

Perfectionism and Dyadic Relationship: A Systematic Review

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Abstract

The goal of this systematic review was summarized the existing evidence for the relationship between perfectionism and dyadic relationships find the best high-quality studies of perfectionism and dyadic relationships and identify a good and common instrument for evaluation perfectionism in dyadic. Two independent reviewers organized a systematic review of the literature by taking after Preferred Reporting Items for Systematic Review rules, and inclusion/exclusion criteria from 1995 to 2017. Databases: SCOPUS/ Web of Science/ Google Scholar/ Science Direct / SAGE. After review 2307 articles were recognized in the initial search, then 20 articles satisfied criteria for finish assessment. The result showed that a significant relationship between perfectionism and dyadic relationship. The majority of articles (n=13) had a moderate level of acceptance scoring 3 or 4 of the 5 factors which were set by authors. Only three articles) got grade 5, they used all 5 factors evaluations. In this review two common and acceptable scales (MPS, APS-R) were identified.

Keywords: Perfectionism, Dyadic Relationships

Introduction

Perfectionism is defined by trying for flawlessness and setting extremely high standards and rules for performance followed by tendencies for overly critical self-judgment and worries about negative judgment by other people (Flett & Hewitt, 2002; Frost et al., 1990). Based on Hewitt and Flett's (1991) model, perfectionism has personal and social aspects, and three forms of perfectionism can be separated: self-oriented (hint to the attribution of compulsiveness qualities to oneself), other-oriented (hint to the attribution of compulsiveness qualities to another), and socially prescribed perfectionism (hint to the attribution of compulsiveness qualities by society).

Perfectionism influences all aspects of life, including romantic communication and marital satisfaction (Stoeber & Stoeber, 2009). The results of the studies demonstrate that the couples who have abnormal (negative) perfectionism indicates less marital satisfaction (Dimitrioski et al., 2002; Martin & Ashby, 2004; DiBarto & Barlow, 2006; Kim, 2011; Safarzadeh et al., 2011;

Ehteshamzadeh et al., 2011) and the partner who has normal perfectionism show higher marital satisfaction (Ashby et al., 2008).

Dyadic Perfectionism (perfectionism in dyadic connections, concentrating on the two individuals from the dyad) is a vital subject in research on perfectionism and sentimental connections. The researchers demonstrate that dyadic perfectionism has a significant negative relationship with marital satisfaction. People who have extra expectations and high conflict to their spouse have a tendency to be less fulfilled in their marriage (Arcuri, 2013; Mee et al, 2015).

Aim

The aim of this study was a) to summarize all information about the *relationship between perfectionism and dyadic relationships* b) to find the best high-quality studies of perfectionism and dyadic relationships and c) identify a good and common instrument for evaluation perfectionism in dyadic.

Methods

Two independent reviewers (MT & SAH) organized a systematic review of the literature by taking after Preferred Reporting Items for Systematic Review rules. A complete survey of the following electronic databases was attempted —SCOPUS, Web of Science, Google Scholar, Science Direct and SAGE —using the search terms ‘perfectionism’, ‘married’, ‘satisfaction’, ‘conflict’ and all related sources.

Inclusion Criteria

Just original, published journal articles were incorporated into the analyses. All articles published from 1995 to 2017 in the English language, were involved. Studies should include the sample which has experience about married or dates. At least a measure of perfectionism was used in the assessment of perfectionism.

Exclusion Criteria

The studies which have the participants do not have interpersonal relationship were excluded. All articles that may fit the incorporation criteria were controlled. No exclusion criteria were set on appraisal strategies; any type of correspondence and strategy for assessment could be incorporated.

Criteria for Evaluating the Quality of Articles

Two reviewers independently (MT and SAH) surveyed each article for inclusion/exclusion criteria. The overall quality of each study was evaluated with five factors (table 1). For instance, the paper which used more than one scale to evaluate perfectionism were appraised greater than the paper used only one scale.

Table 1
Quality rating scale

	Criteria Factors	Point(1/0)*
1	The aims of the study in connection to perfectionism are obviously expressed.	1
2	The Information of sample is expressed, such as age distribution	1
3	The duration of the relationship is stated	1
4	The validity or reliability of the scale is stated	1
5	More than one scale is utilized to evaluate of perfectionism	1

*Where deficient factor is accessible, point '0', the highest point is 5.

Results and Study Findings

A sum of 2307 articles was distinguished over systematic review, 1733 articles were dropped on starting survey due to the majority did not include "satisfaction or conflict". Following abstract review, 499 articles did not meet inclusion criteria. 75 articles stayed for complete check. After complete check, 55 articles were avoided because of absence the married, partner, dyadic or interpersonal relationship. 20 articles were accessible meeting incorporation and prohibition criteria (figure 1).

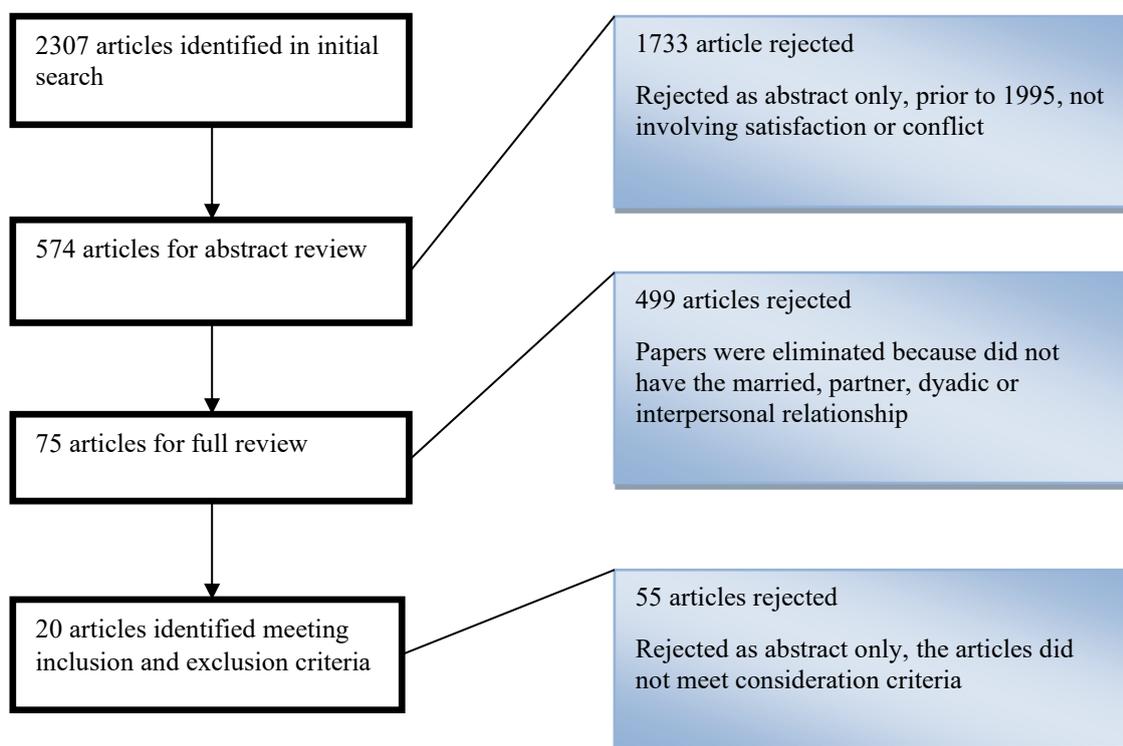


Figure 1: Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) flow chart for article selection

Relationship between Perfectionism and Dyadic Relationships

Previous research illustrates that perfectionism is one of the predictors of satisfaction in dyadic relationships (table 2). Based on Hewitt and Fleet model of perfectionism, it was found that one who has high socially prescribed perfectionism is more likely to have low adjustment among dating couples (Fleet, Hewitt, Shapiro, & Rayman, 2001), low marital adjustment (Haring, Hewitt, & Fleet, 2003) and marital satisfaction (Mee, Hassan, Baba, Talib, Zakaria, 2015; Safarzadeh, Esfahaniasl, & Bayat, 2011; Egan, Vinciguerra, & Mazzucchelli, 2013; Dibartolo, & Barlow, 2006; Gol, Rostami, & Gudarzi, 2013; Arjmand, Fallahchai, & Zarei, 2015) among married couples. The Actor-Partner Independence Model Analysis shows that socially prescribed perfectionism predicts not only own marital adjustment, but also predicts partner’s marital adjustment (Haring, et al., 2003). Maladaptive perfectionism decreased the likelihood of higher quality relationships (Ashby, Rice and Kutchins, 2008). In pup and Rusu (2015) study, there is a significant positive relationship between perfectionism and sexual perfectionism. Partner-prescribed and socially prescribed sexual perfectionism are maladaptive forms of sexual perfectionism associated with the negative aspects of sexuality whereas self-oriented and partner-oriented sexual perfectionism emerged as ambivalent forms associated with positive and negative aspect (Stoeber, Harvey, Almeida, & Lyons, 2013). Habke, Hewitt, & Flett, 1999, in their study found that the interpersonal dimensions of trait perfectionism were negatively related to general sexual satisfaction and sexual satisfaction with the partner for both husbands and wives. Maladaptive perfectionism to be associated with decreased levels of engagement in preventive health behaviours, life satisfaction and well-being and increased levels of self-concealment and psychological distress. Adaptive perfectionism was associated with higher levels of engagement in preventive health behaviours. Self-concealment was identified as a partial mediator in the relationship between maladaptive perfectionism and both engagement in preventive health behaviours and psychological distress (Williams, & Cropley, 2014).

All in all, according to the previous research perfectionism (adaptive & maladaptive) had a significant relationship with dyadic relationships.

Table 2.
Summary of Reviewed articles

Study	Year	Participant Characteristics	Perfectionism Measure	Other Measures	Result
1 Mackinnon, Antony, Stewart, Sherry, & Hartling	2012	109 undergraduates M = 21.6 SD = 4.80	Using modified (from Hewitt & Flett, 1991; Frost et al.,	Conflict: Interpersonal Qualities Scale, Oishi & Sullivan, 2006. Rejecting interpersonal behaviors, Murray et al., 2003. (Modified)	Dyadic conflict had a mediate role between perfectionists concerns and depressive symptoms.

				1990; Bagby, Parker, Joffe, & Buis, 1994.	
2	Stoebr	2012	53 men, 63 wome n M=21. 4 SD = 2.9	MPS ¹ RAS ² ; Hendrick, 1988. CI ³ ; Stanley & Markman, 1992	Participants' partner-oriented perfectionism had a positive effect on their partner's partner-prescribed perfectionism and a negative effect on their own relationship satisfaction and long term commitment. Participants' partner-prescribed perfectionism also had a negative effect on their own relationship satisfaction.
3	Ashby, Rice &Kutchi n	2008	197 engag ed couple s Male(M= 27.47, SD = 5.07)F emale (M=25 .61, SD = 4.36) Colleg e stude nts	APS- R ⁴ ; Slaney et al, 1996; Slaney et al, 2001 PREPARE ⁵ ; Olson et al., 1987	Maladaptive perfectionism decreased the likelihood of higher quality relationships.
4	Martin, & Ashby	2004		APS-R FIS ⁶ (Descutner & Thelen, 1991).	The students with abnormal perfectionism stated significantly greater fear of

¹ . Multidimensional Perfectionism Scale

² . Relationship Assessment Scale

³ . Commitment Inventory

⁴ . Almost Perfect Scale—Revised

⁵ . Pre-marital Personal and Relationship Evaluation

⁶ . Fear of intimacy scale

			(128 female, 82 male)						closeness than normal perfectionism.
5	Arjmand, Fallahchahi, & Zarei	2015	Men=114 Women=61	FMPS ⁷	MCQ ⁸				Forgiveness and perfectionism had a significant role in marital conflict.
6	Haring, Hewitt, & Flett	2003	Male: M = 30.6, SD= 10.8 Female: M= 27.4, SD= 6.6 123 people	MPS; Hewitt & Flett, 1991a	DAS; Spanier, 1976 MHS ⁹ ; Azrin, Naster, & Jones, 1973 ARI ¹⁰ ; Schaefer & Burnett, 1987 MCI ¹¹ ; Bowman, 1990				Socially prescribed perfectionism had a negative effect on marital coping and marital adjustment
7	Gol, Rostami, & Gudarzi	2013	67 men and 56 women)	Hill Perfectionism Inventory	ENRICH ¹² (Olson & Larson, 2008)				Perfectionism (positive and negative) had a significant effect on marital satisfaction.
8	Mee et al	2015	graduate students M=34.52,	APS-R DAPS	ENRICH (Olson & Larson, 2008)				Dyadic perfectionism has a significant negative relationship with marital satisfaction

⁷ . Frost perfectionism scale et al

⁸ . Marital conflict questionnaire

⁹ . Marital Happiness Scale

¹⁰ . Autonomy and Relatedness Inventory

¹¹ . Marital Coping Inventory

¹² . Evaluation and Nurturing Relationship Issues, Communication and Happiness

			SD=6. 63			
9	Sarpouli & Kolahi	2016	250 Married people	Positive & negative perfectionism (Terry-Short and et al)	Social adjustment Bell. self-efficacy questionnaire Shrerzhand et al	Perfectionism (positive and negative) had a significant effect on social adjustment.
10	Pop & Rusu.	2015	128 participants M = 26.51, SD = 5.98	MPS , 1991 MSPQ ¹³ (Snell & Rigdon, 2001)	DAS (Spanier, 1976) SCA ¹⁴ (Babin, 2012)	A significant positive relationship between perfectionism and sexual perfectionism. Sexual satisfaction mediated the effect of relationship satisfaction on sexual communication anxiety.
11	Sherry et al	2014	226 Heterosexual couples Men M=22.35, SD = 4.52; women M=21.48, SD = 4.13.	SPP scale from Hewitt and Flett (1991) MPS	Daily conflict (Murray, Bell-avia, Rose, and Griffin, 2003)	Results for men: socially prescribed perfectionism predicted conflict. Contrary to hypotheses, Results show male high in partner-socially prescribed perfectionism endorsed in self-defeating interpersonal behaviors.
12	Dimitrovsky, Levy-Shiff, & Schattn	2010	50 married women M=26.12	MPS ¹⁵	DAS ¹⁶ ; Spanier, 1976	Self-oriented perfectionism was negatively related to marital satisfaction for non-pregnant women. For the pregnant

¹³ . Multidimensional Sexual Perfectionism Questionnaire

¹⁴ . Sexual Communication Apprehension

¹⁵ . Multidimensional Perfectionism Scale

¹⁶ . Dyadic Adjustment Scale

	erZanan y	& 100 pregn ant marrie d woma n M= 27.9			women there was a negative relationship between socially prescribed perfectionism and marital satisfaction.	
1 3	Hoffma nn, Stoeber, & Musch	2015	422 partici pants (192 male, 230 femal e) (SD = 12.4) M= 36.0	MPS ; Germa n versio n: Altstöt ter- Gleich, 1998	German translation of the attraction to the other scale (Sprecher, 1989)	All perfectionist dates were seen as less attractive than the non- perfectionist date. Participants high in other-oriented perfectionism found the self-oriented perfectionist date more attractive, and the non- perfectionist date less attractive than participants low in other-oriented perfectionism
1 4	Stoeber, Harvey, Almeida ,& Lyons	2013	272 univer sity stude nts (52ma le,220 femal e) M= 20.0 SD = 3.4; range: 18-45 years)	MSPQ (Snell, 1997) Multidi mensi onal Perfect ionism Cogniti ons Invent ory- English (Stoeb er et al., 2010)	Multidimensional Sexual Self-Concept Questionnaire (Snell, 2011b)	Partner- prescribedandsociallypr escribedsexualperfectio nismaremaladaptivefor msofsexualperfectionis massociatedwiththe negativeaspects of sexuality whereas self- oriented and partner- oriented sexual perfectionism emerged as ambivalent forms associated with positive and negative aspects.
1 5	Habke, Hewitt, & Flett	1999	82 couple s [men M =	SPS ; Hewitt & Flett, 1991	PSSI ¹⁸ ; Pinney, Gerrard, & Denney, 1987 DAS; Spanier, 1976	Theinterpersonal dimensions of trait perfectionism were negatively related togeneral sexual

¹⁸ . The Pinney Sexual Satisfaction Inventory

			29.6 (7.41), wome n M = 27.08 (6.4)]	PSPS ¹⁷ ; Hewitt , Flett, Fehr, Habke, & Fairlie, 1996		satisfaction and sexual satisfaction with the partner for both husbands and wives
1 6	Flett, Hewitt,S hapiro, & Rayman	2001 -2	69 colleg e stude nt(27 men,4 2 wome n) M=22. 30 32me n (with erectil e disord er)	MPS	Relationship scale(Davis et al, 1987) Romantic love(Rubin,1970)	Perfectionist personality style was associated with particular beliefs and tendencies in interpersonal relationships.
1 7	DiBartolo,& Barlow	1996	M=45, SD=3. 26	MPS	DAS (Spanier, 1976)	Perfectionism had significant relationship with marital satisfaction.
1 8	Williams & Cropley	2014	370 stude nts M= 26.72 SD = 9.4	FMPS	SCS ¹⁹ General Preventive Behaviours Checklist HSCL-21 ²⁰ SWLS ²¹ WHO-5 ²²	Maladaptive perfectioni sm to be associated with decreased levels of engagement in preventive health behaviours, life satisfaction and well- being and increased levels of self-

¹⁷ . Perfectionistic Self-Presentation Scale

¹⁹ . Self-Concealment Scale

²⁰ .Hopkins Symptom Checklist–21

²¹ . Satisfaction with Life Scale

²² . World Health Organization’s WHO-5 Well-Being Index

19	Safarzadeh, Esfahani, & Bayat	2011	200 students	APS ²³	FFS ²⁴ ENRICH Sincerity Questionnaire	concealment and psychological distress. Adaptive perfectionism was associated with higher levels of engagement in preventive health behaviours. Self-concealment was identified as a partial mediator in the relationship between maladaptive perfectionism and both engagement in preventive health behaviours and psychological distress. Significant negative relationship between perfectionism and marital satisfaction. Moreover multiple relationships between forgiveness, perfectionism, intimacy and marital satisfaction.
20	Egan, Vincigue, & Mazzuchelli	2013	222 students (M = 24.45, (SD) = 8.09)	FMPS	Dyadic Adjustment Scale IPIP ²⁵ DASS-21 ²⁶	Perfectionism significantly negatively related to dyadic adjustment.

Perfectionism Scale Used

In total, 9 of the 20 articles used The Multidimensional Perfectionism Scale (*MPS*), 4 articles used Almost Perfect Scale–Revised (*APS-R*), and the other scales that used in these articles were Multidimensional Perfectionism Cognitions Inventory-English (Stoeber et al., 2010), *MSPQ* (Snell, 1997), Frost perfectionism scale *FMPS*, Hill Perfectionism Inventory, Dyadic Almost Perfect Scale (*DAPS*), Positive & negative perfectionism (Terry-Short and et al), Multidimensional Sexual Perfectionism Questionnaire *MSPQ* (Snell & Rigdon, 2001),

²³ . Ahvaz Perfection Scale

²⁴ . Family Forgiveness Scale

²⁵ . International Personality Item Pool (IPIP), 2001

²⁶ . Depression Anxiety Stress Scale

Perfectionistic Self-Presentation Scale (PSPS) Hewitt, Flett, Fehr, Habke, & Fairlie, 1996, *Ahvaz Perfection Scale (APS)* and *SPP* scale from Hewitt and Flett (1991) *Multidimensional Perfectionism Scale* (table 2).

The two measures used mostly for perfectionism are 1) The *Multidimensional Perfectionism Scale (MPS)*; Hewitt & Flett, 1989, 1991a, 1991b) consists of three 15-item subscales measuring other-oriented, Self-oriented, and socially prescribed perfectionism. Participants rate their agreement with these items on a scale ranging from 1 to 7. Hewitt and Flett have reported satisfactory reliability, validity and dimensionality for the MPS for both clinical and nonclinical samples (Hewitt& Flett, 1989, 1991b; Hewitt, Flett, Turnbull-Donovan. & Mikail, 1991) and 2) *Almost Perfect Scale–Revised (APS)*; Slaney et al., 2001). This scale is a self-report inventory containing 23 items designed to measure adaptive and maladaptive components of perfectionism. Participants respond to items utilizing a 7-point Likert-type (from 1 = strongly disagree to 7 = strongly agree). The scale has 3 subscales: (a) High Standards, (b) Discrepancy, and (c) Order.

Evaluation of Articles

The quality of the papers was different, however the majority of them (n=13) was scored 3 or 4 as graded by the 5 factors quality degree (table 3). Three articles (studies 1, 10 and 15) got grade 5, they used all 5 factors evaluations. Six articles got grade 4 because they used only one perfectionism scale and the other articles got grade 3 or under it, they used valid scale and state all information about samples. In four studies that get grade 2 (Gol et al; Stoeber et al; Williams & Cropley; Safarzadeh et al) did not report any information about the sample or validation questioner. The aim factor was clearly stated in all 20 studies.

Table 3.

Evaluation of articles by 5 factors (quality degree 0-5)

	Authors	Factor 1 (Aim)	Factor 2 (Sample)	Factor 3 (Duration)	Factor 4 (Validity or Reliability)	Factor 5 (More than one scale)	Quality degree
1	Mackinnon et al	*	*	*	*	*	5
2	Stoeber	*	*	*	*		4
3	Ashby et al	*	*		*		3
4	Martin & Ashby	*	*		*		3
5	Arjmand et al	*	*	*	*		4
6	Haring et al	*	*	*	*		4
7	Gol et al	*			*		2
8	Mee et al	*	*		*	*	4
9	Sarpoulaki & Kolahi	*	*	*			3
10	Pop & Rusu.	*	*	*	*	*	5
11	Sherry et al	*	*	*	*		4
12	Dimitrovsky et al	*	*	*			3
13	Hoffmann et al	*	*		*		3
14	Stoeber et al	*	*				2

15	Habke et al	*	*	*	*	*	5
16	Flett et al	*	*	*	*		4
17	DiBartolo & Barlow	*	*		*		3
18	Williams & Croypley	*	*				2
19	Safarzadeh et al	*			*		2
20	Egan et al	*	*		*		3

Discussion

This systematic review included 20 studies which are investigated perfectionism and dyadic relationships. Based on previous research, there was a significant relationship between perfectionism and dyadic relationships, the spouses with normal perfectionism have a higher degree of marital satisfaction and spouses with negative perfectionism have a lower degree of marital satisfaction and higher degree of dyadic conflict. The goal of this systematic review was to find the best high-quality studies of perfectionism and dyadic relationships and identify a good and common instrument for evaluation perfectionism in dyadic. In this review, the related articles were described and evaluated based on five factors to assess the complete information for researchers in the future. This systematic review will be helpful to develop intervention strategies in counselling to promote marital wellness.

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