

CORRELATION BETWEEN DEPRESSION AND PERFECTIONISM IN IRANIAN STUDENTS

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Introduction: Perfectionism is the irrational belief that people have towards their surroundings. Depression is one of the outputs of extreme perfectionism.

Objectives: To evaluate the correlation between depression and perfectionism.

Aims: This study aimed to determine the relationship between depression and perfectionism in students of Ilam University of medical sciences.

Methods: 200 individual of students of Ilam University of Medical Sciences, during a descriptive-analytical study with classified sampling were studied. Collecting data was conducted by use the Frost Perfectionism Multidimensional Scale (FMPS) and Beck Depression Inventory. Reliability of questionnaire with 87% Alpha coefficient was confirmed. FMPS questionnaire have a 6 domains. Collected data using SPSS18 software and the Mann-Whitney and Kruskal-Wallis test were analyzed.

Results: No significant relationship was found between gender, major, semester and faculty with depression score, while there was a significant relationship between sex with some perfectionism domains ($p < 0.01$). There was a significant correlation between depression with parental criticism ($p=0.05$, $r=0.134$) and Concern Over Mistakes ($P=0.004$, $r=0.201$).

Conclusions: Depression was significantly correlated to some domains of perfectionism.