

Abstract

Perfectionistic self-presentation is a stylistic aspect of perfectionism with the desire to present a 'perfect self' and has significant impact on emotional and social well-being. The purpose of the study was to investigate the role of perfectionistic self presentation by assessing its relationship with experience of anxiety, depression and body dissatisfaction among university students. The study examined a sample of 500 males and 500 females enrolled in a four year undergraduate program. Results indicated that perfectionistic self-presentation facets were significantly correlated with anxiety, depression and body dissatisfaction in female participants whereas, there was no correlation between perfectionistic self-presentation and experience of depression in male participants but anxiety was significantly higher than females. Findings also indicated that females with higher perfectionistic self-presentation experienced more body dissatisfaction in comparison to male participants. Moreover, two mediation models were tested to see the relationship between perfectionistic self-presentation and body dissatisfaction using anxiety and depression as mediators. Using regression analysis, results suggested that there was a significant change in relationship between perfectionistic self-presentation and body dissatisfaction after adding the mediator. The study provided evidence that individuals who display high perfectionistic-self presentation are particularly vulnerable to anxiety, depression and body dissatisfaction. The current study will highlight directions for future research and implications for reducing perfectionistic self-presentation which is a cause of psychological distress.

Keywords: Perfectionistic self-presentation, anxiety, depression, body dissatisfaction, psychological distress.