

**THE COST OF INNER CRITIQUE ON WELL-BEING: A
MEDIATIONAL MODEL OF PERFECTIONISM**

A thesis submitted in the partial fulfilment of the requirement for the degree of

MASTER OF ARTS IN PSYCHOLOGY

Submitted By

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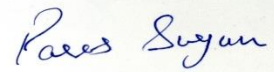
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Abstract

The present study focuses on how self-critical rumination affects our psychological well-being and how perfectionism works as a mediator between them. self-critical rumination and psychological wellbeing are negatively correlated and perfectionism and psychological well-being are negatively associated. There were (104) participants within the age range of 18 to 30. There were three scales used for this study. Self-Critical rumination Scale was developed by Smart et al., (2016) was used to measure self-critical rumination. Psychological Wellbeing (18 items) scale by Ryff (1995), A shorter version of the original scale of psychological wellbeing scale, was used. It has five sub scale. BTPS-SF Feher et al., (2019), a short form of the original scale of the big three perfectionism scale was used to evaluate perfectionism. It has three sub scale. Results of this study showed a significant partial mediation that self-critical rumination affects psychological wellbeing and perfectionism working as a mediator between self-critical rumination and psychological wellbeing.

CERTIFICATE

This is to certify that the thesis entitled, 'THE COST OF INNER CRITIQUE ON WELL-BEING: A MEDIATIONAL MODEL OF PERFECTIONISM' is being submitted in partial fulfilment of requirements for the award the of the degree of Master of Arts in Psychology, presented in the Thapar School of Liberal Arts & Sciences, Thapar Institute of Engineering and Technology, Patiala is a bonfide work carried out under the supervision of Dr. Amanpreet Kaur Assistant Professor, Thapar School of Liberal Arts & Sciences, Thapar Institute of Engineering and Technology, Patiala and that no part of this project has been submitted for the award of any other degree.



(PARAS SURJAN)

This is to certify that the above statement made by the student concerned is correct and true to the best of my knowledge.



Dr. Amanpreet Kaur

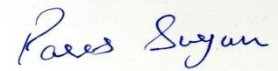
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CANDIDATE'S DECLARATION

I hereby declare that the work presented in this thesis entitled, 'THE COST OF INNER CRITIQUE ON WELL-BEING: A MEDIATIONAL MODEL OF PERFECTIONISM' submitted in partial fulfilment of requirements for the award the of the degree Master of Arts in Psychology, presented in the Thapar School of Liberal Arts & Sciences, Thapar Institute of Engineering and Technology, Patiala, is an authentic record of my work carried out under the supervision and guidance of Dr. Amanpreet Kaur, Assistant Professor, Thapar School of Liberal Arts & Sciences, Thapar Institute of Engineering and Technology, Patiala and refers other researchers' work which are duly listed in the reference section.

The matter embodied in this thesis has not formed the basis for awarding any other degree at this or any other university.



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This is to certify that the above statement made by the student concerned is correct and true to the best of my knowledge.

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Chapter-1

1.1 Introduction

There have been a lot of research studies on self-critical rumination and psychological wellbeing. Self-critical rumination is when you focus on the negative aspects of the past and you always sulk on those things. It can be seen that persistent negative evaluations about one own self when one's own expectations and standard are not met. It is a kind of self-criticism that eventually leads to lower self-esteem (Fearn et al., 2021). It has been concluded that the high levels of self-criticism will lead to low self-esteem that shows a negative correlation in these two variables (Dunkley & Grilo, 2007; Grzegorek et al., 2004; Heimpel et al., 2002).

Rumination is a maladaptive thinking style about one thing and consistently thinking about it. Rumination is a thinking style in which the person thinking is repetitive and maladaptive about one's own distress (Treynor et al., 2003).

1.2 Self-critical rumination

In this study we are focusing on self-critical rumination, is giving continuous attention to one's own self-critical thoughts and consistently thinking about the same thing about oneself. This has nothing to do with problem solving or doing something to deal with one's problems (Smart et al., 2016). Self-critical rumination is that focuses on persistent negative thoughts is called self-critical rumination. Self-critical rumination is currently a new variable in psychology. There are only a few studies on self-critical rumination. It has been concluded in previous studies that self-critical rumination is predicts self-esteem, self-criticism, depression and anxiety (Kolubinski et al., 2019). This indicates that self-critical rumination negatively impacts our psychological well-being.

We should not confuse between these two, self-reflection and self-critical rumination. Both seems to be similar but they are not because self-reflection is a predictor of knowledge of oneself and enhances a person's mental health (Takano et al., 2008). Previous researches have concluded that self-rumination is negatively associate with a person taking new perspective and it has a positive relationship with stress (Joireman et al., 2002).

Others studies also suggest the same that thinking which is focused on oneself can be adaptive or maladaptive. In line with Trapnell and Campbell (1999), current studies have concluded that giving focused attention to oneself and thinking repetitively can be adaptive or maladaptive (Watkins, 2008). Self-critical rumination is considered to be a depressive thinking style which can make a person gloomy or highly anxious (Trapnell & Campbell, 1999; Treynor et al., 2003). There have been studies about self-critical rumination highly associated with higher level of depression (Trapnell & Campbell, 1999). This indicates to the idea that self-critical rumination has maladaptive functions.

Just to differentiate between these two variables, self-reflection and self-critical rumination, a study was conducted by Takano and Tanno (2008), they concluded that self-reflection is a predictor of self-critical rumination but that does not mean that self-critical rumination is a predictor of self-reflection. Another finding of this study, that there is no relation between depression and self-reflection but there is a relation between self-critical rumination and depression. There have been previous studies that shows self-rumination is a predictor of depressive symptoms in an individual (Morrow, 1991). Self-reflection is a kind of cognitive thinking style which is helpful in solving a person's problems and regulating one's depressive mood but only if self-critical rumination is not present (Joormann et al., 2006).

There has been a study to explore that self-critical rumination predicts self-handicapping behavior (Manav & Temel, 2024). Self-handicapping, a person creates a verbal and behavioral difficulties own their own to their performance which impacts their well-being psychologically.

There has been study that explore that if the individual's childhood experiences were adverse or traumatic there are higher chances that the individual will be prone to stress. And he/she will self-critically ruminate a lot when he/she is adult (Birni et al., 2024). Adverse traumatic childhood experiences will lead to higher level of self-critical rumination.

1.3 Perfectionism

Perfectionism is a maladaptive cognitive style. Stoeber et al., (2010) defined perfectionism can be understood as the drive to achieve exceptionally high standards, characterized by a persistent pursuit of flawlessness and a desire for superiority. There can be two types of perfectionists also, adaptive and maladaptive. Adaptive perfectionist uses their trait to be close to their ideal self as they challenge themselves to be better day by day on the other hand the maladaptive perfectionist tends to be overreact even if they achieve their goals they want more and if they fail at something it is a disaster (Kearns et al., 2008; Circir et al., 2024). A cognitive perspective tells us that cognitions that are related to expectations are related to a person evaluating himself with unrealistic standard that they have set for themselves (Neshat et al., 2023).

Some people think that perfectionism will help them to achieve their goals. However, perfectionism has negative outcomes, if perfectionism is maladaptive, it will have negative impact on the person. It involves setting abnormally high standards on oneself. Abnormal is when

perfectionist view themselves as never seeming to meet their own high standards (Kearns et al., 2008).

There has been a study on students who were high on perfectionism also concluded that higher perfectionism led to lower psychological well-being. This study was conducted on Romanian students on perfectionism and academic performance and psychological wellbeing. The results showed that perfectionism was negatively associated psychological well-being and psychological well-being is positively associated with academic performance (Maria & Stan, 2021)

Further if we talk about adaptive perfectionists, they always try to set realistic standards for themselves and they are always positive about it but it is not same with maladaptive perfectionist, they try to set unrealistic boundaries for themselves and try to suppress themselves by achieving goals (Circir et al., 2024). Setting high standards for yourself is distressing which affects the psychological well-being (Circir et al., 2024). A study in India suggests that positive perfectionism will lead to low level of depression and negative perfectionism will lead to higher level of depression (Anand & Nagle, 2016)

Another study conducted in Australian university suggested that high level of perfectionism is positively correlated with psychological distress. The result showed that high level in perfectionism will lead to high score on psychological distress (Schweitzer et al., 2002).

1.4 Psychological Well-being

Psychological Well-being is, an individual gaining insight about one self and there is self-actualization. A person is functioning optimally psychologically is considered to be psychological well-being (Waterman, 1993). Psychological wellbeing is individual's overall positive attitude

towards oneself and hi/her life. It is an ability to fully utilize potential of oneself and self-actualization. It is developing a positive outlook towards life. It is giving a meaning to one's life and experiencing satisfaction and contentment in one's life and in relationship with others (Circir et al., 2024).

Psychological well-being can be determined by the interpersonal relationship a person have with others. A person who scores higher on perfectionism would score lower on well-being. There have been studies to explore this that if a person scores higher on perfection will lead to lower psychological well-being (Schweitzer et al., 2002). If a person's psychological well-being is higher it can increase their cognitive flexibility and it has been studied, this study concluded that psychological well-being will increase cognitive flexibility (Circir et al., 2024).

Psychological well-being is considered to be happiness in a person that can be further classified in eudaimonism, it is considered to be self-realization it means a person living accordance to his true self. This can further refer to as daimon it means a person living his/her life that he or she is capable of. Hedonic enjoyment is associated with contentment and when a person forgets his problems and also when he or she feels relaxed (Alan & Waterman, 1992).

Chapter 2: Review of literature

2.1 Self-critical rumination and psychological well-being

The first study by Birni et al., (2024) focuses on how self-critical rumination plays a major role in maladaptive thinking style which affects a person's perception about oneself. This study concluded that self-criticism is a mentally harming your own self that led to making a person stressful and higher level of stress will lead to a negative effect on psychological well-being. Because in this study researchers focused on adverse childhood traumatic experiences making a child prone to stress. This will lead a child to self critically ruminate and this has a negative relation with psychological well-being. Parents overly criticizing their children will eventually make their children prone to stress. This indicates that children who have gone through a lot of traumatic experiences will lead to maladaptive cognitive processes. In this study, the researchers used convenience sampling. There were 450 participants in this study. They were studying the impact of childhood experiences and self-criticism on adult's psychological wellbeing. They wanted to highlight the mediator role of psychological flexibility. Their hypothesis was that psychological flexibility plays a mediator role in between mental health and childhood experiences. The study also concluded that self-critical rumination as a mediator in the model which further supported their hypotheses

Another study which shows that self-critical rumination associated with psychological well-being is conducted on 351 participants within the age range of 18 to 65. It was a correlational study. The major objective of this study was to see if there is any relation between self-handicapping behavior and self-critical rumination and metacognition beliefs and perfectionism. They concluded that self-

critical rumination is a predictor of self-handicapping behavior. Self-handicapping is creating verbal and behavioral obstacles own their performance which impacts their psychological well-being (Manav et al., 2024).

Another study conducted on 347 participants within the age range of 18 to 95. This study explores the relation between self-critical rumination and associated metacognition with the mediating role of perfectionism and self-esteem. The results of the study were significant which suggest that self-esteem was negatively associated perfectionism and self-critical rumination (Fearn et al., 2021).

Another study was conducted at university of Tokyo the participants were 123 undergraduates for initial assessment and 111 undergraduates for second assessment. The study tried to explore the relation between self-reflection and self-rumination and to see if these two variables have any relation with depression. The major findings of this study are that self-reflection associated with depression negatively however, self-critical rumination is correlated with depression positively (Takano & Tanno, 2008).

According to the literature provided, self-critical rumination will be associated with psychological wellbeing (H1)

2.2 Self-critical rumination and perfectionism

The second literature focuses on self-handicapping behavior influence perfectionism and self-critical rumination. Previous studies by Manav et al., (2024) on perfectionism have suggested that perfectionist people are related to self-critical rumination. The study focuses to explore the relationship self-handicapping behavior which affects other variables perfectionism and self-critical rumination. This study used correlational design to explore these relations There was no

manipulation between variables or any influence. The participants in the study were 352 and the participants volunteered for this study. The age range of the participants were 18 to 64. The results were significant they found that self-critical rumination was positively correlated with perfectionism and self-handicapping.

A study was conducted in India, with 281 participants within the age range of 18 to 24 by Anand and Nagle (2016) They explored the relation between psychological well-being and perfectionism in college students. They found that participants with higher self-oriented perfectionism have a positive relation with psychological wellbeing. Their findings were in the line of previous studies they suggest that negative perfectionism will lead to distress which suggest that they ruminate on their own failures.

The given literature indicate that self-critical rumination will be positively associated with perfectionism (H2).

2.3 Perfectionism and psychological wellbeing

Perfectionist tend to set higher standards for themselves which eventually led to higher stress as they can't always fulfill their own expectations (Circir et al., 2024). There was a study on students from Romanian university to explore the relation of these two variables, perfectionism and psychological wellbeing. There were 362 students. The aim of this study was to see the relationships between university students' perfectionism, psychological wellbeing and academic performance. They found that maladaptive perfectionism negatively correlates with perfectionism. Psychological well-being positively correlates with academic performance (Stan & Maria, 2024).

A study was conducted in India, with 281 participants within the age range of 18 to 24 by Anand and Nagle (2016). They explored the association between perfectionism and psychological well-being in college students. They found that self-oriented perfectionism is positively correlated with psychological well-being. They also found that low socially prescribed perfectionism will lead to psychological well-being.

A study was conducted by Schweitzer et al., (2002) in university of Australia. Students participated in this study was 405. The aim was to explore the relationship between perfectionism and psychological distress they were facing. They found that increased perfectionism will lead to increased psychological distress.

The given literature indicates that perfectionism will be associated with psychological well-being.
(H3).

Chapter 3: Objective and Hypotheses

3.1 Objective:

1. The aim of this to explore the relationship between self-critical rumination and psychological well-being.
2. This study explores the mediational role of perfectionism between self-critical rumination and psychological well-being

3.2 Hypotheses:

H1: Self-critical rumination will be negatively associated with psychological wellbeing.

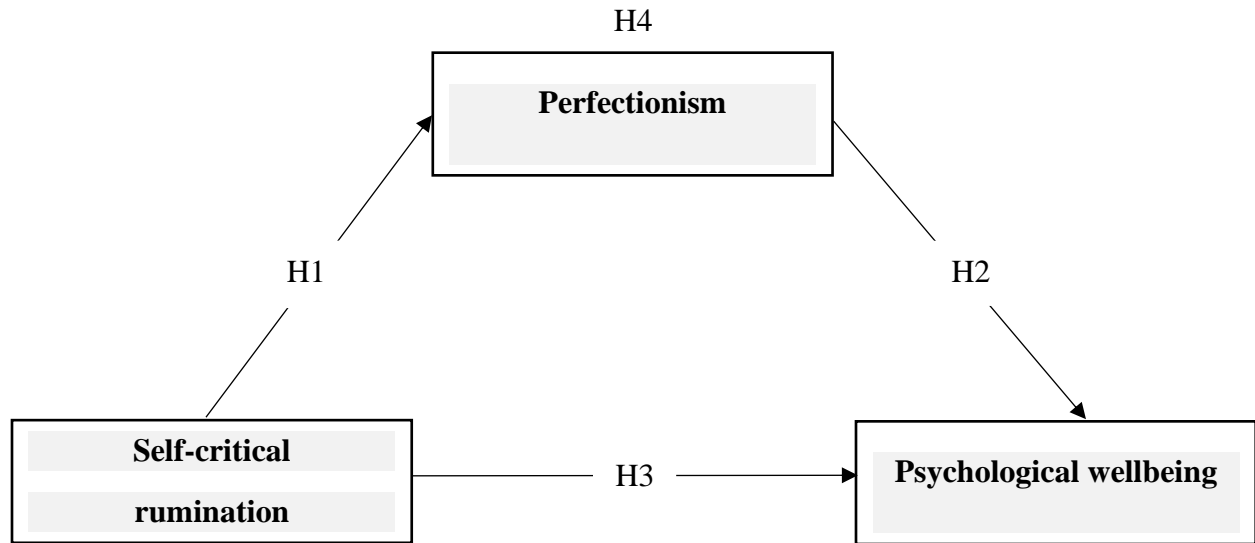
H2: Self-critical rumination will be positively associated with perfectionism.

H3: Perfectionism will be negatively associated with psychological wellbeing.

H4: Perfectionism will be working as mediator between Self-critical rumination and psychological wellbeing.

3.3 Conceptual model

Figure 1: Conceptual model



Chapter 4: Methodology

4.1 Sample:

This study was conducted on 104 participants. The age range was from 18 to 30.

4.2 Design:

Correlation designed was used to test all hypotheses. Mediation analysis was used to test the hypotheses to see mediational role of perfectionism between self-critical rumination and psychological well-being.

4.3 Variable:

Independent variable: Self-critical rumination

Mediator: Perfectionism

Dependent variable: Psychological wellbeing

4.4 Tools used:

Self-Critical Rumination Scale

This questionnaire was designed by (Smart et al., 2016). It is a 10-item questionnaire designed to measure the extent to which individuals ruminate on self-critical thoughts, particularly those related to perceived flaws, failures, and overall inadequacy. It helps differentiate this type of rumination from other forms, like depressive or anxious rumination, that focuses on different aspects of negative thinking. It has 10 item questions. The Self-critical rumination scale uses a Likert scale which scores ranges from 1 to 4 (1 = not at all, 2 = a little, 3 = moderately, 4 = very much) which help to assess the frequency and intensity of self-critical ruminative thoughts. Higher scores indicate that a person is thinking continuously and persistently maladaptively is high in self-critical rumination.

Psychological wellbeing scale shorter version

This questionnaire was designed by (Ryff et al., 1995). The Ryff Psychological Well-Being Scale has a shorter, 18-item version that assesses six dimensions of psychological well-being which are self-acceptance, positive relation with others, autonomy, environmental mastery, purpose in life, and personal growth. This scale is designed to be a more concise tool for measuring psychological well-being while still capturing the key aspects of the construct. This shortened version's subscales have good correlation with its corresponding sub scales in the original scales which has 120 items.

Perfectionism scale

The BTPS-SF, is a short version of the original Big Three Perfectionism Scale, which was developed (Feher et al., 2019). The BTPS-SF contain a 16-item questions which is designed to assess perfectionism in individuals. It measures three dimensions of perfectionism which are rigid perfectionism, self-critical perfectionism, and narcissistic perfectionism. This scale is a Likert scale which scores ranges from 1 to 5 and the responses are from completely disagree to completely agree which help to evaluate the responses of the participants.

CHAPTER 5: RESULTS

5.1 Descriptive Statistics

Table no :1

	N	Mean	Std. deviation
Self-critical rumination	104	25.71	7.200
Perfectionism	104	48.62	14.059
Psychological well-being	104	86.85	12.758

This table presents the mean and standard deviation of all variables measured in this study: self-critical rumination, perfectionism and psychological well-being. The sample size is 104 participants. The mean score for self-critical rumination is 25.71 (SD =7.20) suggesting moderate level of self-critical rumination. The mean score of perfection is 48.62 (SD = 14.05) suggesting moderate level of perfectionism. The mean score of psychological well-being is 86.85 (SD = 12.75) which suggest higher level of psychological well-being.

5.2 Preliminary analysis

Respondent misconduct

All the questionnaires were checked thoroughly to see any respondent misconduct to see if the responses are inconsistent or any unreasonable answer pattern. To check the variability in responses it was examined through calculation of standard deviation of each participants score. All participants had a standard deviation greater than 0.25. There were some cases in which participants standard deviation was below 0.25 but after checking the responses of participants it was determined that the responses were congruent with the data set. So, concluding there is no respondent misconduct and the data set was computed on main analysis (Collier, 2020).

Outliers

An analysis was run in SPSS to check if there are any outliers in the present study using box plot method (Tukey, 1977). Before the main analysis the data set was checked for any wrong information using boxplots. After this it was determined that there are no outliers with the visual inspection of boxplot it confirmed that there are no extreme values were present. Thus, the finding suggests that there are no outliers in the data set and it is verified as a result the data is usable for the further analysis.

5.3 Kurtosis and Skewness

Table no: 2

	Skewness		Kurtosis	
		Std. error of skewness		Std. error of kurtosis
Self-critical rumination	.143	.237	-.890	.469
Perfectionism	.073	.237	-.586	.469
Psychological well-being	-0.30	.237	-.657	.469

Table 2 shows the skewness and kurtosis values, along with their standard errors, for psychological well-being, perfectionism and self-critical rumination. The skewness of psychological well-being is -0.30. The skewness of perfectionism is 0.073. The skewness for self-critical rumination is 0.143. The kurtosis of psychological wellbeing is -0.657 and for perfectionism is -.586 and for self-critical rumination is -.890. The range of skewness is -2 and +2 and the range of kurtosis is -7 and +7 is considered acceptable. Our results come under the acceptable range for kurtosis given by (George & Mallery, 2010) Also, Hair et al., (2010) gave the acceptable range for skewness as -2 to +2 and Bryne (2010) argued that data can be considered normal if the data lies in the range of -7 to +7 for Kurtosis.

5.5 Main analysis

Correlational analysis

Table no: 3

	Psychological well-being	Perfectionism	Self-critical rumination
Psychological well-being	1		
Perfectionism	-.543**	1	
Self-critical rumination	-.470**	.622**	1

Correlation is significant at the level 0.01 level

The provided table displays correlation between psychological well-being, perfectionism and self-critical rumination and the p value is 0.01. The correlation between psychological well-being and perfectionism is -.543 which indicates negative and significant relationship. This result shows that perfectionism is negatively created with psychological well-being.

The correlation between psychological well-being and self-critical rumination is -.470 which indicates negative and significant relationship. This conclude that self-critical rumination is negatively associate with psychological well-being.

The correlation between perfectionism and self-critical rumination is .622 which indicates a positive and significant relationship. This concludes that perfectionism and self-critical rumination are positively correlated.

5.6 Regression analysis

Table no: 4

Model	Unstandardized		Standardized		
	coefficients		coefficient		
	B	Std. error	Beta	t	Adjusted r
Constant	114.699	4.209		27.251	.310
Self-critical rumination	-.382	.185	-.216	-2.063	
Perfectionism	-.371	.095	-.409	-3.909	

Dependent variable: psychological well-being

A multiple regression analysis was conducted to examine the extent to which self-critical rumination and perfectionism predict psychological well-being. The overall model was significant, $R^2 = .310$, indicating that approximately 31% of the variance in psychological well-being was explained by the two predictors. Self-critical rumination significantly predicted psychological well-being, $B = -0.38$, $SE = 0.19$, $\beta = -.22$, $t(100) = -2.06$, $p < .05$, suggesting that higher self-critical tendencies are associated with lower well-being. Perfectionism also emerged as a significant predictor, $B = -0.37$, $SE = 0.10$, $\beta = -.41$, $t(100) = -3.91$, $p < .001$, indicating that greater levels of perfectionism are linked to decreased psychological well-being.

5.7 Mediation Analysis

Table no: 5

	Effect	SE	LLCI	ULCI
Total effect	-0.8324	.1549	-1.1397	-.5252
Direct effect	-0.3821	.1852	-.7496	-.0147
Indirect effect	-0.4503	.1351	-.7568	-.2273

Total effect

This table represents the overall effects of self-critical rumination on psychological wellbeing without considering the mediator. The effect is -0.8324, this is statistically significant. This indicates that self-critical rumination has a significant negative effect on psychological wellbeing.

Direct effect

This represents the effect of self-critical rumination on psychological wellbeing after accounting for the mediator. The effect is -0.3821, this shows that self-critical rumination has a significant negative effect on psychological well-being but smaller in magnitude than the total effect.

Indirect effect

This represents the effect of self-critical rumination on psychological wellbeing through the mediator role of perfectionism. The effect is -0.4503, This indicates that the indirect effect is significant. this explains that mediator plays a major role in explaining this relationship between these variables, psychological well-being and self-critical rumination.

The results suggest a significant partial mediation effect. While the total effect of self-critical rumination on psychological wellbeing is significant which suggest that self-critical rumination is negatively predicted psychological well-being. The direct effect of self-critical rumination on psychological well-being remained significant when controlling mediator, indicating partial mediation. The indirect effect of self-critical rumination on psychological well-being through mediator perfectionism was also significant supporting the mediating role of mediator perfectionism. This supports the mediational hypotheses of this study as it was found that perfectionism is playing a mediator role between self-critical rumination and psychological wellbeing

Chapter 6: Discussion and Conclusion

6.1 Discussion

This present study tries to identify the relationship of self-critical rumination on psychological wellbeing while perfectionism being the mediator between these two variables. It included three scales to assess these three variables. To assess the self-critical rumination, Self-Critical Rumination Scale was used to measure and assess how much a person self-critically ruminates (Smart et al., 2016). To assess the psychological wellbeing, psychological well-being Scale shorter version developed by Ryff (1995) was used to measure psychological wellbeing. To assess the perfectionism the BTPS-SF by Feher et al., (2019) a short version of the original scale which is Big three perfectionism scale was used to measure the perfectionism.

In the study, it was hypothesized that there is a strong association between self-critical rumination and psychological wellbeing and perfection. To see this association, we have used correlational method to see if there is correlation between self-critical rumination and psychological wellbeing and perfectionism. This study results were consistent with the previous literature. The results of the present study suggested that there is a negative association between self-critical rumination and psychological wellbeing. Self-critical rumination and perfection were positively correlated. There is a negative relationship between perfectionism and psychological wellbeing. After this the mediational analysis was done, which shows that perfectionism works as a mediator between self-critical rumination and psychological wellbeing. The study results were consistent with the previous literature and the results were significant.

This study is an add-on to the previous studies and explored the mediational role of perfectionism between self-critical rumination and psychological well-being. This mediational role of perfectionism is a novel finding of the present study. As it has been suggested by previous literature

that how self-critical rumination is a thinking style about one thing and consistently thinking about that one thing which can be maladaptive and can be harmful. Rumination is a form of thinking in which the person is thinking repetitively and continuously about one thing which can be stressful and this can lead to maladaptively thinking (Nolen-Hoeksema et al., 2008; Treynor et al., 2003). Rumination is repetitive and continuously thinking about one's past negative events which lead a person to self-criticism (Treynor et al., 2003).

Present study indicate that higher level of self-critical rumination will lead to lower level of psychological wellbeing. Another finding of the study is that higher level of perfectionism will also lead to lower level of psychological wellbeing. The study was consistent with the results of previous study which suggest that psychological wellbeing was negatively correlated with perfectionism (Circir et al., 2024)

Present study indicates that self-critical rumination was negatively correlated with psychological wellbeing. This relation was consistent with the previous study which showed that rumination was a predictor of psychological wellbeing (Feng et al., 2024)

Present study tried to see if there is any relationship between self-critical rumination and psychological well-being and perfectionism. These results indicates that higher self-critical rumination will negatively impact psychological wellbeing. Also, higher perfectionism will negatively impact psychological wellbeing. The correlational analysis also shows that there is a positive relationship between self-critical rumination and perfectionism, this indicates towards the association between self-critical rumination and perfectionism. Higher self-critical rumination will lead to higher perfectionism.

6.2 Conclusion

This study concludes that there is a positive correlation between self-critical rumination and psychological wellbeing. This present study also indicates the negative association between perfectionism and psychological wellbeing. This study also shows the positive relationship between self-critical rumination and perfectionism. This study concludes that perfectionism plays a mediational role between self-critical rumination and perfectionism and psychological wellbeing. Perfectionism works as a mediator between these two variables, self-critical rumination and psychological wellbeing. This study was an add on to previous literature and there has been no previous studies which suggest this mediational role of perfectionism in self-critical rumination and psychological well-being.

6.3 Future research and limitations

The future studies should focus on various variables to provide more insight as this study was only able to use three variables because of time limit. This study was not able to see what are those factors that majorly impact self-critical rumination. Future study should focus on various variables that are associated with self-critical rumination. Future studies can focus on those factors that affect self-critical rumination.

Adverse childhood experiences can play major role in self-critical rumination and there are very few studies on this. Future focus should be to look into these variables. The focus should be on the person's childhood experiences.

The future study can focus on socioeconomic status and financial factors of a person. However, these factors can associate with self-critical rumination but it can be hard for the participants to disclose their personal details about their childhood events and financial factors.

6.4 Implications

This study was able to find a novel understanding to the existing literature. This research can provide a better understanding by adding more variables. This finding supports cognitive-behavioral models that indicates maladaptive thought patterns can give rise to rigid perfectionistic standards and psychological distress. The mediation highlights perfectionism as a key psychological mechanism through which self-critical rumination affects psychological well-being, offering deeper insight into the interconnected nature of cognitive vulnerabilities.

Interventions aimed at reducing perfectionism that may help buffer the negative impact of self-critical rumination on mental health. Clinicians working with individuals who exhibit self-critical rumination might benefit from also assessing and addressing perfectionistic tendencies to enhance therapeutic outcomes. Psychoeducation programs can target perfectionism as a modifiable mediator, encouraging more realistic self-standards and self-acceptance as strategies to promote psychological well-being.

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Appendix A

Consent Form

Greetings!!

This is Paras, I am a student of Masters of Arts in Psychology, from the THAPAR SCHOOL OF LIBERAL ARTS AND SCIENCE (TSLAS), at THAPAR INSTITUTE OF ENGINEERING AND TECHNOLOGY (TIET), Patiala. I am conducting my dissertation to study the behavioral patterns of individuals aged between 18-30

Your involvement is crucial to the success for my research, and I genuinely appreciate your willingness to contribute. Before, I embark on this journey, I would like to provide you with some information about the study and what is your participation details.

Benefits of Participation:

- A chance to contribute to the advancement of psychological research.
- An opportunity for self-reflection and sharing your unique insights.

Ethical guidelines:

Your identity and any information you provide during the study will be kept confidential. All data will be anonymized to ensure your privacy and security. Your participation in this study is entirely voluntary.

Questions and Concerns:

If you have any questions or concerns, please do not hesitate to contact me

Your participation is greatly appreciated and contributes to our project's success.

Appendix B

Psychological well-being

Instructions: Circle one response below each statement to indicate how much you agree or disagree.

1. "I like most parts of my personality."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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2. "When I look at the story of my life, I am pleased with how things have turned out so far."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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3. "Some people wander aimlessly through life, but I am not one of them."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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4. "The demands of everyday life often get me down."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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5. "In many ways I feel disappointed about my achievements in life."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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6. "Maintaining close relationships has been difficult and frustrating for me."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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7. "I live life one day at a time and don't really think about the future."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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8. "In general, I feel I am in charge of the situation in which I live."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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9. "I am good at managing the responsibilities of daily life."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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10. "I sometimes feel as if I've done all there is to do in life."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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11. "For me, life has been a continuous process of learning, changing, and growth."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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12. "I think it is important to have new experiences that challenge how I think about myself and the world."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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13. "People would describe me as a giving person, willing to share my time with others."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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14. "I gave up trying to make big improvements or changes in my life a long time ago"

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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15. "I tend to be influenced by people with strong opinions"

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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16. "I have not experienced many warm and trusting relationships with others."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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17. "I have confidence in my own opinions, even if they are different from the way most other people think."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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18. "I judge myself by what I think is important, not by the values of what others think is important."

Strongly agree	Somewhat agree	A little agree	Neither agree nor disagree	A little disagree	Somewhat disagree	Strongly disagree
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Perfectionism

Big Three Perfectionism Scale–Short Form

Rigid perfectionism

1. I have a strong need to be perfect.
2. It is important to me to be perfect in everything I attempt.
3. Striving to be as perfect as possible makes me feel worthwhile.
4. My opinion of myself is tied to being perfect.

Self-critical perfectionism

5. The idea of making a mistake frightens me.
6. When I notice that I have made a mistake, I feel ashamed.
7. I have doubts about everything I do.
8. I judge myself harshly when I don't do something perfectly.
9. I feel disappointed with myself, when I don't do something perfectly.
10. People are disappointed in me whenever I don't do something perfectly.

Narcissistic perfectionism

11. I expect those close to me to be perfect.
12. I am highly critical of other people's imperfections.
13. I feel dissatisfied with other people, even when I know they are trying their best.
14. It bothers me when people don't notice how perfect I am.
15. I deserve to always have things go my way.
16. I know that I am perfect.

Self-critical rumination

Self-Critical Rumination Scale

Directions: Please rate how well each item describes you.

		Not at all	A little	Moderately	Very Well
1	My attention is often focused on aspects of myself that I'm ashamed of.	1	2	3	4
2	I always seem to be rehashing in my mind stupid things that I've said or done.	1	2	3	4
3	Sometimes it is hard for me to shut off critical thoughts about myself.	1	2	3	4
4	I can't stop thinking about how I should have acted differently in certain situations.	1	2	3	4
5	I spend a lot of time thinking about how ashamed I am of some of my personal habits.	1	2	3	4
6	I criticize myself a lot for how I act around other people.	1	2	3	4
7	I wish I spent less time criticizing myself.	1	2	3	4
8	I often worry about all of the mistakes I have made.	1	2	3	4
9	I spend a lot of time wishing I were different.	1	2	3	4
10	I often berate myself for not being as productive as I should be.	1	2	3	4

