

P-128 - PERFECTIONISM IN SOCIAL ANXIETY DISORDER: GENDER DIFFERENCES

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Background: Social anxiety disorder (SAD) is a common anxiety disorder with a life-time prevalence around 7-10%. Perfectionism is a personality construct defined as the setting of high standards paired with overly critical self-evaluation in pursuit of those standards. Although perfectionism has generally been associated with several forms of psychopathology, research in social anxiety has received less attention.

Objective: To explore the relationship between perfectionism and SAD.

Method: A cross-sectional survey of 571 university students was designed. We analysed the association between perfectionism components (*concern over mistakes, personal standards, parental expectations, parental criticism, doubt about actions and organisation*) and SAD with the Frost Multidimensional Perfectionism Scale (FMPS) and the Liebowitz Social Anxiety Scale (LSAS). SAD diagnostic was confirmed using the Structured Clinical Interview for DSM-IV-Axis-I.

Results: Twelve percent of the sample had SAD, with no gender differences. For both sex, the prevalence of *high-perfectionism* (FMPS total) was higher in SAD than in control group ($p < 0.001$). Specifically, *high-concern over mistakes* and *high-doubt about actions* was associated to SAD in both gender whereas *high-parental criticism* was associated to SAD only in women. After controlling for age and personal psychiatric history, only *high-concern over mistakes* was associated with an increased risk of SAD (OR=3.41;95%CI=1.56-7.46) in women.

Conclusions: This study supports the association between SAD and perfectionism specifically with the *high-concern over mistakes* component in women.

References: Gelabert, Garcia-Esteve, Martín-Santos, Gutiérrez, Torres, Subirà. Psychometric properties of the Spanish version of the Frost Multidimensional Perfectionism Scale in women. *Psicothema* 2011;23:140-5.

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