Table 2 from Stöber (1998)

The Frost Multidimensional Perfectionism Scale (FMPS). Items, Subscales, Item-Total Correlations, and Factor Loadings of the Four-Factor Solution with Varimax Rotation

Item number and wording	Subscale	r_{it}[a]	Factor I	II	III	IV
9. If I fail at work/school, I am a failure as a person.	CM	.54	.69			
10. I should be upset if I make a mistake.	CM	.29	.43			
13. If someone does a task at work/school better than I, then I feel like I failed the whole task..	CM	.56	.59		.46	
14. If I fail partly, it is as bad as being a complete failure.	CM	.56	.55		.35	
18. I hate being less than the best at things.	CM	.56	.43		.60	
21. People will probably think less of me if I make a mistake.	CM	.61	.67			
23. If I do not as well as other people, it means I am an inferior human being	CM	.54	.69			
25. If I do not do well all the time, people will not respect me.	CM	.61	.70			
34. The fewer mistakes I make, the more people will like me.	CM	.52	.71			
17. Even when I do something very carefully, I often feel that it is not quite right.	D	.41	.56			
28. I usually have doubts about the simple everyday things I do.	D	.50	.63			
32. I tend to get behind in my work because I repeat things over and over.	D	.38	.62			
33. It takes me a long time to do something "right."	D	.29	.56			
1. My parents set very high standards for me.	PE	.45		.63	.36	
11. My parents wanted me to do the best at everything.	PE	.58		.69	.40	
15. Only outstanding performance is good enough in my family.	PE	.60		.74	.30	
20. My parents have expected excellence from me.	PE	.61		.83	.36	
26. My parents have always had higher expectations for my future than I have.	PE	.34		.68		

(Table 2, *continued*)

Item		a				
3. As a child, I was punished for doing things less than perfect.	PC	.48		.69		
5. My parents never tried to understand my mistakes.	PC	.35		.52		
22. I never felt like I could meet my parents' expectations.	PC	.53		.81		
35. I never felt like I could meet my parents' standards.	PC	.47		.75		
4. If I do not set the highest standards for myself, I am likely to end up a second-rate person.	PS	.49	.43		.43	
6. It is important to me that I am thoroughly competent in everything I do.	PS	.38			.53	
12. I set higher goals than most people.	PS	.48			.78	
16. I am very good at focusing my efforts on attaining a goal.	PS	−.15	−.39		.38	
19. I have extremely high goals.	PS	.54			.75	
24. Other people seem to accept lower standards than I do.	PS	.42			.66	
30. I expect higher performance in my daily tasks than most people.	PS	.51			.63	
2. Organization is very important to me.	O	–				.67
7. I am a neat person.	O	–				.81
8. I try to be an organized person.	O	–				.82
27. I try to be a neat person.	O	–				.67
29. Neatness is very important to me.	O	–				.83
31. I am an organized person.	O	–				.77
% variance:			24.1	11.5	9.5	7.3
Eigenvalue:			8.45	4.02	3.34	2.57

Note. N = 243. CM = Concern over Mistakes, D = Doubts about actions, PE = Parental Expectations, PC = Parental Criticism, PS = Personal Standards, O = Organization. Items taken from Frost, Marten, Lahart, and Rosenblate, 1990, *Cognitive Therapy and Research, 14*, 449–568. Items are presented with a 5-point response scale from 1 (*strongly disagree*) to 5 (*strongly agree*). Only factor loadings with absolute values ≥ .30 are displayed.

[a]Corrected item-total correlation (total score does not include Organization).

Table 3 from Stöber (1998)

Correlations of the FMPS Scales. Original Formulations and New Aggregates

Scale	Description	Scale								
		CM	D	CMD	PE	PC	PEC	PS	O	P
CM	Concern over Mistakes									.83***
D	Doubts about actions	.58***								.60***
CMD	CM + D	.96***	.79***							.83***
PE	Parental Expectations	.31***	.16*	.29***						.69***
PC	Parental Criticism	.34***	.26***	.34***	.61***					.64***
PEC	PE + PC	.36***	.22***	.35***	.92***	.87***				.74***
PS	Personal Standards	.48***	.23***	.44***	.37***	.16*	.31***			.68***
O	Organization	.11	.00	.08	−.03	.01	−.01	.24***		.11
M		20.35	10.23	30.58	11.59	8.53	20.12	21.25	20.92	71.94
SD		6.98	3.31	9.31	4.86	3.96	7.93	5.25	4.85	17.23
Cronbach's alpha		.87	.73	.88	.88	.81	.89	.78[a]	.86	.90

Note. N = 243. FMPS = Frost Multidimensional Perfectionism Scale; CM = Concern over Mistakes, D = Doubts about actions, CMD = Concern over Mistakes and Doubts (sum of CM and D), PE = Parental Expectations, PC = Parental Criticism, PEC = Parental Expectations and Criticism (sum of PE and PC), PS = Personal Standards, O = Organization; P = overall perfectionism (total score does not include Organization).
*$p < .05$, ***$p < .001$; two-tailed tests.
[a]Cronbach's alpha was .83 when Item 16 was replaced with Item 18.

Reference:

Stöber, J. (1998). The Frost Multidimensional Perfectionism Scale revisited: More perfect with four (instead of six) dimensions. *Personality and Individual Differences, 24*(4), 481-491. DOI: 10.1016/S0191-8869(97)00207-9