

Departmental Seminar

Maladaptive Perfectionism: Its Development and Contribution to Anxiety in Adolescence

11:30 a.m. – 12:30 p.m. | January 9, 2017 (Monday)

CPD-2.42, Central Podium Level | Centennial Campus | The University of Hong Kong



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Abstract

Maladaptive perfectionism is a specific vulnerability quality associated with anxiety in adolescence. The present research investigated the development of maladaptive perfectionism and its role as a risk factor for anxiety problems among Hong Kong male adolescents.

Study 1 identified the pathways maladaptive perfectionism may develop in Chinese families. Specifically, the study examined if authoritarian fathering would enhance the relationship between neuroticism and maladaptive perfectionism among their sons. A community sample of 203 male students (aged 10-15) in Hong Kong was recruited to complete a set of questionnaires. The results showed that authoritarian fathering was found to enhance the effect of neuroticism on maladaptive perfectionism formation among Chinese boys.

Study 2 presented a longitudinal study that examined the temporal relationship between maladaptive perfectionism and adolescent anxiety. It was hypothesized that maladaptive perfectionism at baseline (i.e. Time 1) would predict anxiety symptoms one year later (i.e. Time 2). A total of 56 male participants (aged 12-16) were invited for a prospective study. Repeated measures analysis showed evidence of maladaptive perfectionism as a significantly predictor of adolescent anxiety.

The current etiological model of perfectionism has extended the existing literature by proposing neuroticism (inherited trait) and parenting styles (early-life experience) underlying maladaptive perfectionism (psychological vulnerability) that predicts adolescent anxiety in Chinese families.

~All are Welcome~

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