APS-R

Almost Perfect Scale — Revised (APS-R)

The APS-R is a self-report scale that measures the dimensions of perfectionism, in particular high standards, perceived disorder and discomfort with expectations. This scale aims to distinguish between adaptive and maladaptive perfectionism in individuals.

Number of questions	23 questions
Estimated duration	10 minutes
Language	English
Original name	Almost Perfect Scale — Revised
Target audience	Adults, adolescents
Authors	Robert B. Slaney, Stephen A. Rice, R. Sue Mobley, Steven T. Trippi, Jennifer S. Ashby (2001)
Category	General

Preview of the 23 questions

I have high standards for my performance at work or at school.

Strongly Disagree | Disagree | Slightly Disagree | Neutral | Slightly Agree | Agree | Strongly Agree

I am an orderly person.

Strongly Disagree | Disagree | Slightly Disagree | Neutral | Slightly Agree | Agree | Strongly Agree

I often feel frustrated because I can't meet my goals.

Strongly Disagree | Disagree | Slightly Disagree | Neutral | Slightly Agree | Agree | Strongly Agree

Neatness is important to me.

Strongly Disagree | Disagree | Slightly Disagree | Neutral | Slightly Agree | Agree | Strongly Agree

If you don't expect much out of yourself, you will never succeed.

Strongly Disagree | Disagree | Slightly Disagree | Neutral | Slightly Agree | Agree | Strongly Agree

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Scoring & interpretation

Each item is rated on a 7-point Likert scale ranging from 'strongly disagree' to 'strongly agree'. Scores are summed to obtain the subscale scores (standards, disorder, discomfort). High scores on the 'standards' subscale combined with low scores on 'disorder' indicate adaptive perfectionism.

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Romane L. - Online CBT Psychologist