using descriptive and correlation method of data analysis. The result of present study is there is no significant relation between rigid and narcissistic perfectionism. This study also to examined that there is a significant difference between gender and narcissistic perfectionism on Gen z population. Narcissistic perfectionism concerns the propensity to have excessive expectations of others, cruel devaluation of others and their inadequacies, and the beliefs that some individuals deserve special treatment and consider themselves to be perfect or superior to others. Rigid perfectionism is a self-oriented rigid insistence that one's own performance must be perfect and impeccable, feeling worthwhile only if and when perfect. Further implications can be to increase the sense of equality with emphasis on opportunities in education, employment, and political participation and these opportunity must be increased among gen z population our society. The scope for future research may be an attempt to explore other sub factors of perfectionism. This study may be an adaptive and transformative factor among gen z population.

Key words: Narcissistic perfectionism, rigid perfectionism, Gen z, South India, Self-oriented

I. INTRODUCTION

Perfectionism was characterized as "requesting of oneself or others a greater of execution than is expected by the circumstance." The judgment concerning what is a more excellent of execution than is required was made by the patient and would be in concordance with the assessment of most specialists. The clinical image of the fussbudget was introduced first in quite a while and afterward followed by a particular model. Perfectionism most usually creates in an unreliable Gen z who needs endorsement, acknowledgment and friendship from guardians who are challenging to please. The Gen z expects to be that assuming he performs impeccably, he will get the succorance he looks for. Later Perfectionism addresses a work, additionally, to battle self-bellittlement. (Hollender, 1965) Narcissistic and rigid Perfectionism as indicators of gen z populace. Gen z populace is individuals' old enough gathering 10-25 who were brought into the world in 1997 to 2012. The current concentrate additionally researched that gen z populace are taking a stab at scholastic and expecting to accomplish specific objective they take a stab at different elements of Perfectionism. The gen z populace are more inclined to rigid and self-centered Perfectionism. The fundamental quality of gen z populace incorporate they are pre-adulthood has been portrayed as a delicate period for changes in Perfectionism because of a developing reluctance, and consciousness of accomplishment assumptions and sociocultural principles (Flett et al., 2002). Age was decidedly connected with both Perfectionism overall and with explicit elements of Perfectionism, like uncertainty about actions (Butt, 2010).

Among every one of the young adult characteristics unbending Perfectionism, perseveration, closeness aversion and limited affectivity are supposed juvenile unbending Perfectionism to be the quality that is the most grounded related with adolescence perfectionism. (Sametoğlu et al., 2021) Narcissistic Perfectionism is a relational element of Perfectionism that epitomizes an outward projection of flawlessness reflected by articulations of pomposity, qualification, and grand assumptions for others in the assistance of advancing a romanticized mental self-view (Nealis, Sherry, Sherry, Stewart, and Macneil, 2015). The BTPSOs first worldwide component is marked rigid Perfectionism. While the mark was propelled by the subscale of a similar name from the Character Stock for DSM-5 (Krueger, Derringer, Markon, Watson, and Skodol, 2013; see Stoeber, 2014), the things were explicitly composed to catch the rigid demand that one's own presentation should be immaculate, great, and without blunders. Rigid Perfectionism gets intensely from crafted by (DiBartolo et al 2004), (Hewitt and Flett 1991), (Sturman, Flett, Hewitt, and Rudolph 2009), (Stoeber and Childs 2010), and is included two aspects: self-arranged Perfectionism and self-esteem possibilities. Self-situated Perfectionism alludes to the conviction that taking a stab at flawlessness, as well as being great, is significant (Hewitt and Flett, 1991; Stoeber and Childs, 2010). Self-esteem possibilities allude to the propensity to put together self-esteem with respect to deliberate perfectionistic principles (DiBartolo et al., 2004; Sturman et al., 2009). The third BTPS worldwide variable is Narcissistic Perfectionism. Self-absorbed Perfectionism was operationalized following (Nealis et al. 2015) model and is included four aspects: other situated Perfectionism, hypercriticism, privilege, and vainglory. Other-arranged Perfectionism is the inclination to hold unreasonable assumptions for other people (Hewitt and Flett, 1991). Hypercriticism includes cruel depreciation of others and their defects (Nealis et al., 2015). Privilege alludes to the conviction that one is qualified for great or unique treatment (Nealis et al., 2015). Vainglory signifies a supported perspective on oneself as great as or better than others (Flett, Sherry, Hewitt, and Nepon, 2014; Nealis, Sherry, Lee-Baggle, Stewart, and Macneil, in press; Stoeber, Sherry, and Nealis, 2015). While Narcissistic Perfectionism is in many cases examined in principle of Beck, Davis (Freeman, 2014; Hewitt and Flett, 1991; Millon, Grossman, Millon, Meagher, and Ramnath, 2004), the BTPS offers the main self-report measure planned explicitly to evaluate people who accept they are awesome, better than others, and supported in holding unreasonable assumptions (i.e., Narcissistic sticklers).

Furthermore, Narcissistic Perfectionism, as operationalized in the BTPS, is recognizable from presently accessible proportions of selfishness given that other situated Perfectionism (e.g., I anticipate that those nearby should me to be great), hyper-analysis (e.g., I get baffled when others commit errors), qualification (e.g., It annoys me when individuals Try not to see how wonderful I am), and gaudiness (e.g., I realize that I am awesome) straightforwardly reference either flawlessness or exceptionally related ideas (e.g., worry over others botches). Besides, Narcissistic perfectionism tend not to see an error between the real and ideal self which probably cultivates a feeling of pompous privilege and potentiates unnecessary analysis of others. Self-absorption alludes to an inescapable example of pretentiousness, saw predominance, self-concentration, privilege and self righteousness (Caligor, Duty, and Yeomans, 2015; Pincus and Lukowitsky, 2010). As per Morf and Rhodelwalt's (2001) self-administrative handling model, egomaniacs participate in essential self-administrative ways of behaving and processes, for of developing and keeping a moderately certain, but delicate, mental self view. In addition, these self-administrative ways of behaving and processes are guessed to be driven by a serious requirement for outer approval and adoration (Pincus et al., 2009). While most people can successfully oversee needs for self-approval and reverence, self-centeredness includes a weakened capacity to fulfill these requirements to such an extent that self improvement turns into a superseding objective (Pincus and Roche, 2011). In any case, proof has joined on the side of two subjects connected with self-absorption: Narcissistic pomposity and Narcissistic weakness (Cain et al., 2008; Dickinson and Pincus, 2003; Pincus et al., 2009; Wink, 1991). Perfectionism is long present in hypothetical records of selfishness (e.g., Ellis, 1997). Sorotzkin (1985) stated egotists boldly introduce themselves as wonderful for of approving their pretentious mental self view. Rothstein (1999) underlined the "felt nature of flawlessness" experienced by egomaniacs. (Morf and Rhodelwalt's 2001) self-administrative model portrays Perfectionism as a relational technique utilized for the purpose of safeguarding and upgrading Narcissistic people's confidence. Essentially, Ronningstam (2010) estimated that Narcissistic person's bombastic self-idea is driven by a supported feeling of uselessness, which prompts presentation of a picture of ideal capacity in quest for others' regard and reverence. Furthermore, Pincus, Cain, and Wright (2014) noted Perfectionism in self-centeredness is especially dangerous as Perfectionism adds to an absence of encouraging feedback from word related, social, and sporting exercises as well as friendly withdrawal as a signifies "to conceal a defective self".

Moreover, as indicated by mental scholars, self-centered patterns include entitled and perfectionistic assumptions for other people and never-ending disappointment with others' apparent defects (Beck et al., 2004). For sure, as verified by Ronningstam (2011), egomaniacs frequently 'promptly declare their perfectionistic strivings and goals, frequently in mix with their hatred for the apparent blemishes of others'. Supporting these perspectives, research shows self-centeredness has moderate positive associations with other-situated Perfectionism (Trumpeter, Watson, and O'Leary, 2006) and perfectionistic self-advancement (Hewitt et al., 2003). By the by, just two examinations expressly address Perfectionism 'relationship with proportions of Narcissistic pretentiousness and self-involved weakness (Flett et al., 2014; Stoeber, Sherry, and Nealis, 2015)(Flett et al. 2014) announced self-situated and socially endorsed Perfectionism were connected with Narcissistic vainglory and weakness, while other-arranged Perfectionism was conflictingly connected with self-involved pretentiousness and irrelevant to Narcissistic weakness. (Flett et al 2014) likewise found perfectionistic self-show aspects, as well as perfectionistic. Unbending Perfectionism was emphatically connected with neuroticism and adversely with appropriateness; self-basic Perfectionism was decidedly connected with neuroticism and conversely with extraversion, principles and pleasantness; and higher Narcissistic Perfectionism was related with lower suitability and with transparency. Insights, showed solid positive relationship with Narcissistic pretentiousness and weakness. A few examinations report self-situated Perfectionism is irrelevant to Narcissistic gaudiness (Stoeber, 2014; Stoeber, 2015; Stoeber et al., 2015); different examinations report self-situated Perfectionism is emphatically connected with Narcissistic vainglory (Flett et al., 2014) or self-arranged Perfectionism is decidedly connected with self-absorbed pomposity in ladies however not men (Sherry, Gralnick, Hewitt, Sherry, and Flett, 2014). Moreover, a few examinations declare all perfectionistic self-show aspects are connected with Narcissistic pretentiousness (Flett et al., 2014), while others fight just perfectionistic self-advancement is connected with self-absorbed pomposity (Hewitt et al., 2003).

Perfectionistic strivings alluded as "unendingly and inflexibly requesting flawlessness of oneself" (Smith et al., 2015, p. 141) and caught self-arranged Perfectionism and individual guidelines subscales (Smith et al., 2015). DiBartolo, Ice, Chang, LaSota, and Barbecues (2004) widened the individual norms subscale and named self-esteem possibilities (DiBartolo et al., 2004; Sturman, Flett, Hewitt, and Rudolph, 2009). Then, at that point, Smith, Saklofske, Stoeber, and Sherry (2016) took these two

Significance of the study

- This study will give more insights into how the phenomenon of perfectionism has a rigid and Narcissistic evaluation in Gen z population.
- It will also help Gen z population level of rigid and Narcissistic perfectionism in males and females.
- The unrealistic expectations from the culture and society can push the female and male into rigid and Narcissistic that exhibit Perfectionism in their performance

2. RESEARCH METHODOLOGY

Sample

Participants were Gen z of South Indian population. 304 people of Gen z agreed to participate in this study. In this 152 females and 152 males were participated with an average age of 19.30. The participants are from various regions in South India like Tirunelveli, Coimbatore, Chennai, Kerala, Bangalore, Salem, erode, Hyderabad, Karnataka and Kanyakumari...etc. The participants were recruited by means of 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 questionnaires with others in order 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 and age 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 two types of perfectionism (rigid, and narcissistic) with a investigation into the gender differences within types of perfectionism No identifiable information was required by the participants in order to maintain anonymity.

Materials

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 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. The psychometric properties of the scale (reliability and validity) were found across studies to be very good (Hewitt et al., 2003). Cronbach's alpha for the present sample ranged from .73 to .89.

Variables

In this study the dependent variable is rigid and Narcissistic Perfectionism whereas the independent variable is sex (male, female).

Operational definitions

Rigid insistence that one's own performance must be flawless, perfect, and without errors. It is comprised of two facets: self-oriented perfectionism and self-worth contingencies. Self-oriented perfectionism refers to the belief that striving for perfection, as well as being perfect, are important (Hewitt & Flett, 1991; Stoeber & Childs, 2010). Self-worth contingencies refer to the tendency to base self-worth on self-imposed perfectionistic standards (DiBartolo et al., 2004; Sturman et al., 2009).

Narcissistic perfectionism was operationalized model and is comprised of four facets: other oriented perfectionism, hypercriticism, entitlement, and grandiosity. Other-oriented Perfectionism is the tendency to hold unrealistic expectations for others. Hypercriticism involves harsh devaluation of others and their imperfections. Entitlement refers to the belief that one is entitled to perfect or special treatment Grandiosity denotes a sustained view of oneself as perfect or superior to others (Nealis et al., 2015).

Inclusion and exclusion criteria

The variables included in this study are age (17-25), sex (male and female), level of education (undergraduate students and post graduate students), name of the institution and demographic location (south India) are the inclusion criteria for this study. Exclusion criteria are age (children, adolescent, middle adulthood, old age), level of education (SSLC, HSC), and demographic location (North India, East India, west India).

Data Analysis

The data analysis technique in this study uses the correlation analysis used to determine whether rigid and Narcissistic perfectionism has relationship among male and female of gen z population.

IV. RESULTS AND DISCUSSION

The present study was an attempt to know about the Rigid and Narcissistic perfectionism in gen z population of south India. As stated in the previous chapter, the researcher selected a sample of 304 respondents in various region of south India. On this representative sample, a snow ball method was carried out to find out the Rigid and Narcissistic perfectionism in gen z male and female of south India. The results obtained were put through statistical analysis and are presented in this present chapter. The research results can be explained as follows:

Table 4.1 Presents the descriptive data for gender and age

	n	%
Female	152	50.0
Male	152	50.0
Total	304	100.0

Table 4.1 shows the descriptive statistics for gender. Number of female 152 and their percentage is said to be 50.0% number of male are 152 and their percentage is said to be 50.0% both male and female gender has an equal number of participation.

Table 4.2 Correlation data analysis for rigid perfectionism and Narcissistic perfectionism

Correlations			
		Narcissistic perfectionism	Rigid perfectionism
Narcissistic perfectionism	Pearson Correlation	1	.000
	Sig. (2-tailed)		.994
	N	304	304
Rigid perfectionism	Pearson Correlation	.000	1
	Sig. (2-tailed)	.994	
	N	304	304

Table 4.3 Independent sample t test data for rigid perfectionism, Narcissistic perfectionism and gender

Independent samples t-test					
	Gender	Mean	SD	Sig (2-tailed)	t
Rigid Perfectionism	Female	21.98	6.136	.080	1.756
	Male	20.80	5.541	.080	1.756
Narcissistic Perfectionism	Female	37.36	10.906	.048	1.990
	Male	34.91	10.593	.048	1.990

The mean value of rigid perfectionism among gender female and male is 21.98 and 20.80 Standard deviation is said to be 6.136 and 5.541. The mean value of narcissistic perfectionism among gender in female and male is 37.36 and 34.91 and standard deviation is 10.906 and 10.593. Based on the independent sample t- test output on the equal variance assumed a part, it is known that the significant value $P = 0.924 > 0.05$, Given a Levene's test for homogeneity of variances, $F = 0.009$, The difference between the female according to the Rigid perfectionism was calculated in correspondence with the gender according to the independent t-test it can be concluded that there is no significant difference between males and females in Rigid perfectionism.

Based on the independent sample t- test output on the equal variance assumed a part, it is known that the significant value $P = 0.048 < 0.05$, Given a Levene's test for homogeneity of variances, $F = .618$ The difference between the female according to the Narcissistic perfectionism was calculated in correspondence with the gender according to the independent t-test it can be concluded that there is a significant difference between males and females in Narcissistic perfectionism.

A Pearson's correlation coefficient of 2 tailed was used to investigate the relationship between Narcissistic perfectionism and rigid perfectionism. Preliminary analysis was conducted to ensure the assumptions of normality and linearity. There was no significant relation between Narcissistic perfectionism and rigid perfectionism. The current study aimed to investigate narcissistic and rigid perfectionism as predictors of Gen z population. Gen z population is the people of age group 10-25 who were born between 1997 to 2012. The present study also investigated that gen z population are striving for academic and aiming to attain certain goal they strive for various factors of perfectionism. The gen z population are more prone to

rigid and narcissistic perfectionism. The main characteristic of gen z population include they are adolescence has been described as a sensitive period for changes in perfectionism due to a growing self-consciousness, and awareness of achievement expectations and sociocultural standards (Flett et al., 2002). Age was positively associated with both perfectionism in general and with specific dimensions of perfectionism, such as doubt about actions (Butt, 2010). Perfectionism represents a central feature of narcissism, mirroring its characteristic ways of thinking, behaving, relating and feeling (Beck, Freeman, & Davis, 2004; Rothstein, 1999). An empirical study shows that narcissism and perfectionism are correlated, this relationship being generalized in both genders (Hewitt et al., 2003; Sherry et al., 2014). Present study also provided evident that there is a significant relation between narcissistic perfectionism and gender. There is significant difference between narcissistic perfectionism and gen z population. Since narcissistic perfectionism develops from the gen z ages that is between 10 years to 25 years predominately between 18 to 25 people face perfectionism and have increased level of grandiosity and highly oriented perfectionism towards their academic as well as sociocultural standards. (Sand et al., 2021). Due to our cultural inequalities male having an upper hand in family as well as in society. The social autonomy has increased allowing more opportunity for males and it is considered a more masculine quality and narcissistic perfectionism.

Rigid perfectionism is a sum of other oriented perfectionism and self-worth contingencies. The present study provided evidence that the correlation analysis of rigid perfectionism and gen z has no significant difference and there is also evident that rigid perfectionism and gender also have no significant difference. This shows that rigid perfectionism also develops in the period of gen z. The conviction in rigid and narcissistic perfectionism and in high expectations represents the central cognition which leads to emotional distress and to other oriented. Irrational convictions, as well as perfectionism, are associated with impaired adaptation. Unfortunately rigid and narcissistic perfectionism do not have relation between each other since both have different factors. For instance the factors of rigid perfectionism include other oriented perfectionism and self-worth contingencies. The factor of narcissistic perfectionism includes Other-oriented perfectionism, Hypercriticism, Entitlement, and Grandiosity. This may be the reasons that there is no significant relationship between rigid and narcissistic perfectionism.

This study also possesses certain limitations like, small sample size generalization occurs. In addition, only gen z are targeted and this study included only the South Indian population. Only narcissistic and rigid perfectionism is chosen as a variable. Future Studies should target different ethnic groups and other components of perfectionism.

Thus Perfectionism has received increased attention in the field of mental health among gen z. Narcissistic perfectionism has significant difference among male and female. This may be due to our cultural beliefs. The strength of the present study was to investigate perfectionism in a broad sample of gen z population by self-reported data in relation to gender to rigid and Narcissistic perfectionism. The ethical consideration is strictly followed during the process of this research. The present study provides the evidence that rigid and Narcissistic perfectionism has a significant relation among gen z population of south India.

Further recommendations for this research includes the following, Cultural practices which are discriminating gender based on rigid and Narcissistic perfectionism. The scope for future research may be an attempt to explore 10 factors of perfectionism which may be an adaptive and transformative factor in changing people's beliefs and cultural practices. Implications for further research and preventive interventions were suggested, with a focus on gaining more insight to developmental pathways for perfectionism through longitudinal studies, targeting maladaptive perfectionistic traits in preventive and clinical interventions, and supporting adaptive qualities of perfectionism in adolescence.

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