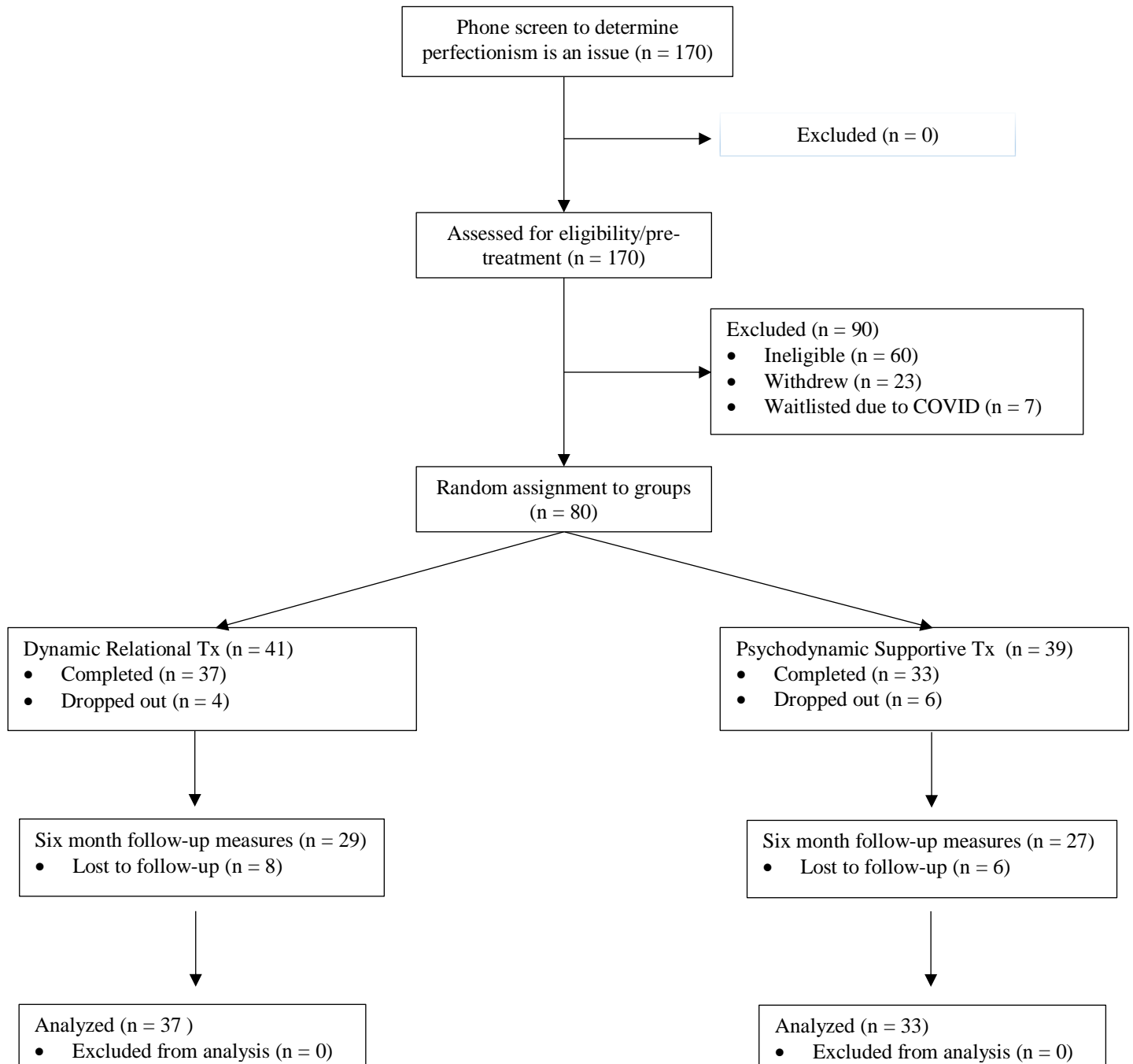


The University of British Columbia 2017 Perfectionism Treatment Project

Basic Results

Paul L. Hewitt, Ph. D., R. Psych.
PI

Participant Flow



Baseline Characteristics

	Dynamic Relational Tx Group	Psychodynamic Supportive Tx Group
	<i>M(SD)</i>	<i>M(SD)</i>
Age	37.8 (14.4)	35.9 (11.6)
Education	16.7 (3.8)	16.8 (3.7)
	N	N
Gender		
Female	28	30
Male	12	9
Ethnicity		
European	32	20
Asian	3	9
Hispanic	0	1
Other	4	6
Marital		
Single	21	21
Married	4	13
Cohabiting	6	1
In Relationship	5	1
Divorced/Separated	2	3

Outcome Measures

Table 2

Means and Standard Deviations of the Pre-treatment, Post-treatment, and Follow Up Perfectionism Trait, Perfectionistic Self Presentation, Perfectionism Cognitions, and Symptom Outcomes

	Dynamic-Relational Group Therapy				Supportive Group Therapy			
	Pre	Mid	Post	Follow-Up	Pre	Mid	Post	Follow-Up
<i>Trait perfectionism</i>	—	—	—	—	—	—	—	—
Self-oriented perfectionism	89.6 (8.6)	78.2 (11.5)	63.9 (14.2)	64.8 (17.2)	88.5 (7.9)	81.7 (9.5)	71.3 (11.9)	66.4 (10.5)
Other oriented perfectionism	66.5 (15.9)	63.1 (14.2)	53.8 (14.4)	51.7 (16.9)	68.6 (11.4)	61.8 (10.6)	57.2 (9.0)	55.3 (10.7)
Socially prescribed perfectionism	68.9 (14.8)	62.9 (13.3)	55.0 (14.6)	52.9 (17.5)	70.0 (16.4)	65.8 (14.0)	60.1 (10.0)	56.5 (13.8)
<i>Perfectionistic self-presentation</i>	—	—	—	—	—	—	—	—
Perfectionistic self-promotion	55.7 (7.6)	47.7 (9.1)	40.2 (12.5)	40.5 (12.9)	55.0 (5.7)	50.5 (8.2)	45.6 (7.8)	42.4 (7.0)
Non-display of imperfection	57.3 (6.3)	53.2 (8.7)	43.7 (13.0)	45.5 (12.1)	57.4 (6.6)	52.4 (8.2)	47.6 (9.3)	46.6 (6.9)
Non-discloser of imperfection	31.7 (7.8)	28.1 (8.0)	21.8 (7.9)	23.6 (8.6)	30.1 (8.7)	27.1 (7.4)	23.9 (6.9)	23.6 (7.0)
<i>State</i>	—	—	—	—	—	—	—	—
Perfectionistic cognitions	64.3 (17.2)	53.1 (21.5)	42.9 (24.3)	42.6 (22.9)	61.0 (19.4)	55.9 (18.0)	41.7 (22.2)	41.6 (18.9)
<i>Symptom Outcomes</i>								
BSI symptom total						25.3		
	31.1 (23.2)	31.8 (26.0)	19.1 (21.3)	21.6 (27.0)	30.1 (21.5)	(25.7)	15.6 (17.1)	14.7 (18.8)
Satisfaction with life	16.2 (7.8)	18.4 (7.6)	20.7 (7.0)	20.3 (8.11)	18.6 (6.2)	20.0 (6.2)	21.8 (6.6)	21.8 (5.1)
Work and social adjustment	20.8 (7.7)	18.9 (9.9)	16.0 (8.6)	16.3 (10.1)	16.4 (8.6)	16.5 (8.7)	15.5 (8.5)	12.8 (8.7)

Note. Standard deviation is listed in brackets after the mean. BSI = Brief Symptom Index. Dynamic-Relational $n = 41$; Dynamic-Supportive $n = 39$.

*The Inventory of Interpersonal Problems was dropped from the study. The correct items for this measure were not included in the pretreatment and mid-treatment assessment materials. This was not caught until part way through the trial and could not be rectified. The measure was dropped from the study.

Adverse Events

There were no adverse events associated with this study.