Data Article

Questionnaire data on perfectionism, flourishing and negative emotion symptoms of Chinese adolescents

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**Abstract**

The data include 468 Chinese adolescents’ responses of the following psychological scales: (1) 45-item Big Three Perfectionism Scale (BTPS), (2) Chinese version of Flourishing Scale, and (3) 21-item Depression Anxiety Stress Scale (DASS-21). The data also comprises gender and age of the respondents. The samples were collected via interviews from a middle school in Sichuan Province, China. The dataset was obtained with paper-and-pencil questionnaire from May 2017 to October 2017. The data includes 368 males and 100 females (mean age 14.49, \(SD = 1.11\); range from 13 to 17). The dataset can be used for cross-cultural analyses or exploratory studies.

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Value of the Data

- Data collected from a paper-and-pencil questionnaire survey can be used for exploratory studies of the association between perfectionism and negative emotional symptoms, as well as wellbeing.
- The data was derived from a Chinese adolescent sample. It can be used for cross-cultural analysis and age comparisons.

1. Data description

The dataset includes Chinese adolescents’ responses to the following outcomes: (1) perfectionism, (2) flourishing and (3) negative emotion symptoms (i.e. depression, anxiety and stress). Additionally, the dataset comprises gender and age of the respondents. The data include responses from all 468 Chinese adolescents. Summary statistics of the sample was shown in Table 1.

The descriptive statistics of variables of different groups were shown in Table 2. The mean score of rigid perfectionism was 29.89 (SD = 4.99) in males and 31.28 (SD = 6.27) in females. The mean score of flourishing was 39.75 (SD = 6.27) in males and 41.85 (SD = 5.87) in females.

2. Experimental design, materials, and methods

2.1. Survey procedure

The samples were collected via interviews from a middle school in Sichuan Province, China. The dataset was obtained with paper-and-pencil questionnaire from May 2017 to October 2017 (368 males; mean age 14.49, SD = 1.11; range 13–17). All of the respondents were informed that the dataset was only used for research. The ethical statement and consent form was informed

### Table 1
Descriptive statistics on a sample of Chinese adolescents' responses to the items comprising the Big Three Perfectionism, Flourishing and Depression Anxiety Stress Scale (n = 468).

|                      | Mean   | Standard Deviation | Median | Range | Skewness | Kurtosis | Shapiro-Wilk p | Cronbach's α |
|----------------------|--------|--------------------|--------|-------|----------|----------|----------------|--------------|
| Age                  | 14.49  | 1.11               | 14     | 13–17 | 0.31     | -0.80    | < 0.001        | N/A          |
| Rigid perfectionism  | 30.19  | 5.32               | 30     | 16–49 | 0.26     | 0.30     | 0.01           | 0.83         |
| Self-critical        | 49.46  | 9.29               | 49     | 23–82 | 0.07     | 0.29     | 0.40           | 0.88         |
| perfectionism        |        |                    |        |       |          |          |                |              |
| Narcissistic         | 35.58  | 8.14               | 36     | 17–64 | 0.36     | 0.23     | < 0.001        | 0.86         |
| perfectionism        |        |                    |        |       |          |          |                |              |
| Flourishing          | 40.22  | 6.23               | 41     | 15–56 | -0.40    | 0.37     | < 0.001        | 0.85         |
| Negative Emotion     | 15.3   | 8.94               | 14     | 1–59  | 0.99     | 1.57     | < 0.001        | 0.88         |
| Symptoms             |        |                    |        |       |          |          |                |              |
to all of the participants. All of the 468 participants provided valid data. The SPSS software was sued to calculate the summary statistics. The necessary ethical approval was obtained from the Department of Sociology, Wuhan University, China.

2.2. Measures

The 45-item Big Three Perfectionism Scale (BTPS) is a self-report scale including 3 subscales (i.e. rigid perfectionism, self-critical perfectionism and narcissistic perfectionism) [1]. Rigid perfectionism referred to individuals’ stubborn tendency to be flawless and without mistakes, which is made up by two facets (i.e., self-oriented perfectionism and self-worth perfectionism); Self-critical perfectionism captured evaluative concerns [1,2] and it was operationalized by four facets (i.e., concern over mistakes, doubts about actions, self-criticism, socially prescribed perfectionism). Narcissistic perfectionism subsumed four facets (i.e., other-oriented perfectionism, hypercriticism, entitlement, grandiosity), referring to one’s belief that he or she is more outstanding than others and one’s harsh standards towards people around [1]. Items were ranged from 1 (strongly disagree) point to 5 (strongly agree) point. The Cronbach’s alpha of rigid perfectionism was 0.83, the Cronbach’s alpha of self-critical perfectionism was 0.88 and the Cronbach’s alpha of narcissistic perfectionism was 0.86. Duan, He, Huang & Sheng [3] developed a 12-item Big Three Perfectionism Scale as the short version of BTPS.

The Chinese version of Flourishing scale was employed [4,5]. Flourishing scale is made up by 8 items, which were paired with 7-Likert scale. Participants were required to rate each item, ranging from 1 (strongly disagree) to 7 (strongly agree). This scale has a good psychometric characteristic in various areas including China [4–8]. The Cronbach’s alpha of the current sample was 0.85. The Cronbach’s alpha of the Flourishing scale ranged from 0.90 to 0.93 in other samples.

Negative emotion symptoms was evaluated by the Chinese version of 21-item Depression Anxiety Stress Scale (DASS) [9]. DASS is commonly used to measure the negative emotional state such as depression, anxiety and stress [10]. It consisted of three subscales (i.e., Anxiety, Depression and Stress) with totally 21 items [11]. Each item was paired with a 4-point severity scale, respondents were requested to rate on each one, ranging from 0 (did not apply to me at all) to 4 (apply to me very much). Items describe the negative emotion symptoms (e.g. “I was unable to become enthusiastic about anything”) with a four point Likert scale. The Cronbach’s alpha of the dataset was 0.88. The Cronbach’s alpha of the Chinese version of 21-item Depression Anxiety Stress Scale were 0.83,0.80 and 0.82 for Depression, Anxiety and Stress subscales. The Cronbach’s alpha of the total DASS was 0.92 [9].

**Table 2**

Descriptive statistics and difference analysis of variables for different sub-groups.

|                          | Total sample | Male         | Female        | t    |
|--------------------------|--------------|--------------|---------------|------|
|                          | M (SD)       | M (SD)       | M (SD)        |      |
| Age                      | 14.49 (1.11) | 14.49 (1.10) | 14.50 (1.16)  | −1.1 |
| Rigid perfectionism      | 30.19 (3.52) | 29.89 (4.99) | 31.28 (6.27)  | −2.04*|
| Self-critical perfectionism | 49.46 (9.29) | 49.70 (9.09) | 48.57 (10.02) | 1.08 |
| Narcissistic perfectionism | 35.58 (8.14) | 35.15 (7.71) | 37.13 (9.43)  | −1.93 |
| Flourishing              | 40.22 (6.23) | 39.75 (6.27) | 41.85 (5.87)  | −3.01**|
| Negative Emotion Symptoms | 15.3 (8.94)  | 15.71 (9.01) | 13.76 (8.51)  | 1.95 |

* p < .05, ** p < .01

**Conflict of interest**

None.
Supplementary materials

Supplementary material associated with this article can be found, in the online version, at doi: 10.1016/j.dib.2020.105379.

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