

MURC 2019

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Presentation Format: Poster Presentation

Presentation Title: A Scoping Review on Interventions for Perfectionism in Children and Adolescents

Perfectionism is a pernicious personality style characterized by the intense fear of failure, harsh self-criticism, and excessive high standards for oneself and others. When demands for perfection are not met, perfectionistic individuals will experience abject shame, guilt, distress, and hopelessness. Previous studies have linked childhood perfectionism to a wide range of psychopathological conditions, adjustment difficulties, an increased risk of suicide, and poorer treatment outcomes. Given the clinical relevance of perfectionism in children and adolescents, it is alarming that research on treatment of childhood perfectionism is lacking. As such, we have conducted a scoping review, identifying seven empirical studies that directly examine the treatment of perfectionism in children and adolescents. From our analysis, the treatment methods employed fell into three categories: Cognitive Therapy (CT), Cognitive Behavioural Therapy (CBT), and Adlerian Play Therapy (AdPT). CT and CBT were found to be effective in decreasing self-oriented perfectionism (demands for the self to be perfect), but were generally less effective in reducing socially-prescribed perfectionism (the perception that others demand perfection from the self). On the other hand, the effectiveness of AdPT in the treatment of perfectionism was not strongly supported, and the studies using AdPT had limited generalizability. Although CT and CBT show preliminary evidence for treatment of perfectionism in children and adolescents, further research is needed to replicate such findings to develop evidence-based interventions. Additionally, future investigation into the effectiveness of various forms of therapy (i.e., individual, group, or family-based) can shed light on the implications for best-practices in treating childhood perfectionism.

Commented [C11]: Could you elaborate on what this review is? Not everyone may know the term

Commented [C12]: Good clarification of the difference

Themes:

Check (highlight) the most applicable theme according to the abstract.

<input type="checkbox"/> Innovation and Technology	<input type="checkbox"/> Health and Wellness	<input checked="" type="checkbox"/> Individual and Society	<input type="checkbox"/> Sustainability and Conservation
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Comments: Interesting research and well written abstract! You provided a good background/context for this research before clearly articulating method and results.