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# Chinese Frost Multidimensional Perfectionism Scale: A Validation and Prediction of Self-Esteem and Psychological Distress



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Recent research has shown that perfectionism is an important psychological variable in explaining various disorders. This study evaluated (a) the factor structure and psychometric properties of the Chinese Frost Multidimensional Perfectionism Scale (CFMPS) and (b) the relative predictive power of its subscales for self-esteem and psychological distress, including depressive, anxiety, and stress symptoms. Nine hundred and forty-seven Chinese adolescents from Hong Kong between 13 and 18 years of age participated in the study. Results indicated that five of the original six factors emerged in the factor analysis. The CFMPS and its subscales were found to have satisfactory internal consistencies. Replicating and extending previous findings, the factors "Concern over Mistakes" and "Doubt about Action" accounted for most of the variances of self-esteem and psychological distress. The factor "Organization" might have positive value on psychological health. Possible cultural influence on the development of perfectionism and limitations of the study are discussed. © 1999 John Wiley & Sons, Inc. *J Clin Psychol* 55: 1051-1061, 1999.

In recent years, several investigations have focused on the importance of perfectionism as a component of various psychological problems such as depression (Hewitt & Dyck, 1986; Hewitt & Flett, 1990; Hewitt, Flett, & Ediger, 1996), anxiety disorders (Alden, Bieling, & Wallace, 1994; Rheaume, Freeston, Dugas, Letarte, & Ladouceur, 1995), personality disorders (Hewitt & Flett, 1991a; Hewitt, Flett, & Turnbull, 1994), eating disorders (Laessle, Kittl, Fichter, & Pirke, 1988; Minarik & Ahrens, 1996), chronic pain

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