

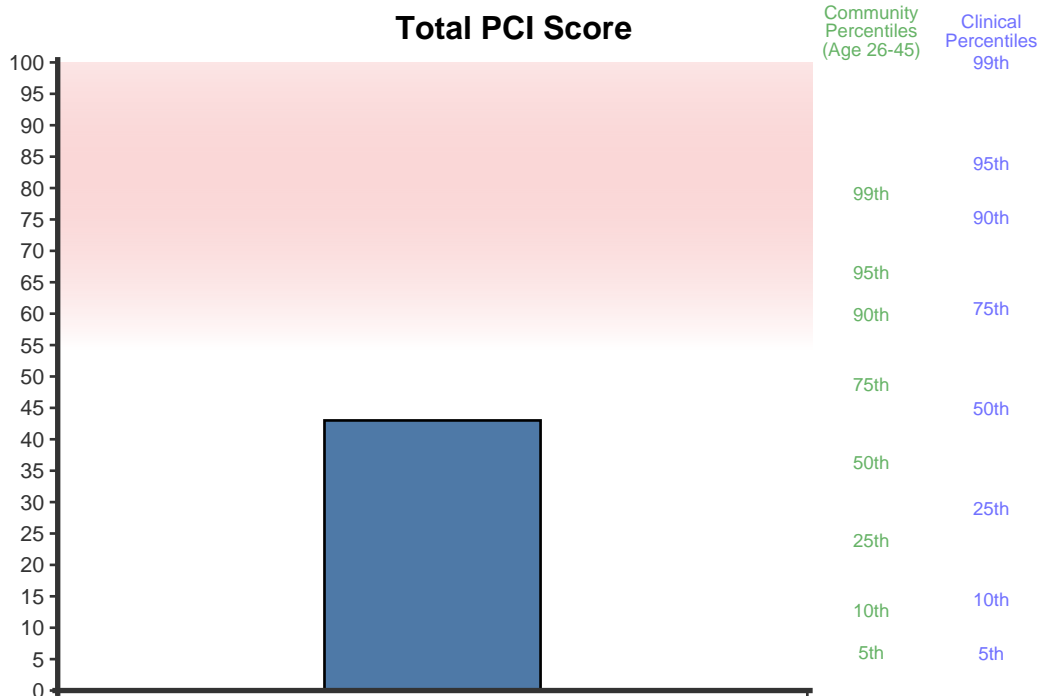


Perfectionistic Cognitions Inventory (PCI)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	29 Aug 2025
<i>Date of birth (age)</i>	1 Jan 1990 (35)	<i>Time taken</i>	16s
<i>Assessor</i>	Dr Simon Baker		

Results

	Raw Score (0-100)	Community Percentile (Age 26-45)	Clinical Percentile
Total PCI	43	64	47



Scoring and Interpretation Information

For comprehensive information on the Perfectionistic Cognitions Inventory (PCI), [see here](#).

The Perfectionistic Cognitions Inventory (PCI) yields a total score ranging from 0 to 100, with higher scores indicating greater frequency of perfectionistic cognitions.

Percentiles are provided based on normative data from community and clinical samples to contextualise the respondent's score. A score on the 50th percentile relative to the community sample represents typical levels of perfectionistic thinking. Scores on or above the 85th percentile suggest clinically elevated perfectionistic cognitions.

The clinical percentile indicates how the respondent's score compares to people in psychiatric care, who typically report more frequent perfectionistic thoughts, and thus clinical percentiles will



Client Name | Generic Client

generally be lower than community percentiles for the same raw score.

When interpreting results, it is important to consider that perfectionistic cognitions represent one component of the broader perfectionism construct. Elevated scores suggest the respondent is experiencing frequent automatic thoughts about perfection that may contribute to or maintain psychological distress. These cognitive patterns may be addressed through interventions targeting perfectionistic thinking patterns and the underlying beliefs that maintain them, such as cognitive-behavioural therapy (CBT).

Client Responses

		Not At All	Sometimes	Moderately Often	Often	All of the time
1	Why can't I be perfect	0	1	2	3	4
2	I need to do better	0	1	2	3	4
3	I should be perfect	0	1	2	3	4
4	I should never make the same mistake twice	0	1	2	3	4
5	I've got to keep working on my goals	0	1	2	3	4
6	I have to be the best	0	1	2	3	4
7	I should be doing more	0	1	2	3	4
8	I can't stand to make mistakes	0	1	2	3	4
9	I have to work hard all the time	0	1	2	3	4
10	No matter how much I do, it's never enough	0	1	2	3	4
11	People expect me to be perfect	0	1	2	3	4
12	I must be efficient at all times	0	1	2	3	4
13	My goals are very high	0	1	2	3	4
14	I can always do better, even if things are almost perfect	0	1	2	3	4
15	I expect to be perfect	0	1	2	3	4



Client Name | Generic Client

Client Responses (cont.)

		Not At All	Sometimes	Moderately Often	Often	All of the time
16	Why can't things be perfect?	0	1	2	3	4
17	My work has to be superior	0	1	2	3	4
18	It would be great if everything in my life was perfect	0	1	2	3	4
19	My work should be flawless	0	1	2	3	4
20	Things are seldom ideal	0	1	2	3	4
21	How well am I doing?	0	1	2	3	4
22	I can't do this perfectly	0	1	2	3	4
23	I certainly have high standards	0	1	2	3	4
24	Maybe I should lower my goals	0	1	2	3	4
25	I am too much of a perfectionist	0	1	2	3	4