

Abstract

The present study observed the relationship between self-oriented perfectionism and task performance, and how that relationship was moderated by trait anxiety. The sample consisted of 205 undergraduate psychology students enrolled at a large, southeastern university. It was expected that a high level of trait anxiety interacting with a high level of self-oriented perfectionism would result in decreased performance. The idea behind this prediction was that the concern for failure that is characteristic of self-oriented perfectionism combined with trait anxiety would significantly reduce performance. The results did not support a significant moderating effect of trait anxiety, but did provide further support for trait anxiety being a detriment to task performance. The implications of this study included further justification for evaluating individual levels of trait anxiety when performance is of interest, and also provided ideas for future research regarding the self-oriented perfectionism-performance relationship.