

PERFECTIONISM, SELF ESTEEM AND DEPRESSION IN A PORTUGUESE SAMPLE OF ADOLESCENTS

C. Bento¹, A.T. Pereira², M. Marques^{2,3}, J. Saraiva¹, A. Macedo²

¹Clínica Universitária de Pediatria, ²Serviço de Psicologia Médica, Faculdade de Medicina da Universidade de Coimbra,

³Miguel Torga Higher Institute, Coimbra, Portugal

Introduction: In adolescents, Socially Prescribed Perfectionism/SPP has been consistently associated with depression. Findings on Self-Oriented-Perfectionism/SOP and depression are equivocal. Self esteem/SE has been found to play a significant role between SPP and depression.

Objective: To analyse the relationship between perfectionism, SE and depression in a Portuguese adolescents sample.

Method: 963 adolescents (59.2% girls), aged 15.80 ± 1.510 answered the Portuguese versions of the Children Depression Inventory/CDI, Rosenberg Self-Esteem Scale and Child and Adolescent Perfectionism Scale.

Results: CDI and SE mean scores were significantly different between genders (CDI-Girls: 10.84 ± 6.025 vs. Boys: 8.90 ± 6.477 ; SE- Girls: 20.11 ± 4.953 vs. Boys: 20.48 ± 4.856 ; $p < .001$). SOP was not significantly correlated with CDI and SE in both genders. In both genders SPP was positive correlated with CDI and negatively correlated with RSES ($r = .20$, $p < .01$). RSES was negative correlated with CDI (Girls, $r = -.70$; Boys, $r = -.63$; $p < .01$). Girls with high SPP ($>M+1SD$) had CDI total mean scores significantly higher than girls with low SPP ($<M-1SD$) (12.61 ± 6.79 vs 9.75 ± 5.24 , $p = .003$). Gils and boys with high SE vs. low SE had significantly higher CDI total mean scores (Girls: 18.49 ± 5.98 vs. 4.91 ± 3.05 ; Boys: 17.02 ± 7.65 vs. 5.80 ± 5.62 ; $p < .001$). Linear regression showed that the model composed by SPP and RSES explained 49.5% of the CDI variance in girls and 40.0% in boys ($p < .001$). In both genders, SPP and SE were significant CDI predictors ($p < .05$). The mediation analysis revealed that in the Girls sub-sample SE partially mediated the relationship between SPP and CDI (IC 95% .036-.126).

Conclusions: High SPP and low SE are associated with depression in adolescence.