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MIPS

Multidimensional Inventory of Perfectionism in Sport

— **English Version (November 2006)** —

Stoeber, Otto & Stoll (2004)*

*Original German Version: Stoeber, J., Otto, K., & Stoll, O. (2004). Mehrdimensionales Inventar zu Perfektionismus im Sport (MIPS) [Multidimensional Inventory of Perfectionism in Sport (MIPS)]. In J. Stoeber, K. Otto, E. Pescheck, & O. Stoll, *Skalendokumentation "Perfektionismus im Sport"* (Hallesche Berichte zur Pädagogischen Psychologie Nr. 7). Halle/Saale, Germany: Martin Luther University of Halle-Wittenberg, Department of Educational Psychology.

I.

Perfectionistic Aspirations During Training and During Competitions

Cronbach's $\alpha = .94/.92$ (During Training) and $.95/.92$ (During Competitions)¹

Item	Wording
1	During training, I feel the need to be perfect.
2	During training, I strive to be as perfect as possible.
3	During training, I want to do everything perfectly.
4	During training, it is important to me to be perfect in everything I attempt.
5	During training, I demand nothing less than perfection of myself.
6	During training, I have extremely high expectations of myself.
7	During training, I am a perfectionist as far as my targets are concerned.
8	During training, I have the wish to do everything perfectly.
1	During competitions, I feel the need to be perfect.
2	During competitions, I strive to be as perfect as possible.
3	During competitions, I want to do everything perfectly.
4	During competitions, it is important to me to be perfect in everything I attempt.
5	During competitions, I demand nothing less than perfection of myself.
6	During competitions, I have extremely high expectations of myself.
7	During competitions, I am a perfectionist as far as my targets are concerned.
8	During competitions, I have the wish to do everything perfectly.

¹First alpha always from Sample 1 ($N = 115$ university students at the Department of Sport and Exercise) and second alpha from Sample 2 ($N = 204$ high school students attending a secondary school for athletes); for details, see Stoeber, Otto, Pescheck & Stoll (2004). All items are answered on a six-point scale of “never” (1), “rarely” (2), “sometimes” (3), “often” (4), “mostly” (5), and “always” (6).

II.**Negative Reactions to Nonperfect Performance During Training and During Competitions**

Cronbach's $\alpha = .88/.86$ (During Training) and $.91/.88$ (During Competitions).

Item	Wording
1	During training, I feel extremely stressed if everything doesn't go perfectly.
2	After training, I feel depressed if I have not been perfect.
3	During training, I get completely furious if I make mistakes.
4	During training, I set myself such high standards that I cannot fulfill them.
5	During training, I put myself under pressure with my extremely high expectations.
6	After training, I am disappointed if I my performance was not perfect.
7	If something doesn't go perfectly during training, I am dissatisfied with the whole training session.
8	During training, I get frustrated if I do not fulfill my high expectations.
1	During competitions, I feel extremely stressed if everything doesn't go perfectly.
2	After competitions, I feel depressed if I have not been perfect.
3	During competitions, I get completely furious if I make mistakes.
4	During competitions, I set myself such high standards that I cannot fulfill them.
5	During competitions, I put myself under pressure with my extremely high expectations.
6	After competitions, I am disappointed if I my performance was not perfect.
7	If something doesn't go perfectly during competitions, I am dissatisfied with the whole competition.
8	During competitions, I get frustrated if I do not fulfill my high expectations.

III.

Perceived Pressure from Coach, Teammates, and Parents

Cronbach's $\alpha = .94/.86$ (Coach), $.89/.86$ (Teammates), and $-.92$ (Parents)²

Item	Wording
1	My coach expects my performance to be perfect.
2	My coach criticizes everything I do not do perfectly.
3	My coach is dissatisfied with me if my performance is not top class.
4	My coach expects me to be perfect.
5	My coach demands nothing less than perfection of me.
6	My coach makes extremely high demands of me.
7	My coach sets extremely high standards for me.
8	My coach is disappointed in me if my performance is not perfect.
1	My teammates expect my performance to be perfect.
2	My teammates criticize everything I do not do perfectly.
3	My teammates are dissatisfied with me if my performance is not top class.
4	My teammates expect me to be perfect.
5	My teammates demand nothing less than perfection of me.
6	My teammates make extremely high demands of me.
7	My teammates set extremely high standards for me.
8	My teammates are disappointed in me if my performance is not perfect.
1	My parents expect my performance to be perfect.
2	My parents criticize everything I do not do perfectly.
3	My parents are dissatisfied with me if my performance is not top class.
4	My parents expect me to be perfect.
5	My parents demand nothing less than perfection of me.
6	My parents make extremely high demands of me.
7	My parents set extremely high standards for me.
8	My parents are disappointed in me if my performance is not perfect.

²Perceived Pressure from Parents was administered in Study 2 only.

IV.

**Perfectionistic Pressure on Teammates and
Negative Reactions to Nonperfect Performance of Teammates**

Cronbach's $\alpha = .95/.92$ (Pressure) and $.88/.85$ (Negative Reactions)

Item	Wording
1	I demand nothing less than perfection of my teammates.
2	I have extremely high expectations of my teammates.
3	For me, the performance of my teammates has to be perfect.
4	I expect perfect performance of my teammates.
5	I want my teammates to do everything as perfectly as possible.
6	It is important to me that my teammates do everything perfectly.
7	Everything my teammates do has to be of outstanding quality.
8	I set extremely high standards for my teammates.
1	I am dissatisfied with my teammates, even when I know that they are doing their best.
2	If my teammates make mistakes, I consider them failures.
3	I get annoyed with my teammates if their performance is not first class.
4	I get frustrated if my teammates do not fulfill my extremely high expectations.
5	I get disappointed if my teammates' performance is not perfect.
6	I get furious if my teammates' performance is not top class.
7	I cannot stand it when my teammates make mistakes.
8	I feel extremely stressed if everything doesn't go perfectly for my teammates.