

# Perfectionism, Goal Appraisals, and Distress in Students

February 29, 2012

In case you missed it, the cameras were rolling in Washington, DC. Watch. Watch Gordon L. Flett from York University, Canada and Taryn Nepon of York University, Canada present their research at the 23rd APS Annual Convention in Washington, DC.

This study examined perfectionism, goal cognitions, and distress in 95 students. Participants completed the Goal Systems Assessment Battery, along with measures of perfectionism, anxiety, and depression. Socially prescribed perfectionism and perfectionistic thoughts were associated with goal-related self-criticism and negative arousal. Self-oriented perfectionism predicted self-criticism and negative arousal for academic goals.

For more on how perfectionism affects your mind and body, read [The Price of Perfectionism](#) by Gordon L. Flett from the [March 2012 issue](#) of the *Observer*.