



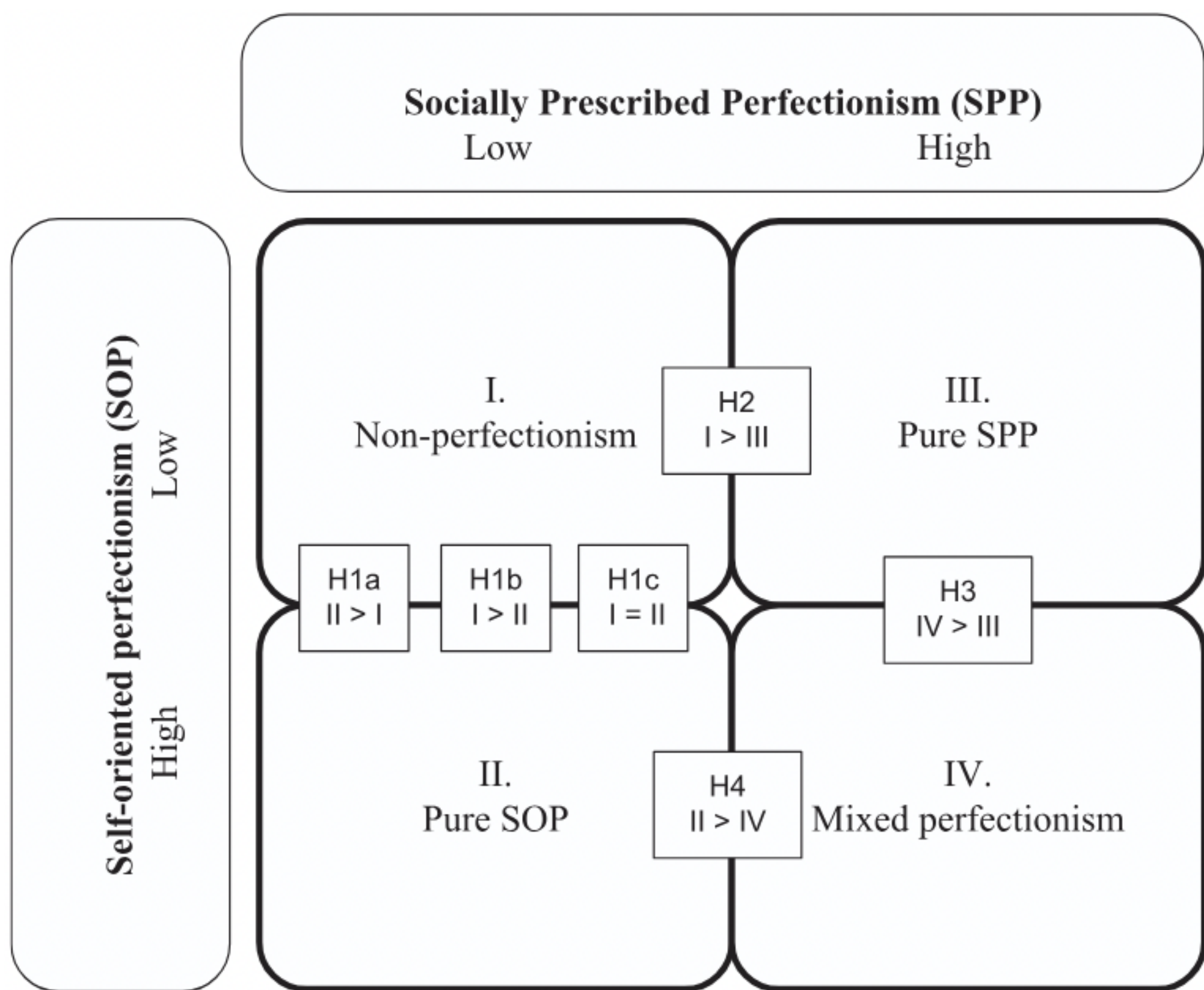
A CONDITIONAL PROCESS MODEL OF PERFECTIONISM, COMPASSION, WELLBEING, AND COPING IN FILIPINO UNIVERSITY STUDENTS

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BACKGROUND

- Perfectionism is considered a multidimensional trait (Hewitt & Flett, 1991).
 - Self-oriented perfectionism (SOP)** is the perception that one must meet high unrealistic standards for oneself.
 - Socially prescribed perfectionism (SPP)** is the perception that others impose high unrealistic standards on the person.
- In the **2 × 2 Model of Perfectionism**, Gaudreau and Thompson (2010) proposed that perfectionism subtypes, based on varying levels of SOP and SPP, can be compared to assess their effects on adjustment.



H = hypothesis. > denotes higher scores on positively valenced outcomes (better adjustment). = denotes equivalent scores.
Figure from Gaudreau (2015).

OBJECTIVE

- To test if the relationships between perfectionism subtypes and wellbeing and coping outcomes are mediated by compassion-related variables among Filipino university students

METHODOLOGY

- A total of **701 Filipino university students** ($M_{age} = 21.22$; $SD_{age} = 1.94$; 68% female) completed a cross-sectional questionnaire.
- The questionnaire included measures of **perfectionism, wellbeing, coping***, and **compassion-related variables**.
 - Short version of the Multidimensional Perfectionism Scale (Cox et al., 2002)
 - 10-item Perceived Stress Scale (Cohen & Williamson, 1988)
 - Satisfaction with Life Scale (Diener et al., 1985)
 - Scale of Positive and Negative Experience (Diener et al., 2010)
 - Brief COPE (Carver, 1997)
 - Self-compassion Scale - Short Form (Raes et al., 2011)
 - The Compassion Scale (Pommier et al., 2019)
 - Fear of Compassion scales (Gilbert et al., 2011)

*Coping strategies identified through EFA (Tan et al., 2026) include social support, active coping, substance use, avoidance coping, religion, humor, denial, positive cognitive restructuring, and venting.

- Data analysis:** Separate conditional process analyses (moderated mediation) were conducted for each mediator and outcome using the PROCESS macro (Model 59) in SPSS Statistics (Hayes, 2017), with 5,000 bootstrap samples.

RESULTS AND DISCUSSION

- Two moderated mediations were statistically significant.**
 - Subtypes with high SPP were associated with more negative affect than subtypes with low SPP because of high fear of compassion from others.
 - Mixed perfectionism was associated with less use of religion than pure SOP because of high fear of self-compassion.

SPP → Fear of compassion from others → Negative affect					
SOP	Effect	BootSE	BootLLCI	BootULCI	
3.0264	.0523	.0157	.0243	.0858	H2 supported
4.3637	.0742	.0124	.0507	.0994	
5.7009	.0963	.0179	.0631	.1319	H4 supported
Pairwise contrasts between conditional indirect effects (Effect1 minus Effect2)					
Effect1	Effect2	Contrast	BootSE	BootLLCI	BootULCI
.0742	.0523	.0219	.0109	.0002	.0424
.0963	.0523	.0440	.0231	-.0005	.0894
.0963	.0742	.0221	.0124	-.0011	.0472

SPP → Fear of self-compassion → Religion					
SOP	Effect	BootSE	BootLLCI	BootULCI	
3.0264	-.0231	.0210	-.0622	.0191	
4.3637	-.0546	.0165	-.0868	-.0226	
5.7009	-.0902	.0230	-.1368	-.0455	H4 supported
Pairwise contrasts between conditional indirect effects (Effect1 minus Effect2)					
Effect1	Effect2	Contrast	BootSE	BootLLCI	BootULCI
-.0546	-.0231	-.0315	.0135	-.0588	-.0060
-.0902	-.0231	-.0672	.0289	-.1255	-.0114
-.0902	-.0546	-.0357	.0157	-.0683	-.0056

N = 677 (after removing outliers). If a confidence interval does not include the value of 0, then it confirms the presence of the moderation mediation (Hayes, 2015; 2018).

- Due to their **sensitivity to social threats** (Neff, 2023), students high in SPP may fear receiving compassion from others and struggle to show it to themselves, leading to poorer wellbeing and less use of effective coping.
- Practitioners can offer compassion-related interventions that promote **social safeness**, allowing students to experience a kind and supportive environment (Best et al., 2021).