QP-R

Revised Perfectionism Questionnaire (QP-R)

The QP-R is a 20-item self-report questionnaire on perfectionism, structured into two complementary subscales. The first measures the pursuit of high personal standards, while the second assesses the negative consequences of perfectionism, which are close to the perfectionistic concerns described in the literature. This tool is useful for distinguishing high personal standards from a perfectionism that is more costly emotionally and cognitively. It can be used in clinical practice and research to refine the assessment of perfectionistic functioning. Available data report satisfactory to excellent internal consistency depending on the subscale, and a validated factor structure.

Number of questions	20 questions
Estimated duration	4 minutes
Language	English
Original name	Revised Perfectionism Questionnaire
Target audience	Adults
Authors	Langlois, Rhéaume, & Gosselin (2009)

Preview of the 20 questions

I always try to do well in everything I undertake.

Does not describe me at all | Describes me a little | Describes me fairly well | Describes me very well | Describes me completely

I keep working at something until I feel it is right.

Does not describe me at all | Describes me a little | Describes me fairly well | Describes me very well | Describes me completely

I like the things I do to be perfect.

Does not describe me at all | Describes me a little | Describes me fairly well | Describes me very well | Describes me completely

Regardless of whether others consider that I have succeeded, in the end it is my own criteria for success that matter.

Does not describe me at all | Describes me a little | Describes me fairly well | Describes me very well | Describes me completely

I cannot go long without setting high goals for myself to reach.

Does not describe me at all | Describes me a little | Describes me fairly well | Describes me very well | Describes me completely

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is scored from 1 to 5. Items 1 to 7 form the high personal standards subscale. Items 8 to 20 form the negative consequences or perfectionistic concerns subscale. It is recommended to calculate a separate score for each subscale by summing or averaging the items. A high score on the first reflects high personal standards; a high score on the second indicates more problematic perfectionism. Interpretation is mainly based on the relative profile of the two dimensions, as there is no universal diagnostic cutoff.

Are you a psychologist?

With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

Try it for free

See all questionnaires

★★★★★

“I now use the platform every day, it's so comprehensive, reliable and remarkably easy to use.”

 Laura V. - Online Psychologist