

Frost Multidimensional Perfectionism Scale (FMPS)

The Frost Multidimensional Perfectionism Scale (FMPS) is a clinical tool that measures 4 dimensions of perfectionism, distinguishing adaptive traits (high standards) from dysfunctional ones (fear of mistakes, doubts). It helps identify patterns linked to anxiety, depression or early parental schemas. In therapy, it helps target goals such as tolerance of imperfection or the management of internalized criticism. Its use is particularly relevant in OCD, eating disorders or CBT approaches.

Number of questions	35 questions
Estimated duration	8 minutes
Language	English
Original name	Frost Multidimensional Perfectionism Scale
Target audience	Adults and adolescents
Authors	Randy O. Frost, Patricia Marten (1990)
Category	General

Preview of the 35 questions

My parents had very high expectations of me.

Strongly disagree | Somewhat disagree | Neither agree nor disagree | Somewhat agree | Strongly agree

Organization is very important to me.

Strongly disagree | Somewhat disagree | Neither agree nor disagree | Somewhat agree | Strongly agree

As a child, I was punished when I did things imperfectly.

Strongly disagree | Somewhat disagree | Neither agree nor disagree | Somewhat agree | Strongly agree

If I do not strive for excellence, I risk becoming a mediocre person.

Strongly disagree | Somewhat disagree | Neither agree nor disagree | Somewhat agree | Strongly agree

My parents never tried to understand my mistakes.

Strongly disagree | Somewhat disagree | Neither agree nor disagree | Somewhat agree | Strongly agree

Scoring & interpretation

The FMPS assesses different dimensions of perfectionism through 35 statements. The results include a total perfectionism score, calculated by adding the subscores of 3 of the 4 subscales (excluding organization), as well as specific scores for each dimension of perfectionism.

The "Concern for precision, order and organization" subscale is excluded from the total score because it is not pathological in itself. However, when combined with high scores in the other domains, it can reinforce distress or dysfunctional behaviors.

The four FMPS subscales:

- Concern over mistakes and doubts about actions: Questions: 9, 10, 13, 14, 17, 18, 21, 23, 25, 28, 32, 33, 34
- Excessive concern about parental expectations and judgments: Questions: 1, 3, 5, 11, 15, 20, 22, 26, 35
- Excessively high personal standards: Questions: 4, 6, 12, 16, 19, 24, 30
- Concern for precision, order and organization: Questions: 2, 7, 8, 27, 29, 31