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Multidimensional perfectionism trends among various core and allied health care professionals in a major Indian metropolitan city of Western India

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Abstract:

BACKGROUND: This exploratory study was done to assess the multidimensional perfectionism trends among various core and allied health care professionals in a major Indian metropolitan city of western India. Unlike other scales, here we considered both individual and intersubjective components of perfectionism by introducing three trait dimensions – self-oriented perfectionism, other-oriented perfectionism, and socially prescribed perfectionism.

MATERIALS AND METHODS: A cross-sectional descriptive type of study was conducted with total sample consisting of 500 participants with the main motive of evaluation and comparison of the multidimensional perfectionism among interns of the core and allied health care professionals from fields of medicine, dentistry, ayurveda, and homeopathy residing in the major Indian metropolitan cities of western India.

RESULTS: This study showed that under the self-oriented domain, highest mean score is of medical faculty (73.97). In other-oriented domain, dental (62.62) and homeopathy (62.38) professionals have almost similar mean. Lowest being of ayurveda (61.65) compared to the highest score of the medical fraternity (67.62). In the socially prescribed domain, medical professionals (65.53) have the highest mean though it is the lowest mean value of the medical faculty compared to other two domains. Chi-square test is applied to the data for the questions among all the three domains. Correlation has been deduced by applying Pearson's correlation to the collected data from the study. The degree of correlation between self-oriented with self-oriented is 1, self-oriented with other-oriented is 0.763, and that of self-oriented with socially oriented is 0.678.

CONCLUSION: Medical professionals scoring maximum in self-oriented perfectionism compared to other two domains reflect their extreme personal standards. Medical professionals are followed by dental professionals in self oriented perfectionism who are demanded of perfection in their routine practice. Ayurveda and homeopathy professionals scored better in other-oriented and socially prescribed perfectionism attributing to their sentiments of fulfilling the expectations and demands of others.

Keywords:

Ayurveda, behaviour, comparison, dentistry, domains, health care, homeopathy, medicine

Introduction

In today's world, every individual strives to be "pitch perfect" in all sectors of life, right from maintaining their social media

feed to achieving their set goals in personal and professional landscapes.^[1]

Everyone wants to break the typical stereotypes and attain a perfect blend in all fields into which they venture.

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In India, the health care system is a widespread matrix that includes multiple delivery systems, such as allopathy, ayurveda, and homeopathy.^[2] Despite of the advances in the field of medicine, Indian health care system is still an amalgamation of traditional and modern medicine.^[3]

India is known to have a global health care model being administered at the state level rather than the national level.^[4] The mixed health care system includes public and private health service providers.^[5]

The health care professionals in the country are looked on with great reverence and acclaim, every medical personnel tries his level best and perseveres to match up to these high standards and be perfect in whichever field they enter.^[6]

The era of cutthroat competition of being a perfectionist, it may propel a negative impact on an individual and can end up jeopardizing their mental constitution.

Perfectionism consists of “execution criteria that tend to critically evaluate one’s behaviour,” and small flaws that are ideal or useless for execution consist of excessive attention to mistakes that mean failure. Assessment of perfectionist tendencies also includes lack of conviction about fines for personal behavior. Perfectionism also emphasizes organization, order, and accuracy.^[7]

In the current scenario where the health care professionals are also emerging as successful entrepreneurs, their endeavor to achieve perfectionism points to have increased manifold.

There are various measures or scales to review this perfectionism. One such measure we will be discussing is Hewitt and Flett Multidimensional Perfectionism Scale. Unlike other scales, here we will be considering both individual and intersubjective components of perfectionism introducing three trait dimensions – self-oriented perfectionism, other-oriented perfectionism, and socially prescribed perfectionism. Extreme personal standards are highlighted in self-oriented perfectionism, whereas the demands from other people to meet extravagant standards are showcased in other-oriented perfectionism. Socially prescribed perfectionism is the judgment that other people or perhaps society in general is imposing demands for precision on the self. Perfectionism is visualized to be a temperament style that has analytical and motivational components.^[7]

Perfectionism and its myriad traits are akin to a double-edged sword. In-vogue parallels of life in the professional paradigm exhibit real world traits

of the boon and bane of adaptive and maladaptive perfectionism.^[8] Health care professionals are abreast with challenges and each strive to be a notch above the other in pursuit of excellence. Health care science is a blend of art and science where a significant proportion of students bifurcate into more diverse key areas of action – amalgamating their clinical and academic skills with new age entrepreneurial streaks and integrated experience in health care.

The challenge lies when the line between what is achievable and what one yearns to achieve becomes blurred. The yardstick of overachievement, accomplishment, triumph, and perfectionism often clouds realistic expectations and even manifest into subclinical psychological determinants.^[9] The chiasma of core and allied health care task force in India reflects this exact yin and yang of multidimensional perfectionism traits.

It is distinct with the focus being on other-oriented perfectionism and socially prescribed perfectionism. There is a budding literature certifying the devastating influence of high socially prescribed perfectionism that is well supported in terms of criteria for various communities.

However, after a thorough literature search in the various portals, we found that there was a paucity in the studies carried out to address the impending need among specific population cohorts. Hence, the aim of this exploratory study was to assess the multidimensional perfectionism trends among various core and allied health care professionals in a major Indian metropolitan city of western India.^[10]

Materials and Methods

Study design and setting

A cross-sectional, descriptive type of study was conducted with a total sample consisting of 500 participants residing in the major Indian metropolitan cities of western India.

Study participants and sampling

Study participants consisted of 100 representatives of the core and allied health care professionals from the fields of medicine, dentistry, ayurveda, and homeopathy residing in the Mumbai Metropolitan region that included Mumbai and four satellite towns of Maharashtra, namely, Thane, Navi Mumbai, Kalyan-Dombivali, and Virar-Vasai participated in the study.^[11]

The size of the sample was scientifically computed through G* power statistics software (version 3.1.9.7) in corroboration with the reports by Atienza *et al.*^[12]

based on bivariate correlation. A total minimum sample of 464 was determined that was rounded off to 500.

A prior analysis was adjusted with type I error (α) at 5% and power of study (1-B) at 80%. The level of significance (P) was set at 0.05.

Data collection tool and technique

The data collection tool comprised a structured, pre-validated, universal, and standardized questionnaire. Multidimensional Perfectionism Scale was developed by Hewitt and Flett.^[7] The tool exhibits good and appreciable psychometric properties in terms of reliability and validity. In previous research studies, acceptable reliability has been testified for the Multidimensional Perfectionism Scale with an overall Cronbach’s alpha of 0.84 for the instrument.^[13] The construct validity can be resolved by factor analysis, the Bartlett’s test of sphericity was used ($P < 0.001$) and Kaiser–Mayer–Olkin measurement of sampling capability (with a cutoff point of >0.6).^[14] It consists of 45 closed ended questions, on a 7-point Likert Scale that was used to assess the self-oriented, socially oriented, and other-oriented domains as a tool in this study.

The Multidimensional Perfectionism Scale was abstracted and digitally converted into a Google form and administered across various digital platforms via emails, social media platforms, messenger applications, and other applicable portals to obtain a desired sample size. The Google forms were sent strategically at three different time intervals to remind, reinforce, boost, and maximize response rate. The study duration was of 3 months from February to May 2021. Figure 1 shows the entire methodological flow.

Ethical consideration

The current study was granted ethics approval from the Institutional Ethics Committee of Terna Dental College and Hospital (TDC/EC/03/2021).

Statistical analysis

The collected data were entered in Microsoft Excel software, and we have inspected the results using SPSS software (version 17.0 IBM USA). The data were normally distributed, which was found based on the normality assessment before the analysis using Kolmogorov–Smirnov test, and descriptive analysis was computed for this study items with means and standard deviation. The variations in item responses were studied across designations and affiliated institutes of the participants. Descriptive statistics, Chi-square test, and correlation were performed as per data distribution.

A prior analysis was adjusted with type I error (α) at 5% and power of study (1-B) at 80%. The level of significance (P) was set at 0.05.

Results

The questionnaire/tool was electronically and digitally disseminated to a total of 560 respondents, out of which 500 participated in the study, constituting the desired sample size and adjusting for a response rate of 89%.

A sum of 500 participants consisting of 100 interns from fields of medical, dental, ayurveda, and homeopathy residing in Mumbai Metropolitan region was included in this study.

Table 1 shows the descriptive statistics. Under the self-oriented domain, highest mean score is of medical faculty (73.97 ± 14.035). In other-oriented domain,

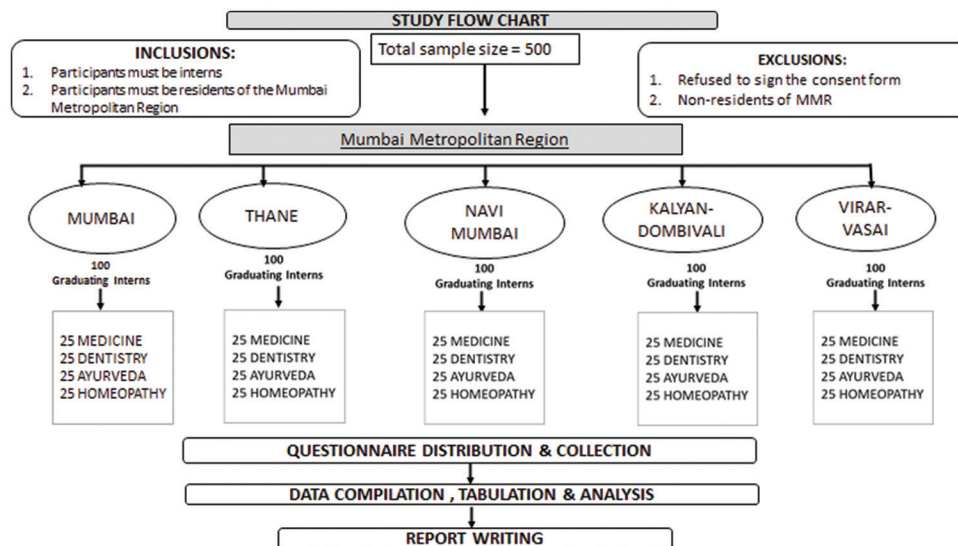


Figure 1: Methodological flow

Table 1: Descriptive statistics shows the mean values and standard deviations of the observations among the three domains, namely, self-oriented, other-oriented, and socially prescribed

	n	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean	
					Lower Bound	Upper Bound
Self-oriented						
Medical	125	73.97	14.035	1.255	71.48	76.45
Dental	125	69.43	27.879	2.494	64.50	74.37
Ayurveda	125	60.14	10.634	0.951	58.26	62.03
Homeopathy	125	61.38	7.987	0.714	59.97	62.80
Total	500	66.23	17.854	0.798	64.66	67.80
Other oriented						
Medical	125	67.62	14.290	1.278	65.09	70.15
Dental	125	62.62	24.907	2.228	58.21	67.03
Ayurveda	125	61.65	11.088	0.992	59.69	63.61
Homeopathy	125	62.38	7.432	0.665	61.06	63.69
Total	500	63.56	15.962	0.714	62.16	64.97
Socially prescribed						
Medical	125	65.53	15.137	1.354	62.85	68.21
Dental	125	61.87	24.759	2.215	57.49	66.26
Ayurveda	125	63.18	12.053	1.078	61.05	65.32
Homeopathy	125	62.47	8.370	0.749	60.99	63.95
Total	500	63.26	16.270	0.728	61.83	64.69

dental (62.62 ± 24.907) and homeopathy (62.38 ± 7.432) professionals have almost similar mean. Lowest being of ayurveda (61.65 ± 11.088) compared to the highest score of the medical fraternity (67.62 ± 14.290). In the socially prescribed domain, medical professionals (65.53 ± 15.137) have the highest mean though it is the lowest mean value of the medical faculty compared to other two domains.

Table 2 shows the correspondence of replies among the four allied health care professionals under self-oriented domain. There is a statistically significant association seen in self-oriented domain among each question and specialty.

Considering questions "When I am working on something, I cannot relax until it is perfect," "It makes me uneasy to see an error in my work" the dental professionals show highest agreeing response on the scale, i.e., 48% and 44.8%, respectively, showing more prevalence for self-oriented perfectionism.

Questions such as "I never aim for perfectionism on my work" and "I do not have to be the best at whatever I am doing" are questions to scrutinize anti-perfectionism traits. The medical professionals have almost similar disagreeing response as dental professionals ranging around 49.6% for anti perfectionism questions showing generality in medical professionals for self-oriented perfectionism as well.

Table 3 shows the responses from the four health care fraternities comparing under the other-oriented domain. There is a statistical significant association seen in other-oriented domain among each question and specialty.

Questions such as "I have high expectations from people who are important to me" and "If I ask someone to do something, I expect it to be done flawlessly" indicate that the responses from dental professionals are clustered around 40% in each.

Whereas questions "24 I seldom criticize my friends for accepting second best," "30 I seldom expect others to excel at whatever they do" that analyzes the imperfectionist mindsets show that dental professionals disagreed to the questions with approximately 35% focusing on the other-oriented perfectionist attitudes.

Table 4 shows the comparison of responses among the four specialities under socially prescribed domain. There is a statistical significant association seen in socially prescribed domain among each question and specialty.

For questions such as "The people around me expect me to succeed in everything I do," "My family expects me to be perfect" reflect that dental professionals agreed the highest on the scale, i.e., around 42% and 48%, respectively, compared to others showing more prevalence for socially prescribed pattern.

On reviewing the questions "People around me think I am still competent even if I make a mistake" it shows that anti-perfectionism traits for dental professionals ranged around 25.4% and for medical was around 20.6% show similar disagreeing response, followed by ayurveda and homeopathy professionals.

Table 5 shows the correlation deduced by applying Pearson's correlation to the collected data from the study.

Table 2: Comparison of responses among the four specialities under the self-oriented domain (questions 1-15)

Question	Response	Specialty n (%)				Level of Significance
		MBBS Medical (n=125)	BDS Dental (n=125)	BAMS Ayurveda (n=125)	BHMS Homeopathy (n=125)	
1. When I am working on something, I cannot relax until it is perfect.	1	3 (2.4)	16 (12.8)	2 (1.6)	1 (0.8)	<0.001*
	2	2 (1.6)	13 (10.4)	6 (4.8)	5 (4.0)	
	3	16 (12.8)	3 (2.4)	17 (13.6)	20 (16.0)	
	4	22 (17.6)	14 (11.2)	53 (42.4)	59 (47.2)	
	5	33 (26.4)	19 (15.2)	37 (29.6)	31 (24.8)	
	6	40 (32.0)	28 (22.4)	7 (5.6)	4 (3.2)	
	7	9 (7.2)	32 (25.6)	3 (2.4)	5 (4.0)	
2. One of my goals is to be perfect in everything I do.	1	2 (1.6)	10 (8.0)	1 (0.8)	1 (0.8)	<0.001*
	2	4 (3.2)	17 (13.6)	9 (7.2)	7 (5.6)	
	3	11 (8.8)	5 (4.0)	29 (23.2)	12 (9.6)	
	4	13 (10.4)	8 (6.4)	53 (42.4)	64 (51.2)	
	5	38 (30.4)	26 (20.8)	27 (21.6)	23 (18.4)	
	6	44 (35.2)	23 (18.4)	3 (2.4)	12 (9.6)	
	7	13 (10.4)	36 (28.8)	3 (2.4)	6 (4.8)	
3. I strive to be as perfect as I can be.	1	2 (1.6)	18 (14.4)	1 (0.8)	1 (0.8)	<0.001*
	2	2 (1.6)	10 (8.0)	4 (3.2)	5 (4.0)	
	3	12 (9.6)	2 (1.6)	31 (24.8)	23 (18.4)	
	4	15 (12.0)	16 (12.8)	45 (36.0)	64 (51.2)	
	5	42 (33.6)	14 (11.2)	40 (32.0)	23 (18.4)	
	6	39 (31.2)	30 (24.0)	3 (2.4)	7 (5.6)	
	7	13 (10.4)	35 (28.0)	1 (0.8)	2 (1.6)	
4. It is very important that I am perfect in everything I attempt.	1	7 (5.6)	15 (12.0)	1 (0.8)	1 (0.8)	<0.001*
	2	2 (1.6)	15 (12.0)	9 (7.2)	8 (6.4)	
	3	12 (9.6)	6 (4.8)	33 (26.4)	29 (23.2)	
	4	16 (12.8)	7 (5.6)	47 (37.6)	61 (48.8)	
	5	43 (34.4)	21 (16.8)	29 (23.2)	21 (16.8)	
	6	32 (25.6)	32 (25.6)	4 (3.2)	3 (2.4)	
	7	13 (10.4)	29 (23.2)	2 (1.6)	2 (1.6)	
5. I strive to be the best at everything I do.	1	3 (2.4)	16 (12.8)	3 (2.4)	0 (0)	<0.001*
	2	5 (4.0)	13 (10.4)	8 (6.4)	12 (9.6)	
	3	10 (8.0)	2 (1.6)	31 (24.8)	26 (20.8)	
	4	17 (13.6)	10 (8.0)	52 (41.6)	64 (51.2)	
	5	38 (30.4)	20 (16.0)	24 (19.2)	16 (12.8)	
	6	36 (28.8)	24 (19.2)	3 (2.4)	5 (4.0)	
	7	16 (12.8)	40 (32.0)	4 (3.2)	2 (1.6)	
6. I demand nothing less than perfection of myself.	1	4 (3.2)	17 (13.6)	1 (0.8)	1 (0.8)	<0.001*
	2	9 (7.2)	12 (9.6)	8 (6.4)	8 (6.4)	
	3	5 (4.0)	10 (8.0)	30 (24.0)	26 (20.8)	
	4	27 (21.6)	15 (12.0)	52 (41.6)	60 (48.0)	
	5	33 (26.4)	19 (15.2)	26 (20.8)	22 (17.6)	
	6	39 (31.2)	32 (25.6)	5 (4.0)	6 (4.8)	
	7	8 (6.4)	20 (16.0)	3 (2.4)	2 (1.6)	
7. It makes me uneasy to see an error in my work.	1	3 (2.4)	17 (13.6)	2 (1.6)	2 (1.6)	<0.001*
	2	5 (4.0)	15 (12.0)	8 (6.4)	9 (7.2)	
	3	9 (7.2)	6 (4.8)	34 (27.2)	33 (26.4)	
	4	26 (20.8)	9 (7.2)	47 (37.6)	54 (43.2)	
	5	44 (35.2)	22 (17.6)	29 (23.2)	18 (14.4)	
	6	31 (24.8)	29 (23.2)	1 (0.8)	7 (5.6)	
	7	7 (5.6)	27 (21.6)	4 (3.2)	2 (1.6)	

Contd...

Table 2: Contd...

Question	Response	Specialty n (%)				Level of Significance
		MBBS Medical (n=125)	BDS Dental (n=125)	BAMS Ayurveda (n=125)	BHMS Homeopathy (n=125)	
8. I am perfectionistic in setting my goals.	1	3 (2.4)	17 (13.6)	4 (3.2)	1 (0.8)	<0.001*
	2	4 (3.2)	17 (13.6)	7 (5.6)	8 (6.4)	
	3	15 (12.0)	7 (5.6)	23 (18.4)	25 (20.0)	
	4	25 (20.0)	8 (6.4)	50 (40.0)	58 (46.4)	
	5	36 (28.8)	30 (24.0)	36 (28.8)	23 (18.4)	
	6	35 (28.0)	28 (22.4)	4 (3.2)	7 (5.6)	
	7	7 (5.6)	18 (14.4)	1 (0.8)	3 (2.4)	
9. I must work to my full potential at all times .	1	2 (1.6)	16 (12.8)	2 (1.6)	1 (0.8)	<0.001*
	2	8 (6.4)	16 (12.8)	4 (3.2)	8 (6.4)	
	3	11 (8.8)	1 (0.8)	32 (25.6)	30 (24.0)	
	4	15 (12.0)	6 (4.8)	45 (36.0)	59 (47.2)	
	5	38 (30.4)	19 (15.2)	34 (27.2)	17 (13.6)	
	6	36 (28.8)	38 (30.4)	4 (3.2)	8 (6.4)	
	7	15 (12.0)	29 (23.2)	4 (3.2)	2 (1.6)	
10. I set very high standards for myself.	1	4 (3.2)	16 (12.8)	0 (0)	2 (1.6)	<0.001*
	2	7 (5.6)	17 (13.6)	9 (7.2)	8 (6.4)	
	3	11 (8.8)	1 (.8)	31 (24.8)	16 (12.8)	
	4	15 (12.0)	10 (8.0)	46 (36.8)	69 (55.2)	
	5	45 (36.0)	19 (15.2)	31 (24.8)	21 (16.8)	
	6	34 (27.2)	28 (22.4)	6 (4.8)	8 (6.4)	
	7	9 (7.2)	34 (27.2)	2 (1.6)	1 (0.8)	
11. I must always be successful at school or work.	1	4 (3.2)	11 (8.8)	3 (2.4)	2 (1.6)	<0.001*
	2	4 (3.2)	23 (18.4)	6 (4.8)	6 (4.8)	
	3	9 (7.2)	3 (2.4)	40 (32.0)	34 (27.2)	
	4	27 (21.6)	11 (8.8)	44 (35.2)	53 (42.4)	
	5	38 (30.4)	25 (20.0)	26 (20.8)	24 (19.2)	
	6	28 (22.4)	26 (20.8)	2 (1.6)	4 (3.2)	
	7	15 (12.0)	26 (20.8)	4 (3.2)	2 (1.6)	
12. I never aim for perfection on my work.	1	1 (0.8)	10 (8.0)	1 (0.8)	1 (0.8)	<0.001*
	2	5 (4.0)	21 (16.8)	0 (0)	2 (1.6)	
	3	11 (8.8)	15 (12.0)	31 (24.8)	10 (8.0)	
	4	14 (11.2)	5 (4.0)	39 (31.2)	35 (28.0)	
	5	32 (25.6)	12 (9.6)	44 (35.2)	52 (41.6)	
	6	49 (39.2)	34 (27.2)	7 (5.6)	21 (16.8)	
	7	13 (10.4)	28 (22.4)	3 (2.4)	4 (3.2)	
13. I seldom feel the need to be perfect.	1	6 (4.8)	15 (12.0)	0 (0)	2 (1.6)	<0.001*
	2	5 (4.0)	24 (19.2)	8 (6.4)	2 (1.6)	
	3	5 (4.0)	8 (6.4)	35 (28.0)	21 (16.8)	
	4	19 (15.2)	12 (9.6)	46 (36.8)	53 (42.4)	
	5	43 (34.4)	20 (16.0)	28 (22.4)	32 (25.6)	
	6	35 (28.0)	18 (14.4)	5 (4.0)	11 (8.8)	
	7	12 (9.6)	28 (22.4)	3 (2.4)	4 (3.2)	
14. I do not have to be the best at whatever I am doing.	1	5 (4.0)	14 (11.2)	2 (1.6)	1 (0.8)	<0.001*
	2	6 (4.8)	26 (20.8)	2 (1.6)	4 (3.2)	
	3	6 (4.8)	8 (6.4)	31 (24.8)	17 (13.6)	
	4	14 (11.2)	11 (8.8)	55 (44.0)	61 (48.8)	
	5	43 (34.4)	20 (16.0)	28 (22.4)	29 (23.2)	
	6	45 (36.0)	20 (16.0)	4 (3.2)	11 (8.8)	
	7	6 (4.8)	26 (20.8)	3 (2.4)	2 (1.6)	

Contd...

Table 2: Contd...

Question	Response	Specialty n (%)				Level of Significance
		MBBS Medical (n=125)	BDS Dental (n=125)	BAMS Ayurveda (n=125)	BHMS Homeopathy (n=125)	
15. I do not have very high goals for myself.	1	3 (2.4)	16 (12.8)	1 (0.8)	0 (0)	<0.001*
	2	6 (4.8)	18 (14.4)	4 (3.2)	6 (4.8)	
	3	10 (8.0)	9 (7.2)	22 (17.6)	17 (13.6)	
	4	19 (15.2)	8 (6.4)	61 (48.8)	59 (47.2)	
	5	39 (31.2)	16 (12.8)	28 (22.4)	28 (22.4)	
	6	40 (32.0)	29 (23.2)	6 (4.8)	11 (8.8)	
	7	8 (6.4)	29 (23.2)	3 (2.4)	4 (3.2)	

Chi-square test is applied to the data. In the self-oriented domain, dental interns agreed the most (scored 7) for the first two questions

Because all are positive correlation, it is a good indicator. And the results in tandem. The correlation is significant at the 0.05 level. The three domains were statistically significantly correlated with each other. The degree of correlation between self-oriented with self-oriented is 1, self-oriented with other-oriented is 0.763, and that of self-oriented with socially oriented is 0.678.

Discussion

The world is at an interesting cusp contributed through myriad factors that influence the personal and professional competence and constitution of one's own self. The current study is one such step towards addressing the indicators of perfectionism and assessment of the vital constructs under the important subscales of multidimensional perfectionism.

This is of particular interest as the current need for striving towards excellence and an act around honing an individual's persona is a key construct in determining success and satisfaction.

Hewitt and Flett classify perfectionism as self-oriented, other-oriented, and socially prescribed. Self-oriented perfectionism comprises setting absurdly high standards for oneself, whereas socially prescribed is the discernment that others hold irrational high standards of oneself. Other-oriented perfectionism consists of holding unfeasible standards of performance or manners for significant others.

The current study stated that being a perfectionist was largely irrelevant of gender and age in widespread as well as in the particular discrete domains. However, Sherry *et al.*^[8] in their research showed that gender has an impact on perfectionism traits. Furthermore, the study stated that self-image disparity and perfectionism were both distinctly lower in aged women than younger ones.

Considering the four core and allied health care professionals participating in our study, those belonging to medical and dental professionals have scored more on the scale of self-oriented perfectionism than the

ayurveda and homeopathy professionals. Wong *et al.*^[15] carried out a study in Malaysia among the medical, dental, and optometry students, the score of the medical students was distinctly more compared to the dental and optometry students, whereas the dental students recorded a score markedly higher than the students of optometry.

It is to be emphasized here that studies on disciplinary differences in perfectionism are scarce and paltry making it complicated to collate findings of the present study with preceding ones.

Considering the fact that perfectionism traits are a prevalent feature among health care professionals, the findings go on to elucidate that the medical professionals in domain of self-orientated perfectionism have the mean score of 73.97 ± 14.035 , in other-oriented perfectionism and socially prescribed perfectionism, mean score reported were 67.62 ± 14.290 and 65.53 ± 15.137 , respectively. Dental professionals also reflected this scoring consonantly but less than medical professionals, followed by ayurveda and homeopathy.

Anxiety and other reflections have been prevalent in several perfectionist traits as reported by Shikatani *et al.*^[16] Severe perfectionism traits, self-oriented, and other-oriented perfectionism were accompanied with panic disorders, whereas socially prescribed was corresponded with social phobia.

A robust self-oriented item "I demand nothing less than perfection of myself" in the current study deserves because of the diligence to be highlighted. This was scored maximum by dental professionals among the four specialties because the dental professionals undergo training with specialized calibrated gadgets on patients resulting less leeway for errors as they work on dimension in millimeters. They impress on themselves the perfectionist way of leading their life irrespective of it being the professional or personal circumstances.

When asked "I must always be successful at school or work" maximum number of ayurveda and homeopathy

Table 3: Comparison among the responses of the interns of the four different fields under the other-oriented domain (questions 16-30)

Question	Response	Specialty n (%)				Level of Significance
		MBBS Medical (n=125)	BDS Dental (n=125)	BAMS Ayurveda (n=125)	BHMS Homeopathy (n=125)	
16. Everything that others do must be of top-notch quality.	1	4 (3.2)	11 (8.8)	4 (3.2)	2 (1.6)	<0.001*
	2	16 (12.8)	23 (18.4)	7 (5.6)	9 (7.2)	
	3	27 (21.6)	13 (10.4)	36 (28.8)	22 (17.6)	
	4	23 (18.4)	18 (14.4)	40 (32.0)	63 (50.4)	
	5	22 (17.6)	26 (20.8)	29 (23.2)	22 (17.6)	
	6	20 (16.0)	16 (12.8)	5 (4.0)	7 (5.6)	
	7	13 (10.4)	18 (14.4)	4 (3.2)	0 (0)	
17. I have high expectations for the people who are important to me.	1	1 (0.8)	17 (13.6)	1 (0.8)	2 (1.6)	<0.001*
	2	9 (7.2)	18 (14.4)	8 (6.4)	8 (6.4)	
	3	28 (22.4)	8 (6.4)	38 (30.4)	18 (14.4)	
	4	26 (20.8)	12 (9.6)	46 (36.8)	68 (54.4)	
	5	25 (20.0)	20 (16.0)	23 (18.4)	20 (16.0)	
	6	29 (23.2)	25 (20.0)	5 (4.0)	8 (6.4)	
	7	7 (5.6)	25 (20.0)	4 (3.2)	1 (0.8)	
18. I can't be bothered with people who won't strive to better themselves.	1	4 (3.2)	17 (13.6)	3 (2.4)	0 (0)	<0.001*
	2	16 (12.8)	24 (19.2)	8 (6.4)	9 (7.2)	
	3	18 (14.4)	11 (8.8)	35 (28.0)	34 (27.2)	
	4	34 (27.2)	22 (17.6)	43 (34.4)	60 (48.0)	
	5	30 (24.0)	19 (15.2)	27 (21.6)	14 (11.2)	
	6	14 (11.2)	18 (14.4)	6 (4.8)	7 (5.6)	
	7	9 (7.2)	14 (11.2)	3 (2.4)	1 (0.8)	
19. If I ask someone to do something, I expect it to be done flawlessly.	1	1 (0.8)	11 (8.8)	1 (0.8)	1 (0.8)	<0.001*
	2	6 (4.8)	22 (17.6)	8 (6.4)	8 (6.4)	
	3	27 (21.6)	18 (14.4)	24 (19.2)	18 (14.4)	
	4	28 (22.4)	10 (8.0)	48 (38.4)	60 (48.0)	
	5	37 (29.6)	13 (10.4)	32 (25.6)	31 (24.8)	
	6	17 (13.6)	29 (23.2)	7 (5.6)	7 (5.6)	
	7	9 (7.2)	22 (17.6)	5 (4.0)	0 (0.0)	
20. I cannot stand to see people close to me make mistakes.	1	3 (2.4)	14 (11.2)	1 (0.8)	0 (0)	<0.001*
	2	16 (12.8)	26 (20.8)	4 (3.2)	8 (6.4)	
	3	16 (12.8)	13 (10.4)	39 (31.2)	26 (20.8)	
	4	24 (19.2)	14 (11.2)	44 (35.2)	66 (52.8)	
	5	20 (16.0)	20 (16.0)	27 (21.6)	18 (14.4)	
	6	39 (31.2)	24 (19.2)	6 (4.8)	4 (3.2)	
	7	7 (5.6)	14 (11.2)	4 (3.2)	3 (2.4)	
21. The people who matter to me should never let me down.	1	1 (0.8)	14 (11.2)	4 (3.2)	0 (0)	<0.001*
	2	13 (10.4)	22 (17.6)	1 (0.8)	5 (4.0)	
	3	20 (16.0)	12 (9.6)	25 (20.0)	27 (21.6)	
	4	27 (21.6)	20 (16.0)	50 (40.0)	64 (51.2)	
	5	43 (34.4)	22 (17.6)	32 (25.6)	24 (19.2)	
	6	13 (10.4)	15 (12.0)	9 (7.2)	4 (3.2)	
	7	8 (6.4)	20 (16.0)	4 (3.2)	1 (0.8)	
22. I am not likely to criticize someone for giving up too easily.	1	2 (1.6)	12 (9.6)	3 (2.4)	0 (0)	<0.001*
	2	7 (5.6)	20 (16.0)	7 (5.6)	3 (2.4)	
	3	16 (12.8)	18 (14.4)	20 (16.0)	15 (12.0)	
	4	31 (24.8)	17 (13.6)	51 (40.8)	40 (32.0)	
	5	36 (28.8)	16 (12.8)	28 (22.4)	54 (43.2)	
	6	25 (20.0)	22 (17.6)	9 (7.2)	11 (8.8)	
	7	8 (6.4)	20 (16.0)	7 (5.6)	2 (1.6)	
23. It is important that people I am close to are successful.	1	3 (2.4)	11 (8.8)	3 (2.4)	1 (0.8)	<0.001*
	2	10 (8.0)	25 (20.0)	6 (4.8)	1 (0.8)	

Contd...

Table 3: Contd...

Question	Response	Specialty n (%)				Level of Significance
		MBBS Medical (n=125)	BDS Dental (n=125)	BAMS Ayurveda (n=125)	BHMS Homeopathy (n=125)	
24. I seldom criticize my friends for accepting second best.	3	16 (12.8)	10 (8.0)	19 (15.2)	10 (8.0)	<0.001*
	4	18 (14.4)	20 (16.0)	56 (44.8)	42 (33.6)	
	5	37 (29.6)	14 (11.2)	31 (24.8)	53 (42.4)	
	6	32 (25.6)	25 (20.0)	7 (5.6)	16 (12.8)	
	7	9 (7.2)	20 (16.0)	3 (2.4)	2 (1.6)	
	1	4 (3.2)	10 (8.0)	4 (3.2)	1 (0.8)	
	2	8 (6.4)	21 (16.8)	6 (4.8)	9 (7.2)	
25. It doesn't matter when someone close to me does not do their absolute best.	3	16 (12.8)	11 (8.8)	31 (24.8)	14 (11.2)	<0.001*
	4	31 (24.8)	17 (13.6)	47 (37.6)	57 (45.6)	
	5	38 (30.4)	23 (18.4)	27 (21.6)	35 (28.0)	
	6	20 (16.0)	24 (19.2)	6 (4.8)	9 (7.2)	
	7	8 (6.4)	19 (15.2)	4 (3.2)	0 (0)	
	1	1 (0.8)	11 (8.8)	0 (0)	0 (0)	
	2	6 (4.8)	25 (20.0)	4 (3.2)	6 (4.8)	
26. I do not have very high standards for those around me.	3	20 (16.0)	9 (7.2)	28 (22.4)	15 (12.0)	<0.001*
	4	22 (17.6)	18 (14.4)	54 (43.2)	56 (44.8)	
	5	40 (32.0)	22 (17.6)	29 (23.2)	36 (28.8)	
	6	27 (21.6)	21 (16.8)	8 (6.4)	11 (8.8)	
	7	9 (7.2)	19 (15.2)	2 (1.6)	1 (0.8)	
	1	3 (2.4)	13 (10.4)	3 (2.4)	1 (0.8)	
	2	7 (5.6)	18 (14.4)	2 (1.6)	6 (4.8)	
27. I do not expect a lot from my friends.	3	16 (12.8)	13 (10.4)	22 (17.6)	18 (14.4)	<0.001*
	4	29 (23.2)	16 (12.8)	53 (42.4)	51 (40.8)	
	5	32 (25.6)	24 (19.2)	31 (24.8)	37 (29.6)	
	6	27 (21.6)	26 (20.8)	11 (8.8)	10 (8.0)	
	7	11 (8.8)	15 (12.0)	3 (2.4)	2 (1.6)	
	1	1 (0.8)	11 (8.8)	1 (0.8)	1 (0.8)	
	2	10 (8.0)	24 (19.2)	1 (0.8)	3 (2.4)	
28. I respect people who are average.	3	9 (7.2)	18 (14.4)	19 (15.2)	14 (11.2)	<0.001*
	4	27 (21.6)	12 (9.6)	54 (43.2)	59 (47.2)	
	5	38 (30.4)	22 (17.6)	39 (31.2)	41 (32.8)	
	6	34 (27.2)	26 (20.8)	7 (5.6)	5 (4.0)	
	7	6 (4.8)	12 (9.6)	4 (3.2)	2 (1.6)	
	1	8 (6.4)	26 (20.8)	1 (0.8)	2 (1.6)	
	2	9 (7.2)	26 (20.8)	3 (2.4)	7 (5.6)	
29. It does not matter to me when a close friend does not try their hardest.	3	16 (12.8)	14 (11.2)	33 (26.4)	13 (10.4)	<0.001*
	4	23 (18.4)	11 (8.8)	46 (36.8)	46 (36.8)	
	5	38 (30.4)	20 (16.0)	29 (23.2)	52 (41.6)	
	6	27 (21.6)	18 (14.4)	10 (8.0)	5 (4.0)	
	7	4 (3.2)	10 (8.0)	3 (2.4)	0 (0)	
	1	1 (0.8)	12 (9.6)	1 (0.8)	0 (0)	
	2	9 (7.2)	18 (14.4)	3 (2.4)	4 (3.2)	
30. I seldom expect others to excel at whatever they do.	3	13 (10.4)	8 (6.4)	23 (18.4)	15 (12.0)	<0.001*
	4	19 (15.2)	19 (15.2)	52 (41.6)	53 (42.4)	
	5	46 (36.8)	21 (16.8)	31 (24.8)	44 (35.2)	
	6	29 (23.2)	23 (18.4)	9 (7.2)	7 (5.6)	
	7	8 (6.4)	24 (19.2)	6 (4.8)	2 (1.6)	
	1	5 (4.0)	9 (7.2)	1 (0.8)	1 (0.8)	
	2	9 (7.2)	28 (22.4)	8 (6.4)	5 (4.0)	
	3	14 (11.2)	8 (6.4)	14 (11.2)	19 (15.2)	<0.001*
	4	19 (15.2)	20 (16.0)	57 (45.6)	66 (52.8)	
	5	45 (36.0)	16 (12.8)	30 (24.0)	30 (24.0)	
	6	28 (22.4)	22 (17.6)	11 (8.8)	3 (2.4)	
	7	5 (4.0)	22 (17.6)	4 (3.2)	1 (0.8)	

The Chi square test is applied to the data

Table 4: The responses of the medical, dental, ayurveda and homeopathy interns using Chi square test in socially prescribed domain (questions 31-45)

Question	Response	Specialty n (%)				Level of Significance
		MBBS Medical (n=125)	BDS Dental (n=125)	BAMS Ayurveda (n=125)	BHMS Homeopathy (n=125)	
31. I find it difficult to meet others' expectations of me.	1	5 (4.0)	21 (16.8)	1 (0.8)	2 (1.6)	<0.001*
	2	20 (16.0)	23 (18.4)	6 (4.8)	6 (4.8)	
	3	23 (18.4)	11 (8.8)	25 (20.0)	25 (20.0)	
	4	21 (16.8)	15 (12.0)	46 (36.8)	54 (43.2)	
	5	22 (17.6)	21 (16.8)	23 (18.4)	25 (20.0)	
	6	28 (22.4)	16 (12.8)	17 (13.6)	11 (8.8)	
	7	6 (4.8)	18 (14.4)	7 (5.6)	2 (1.6)	
32. The better I do, the better I am expected to do.	1	0 (0)	10 (8.0)	0 (0)	4 (3.2)	<0.001*
	2	8 (6.4)	17 (13.6)	7 (5.6)	3 (2.4)	
	3	30 (24.0)	10 (8.0)	24 (19.2)	27 (21.6)	
	4	20 (16.0)	13 (10.4)	47 (37.6)	57 (45.6)	
	5	36 (28.8)	19 (15.2)	28 (22.4)	23 (18.4)	
	6	18 (14.4)	29 (23.2)	12 (9.6)	7 (5.6)	
	7	13 (10.4)	27 (21.6)	7 (5.6)	4 (3.2)	
33. Anything that I do that is less than excellent will be seen as poor work by those around me.	1	4 (3.2)	19 (15.2)	0 (0)	1 (0.8)	<0.001*
	2	15 (12.0)	15 (12.0)	5 (4.0)	5 (4.0)	
	3	27 (21.6)	8 (6.4)	30 (24.0)	30 (24.0)	
	4	26 (20.8)	16 (12.8)	56 (44.8)	54 (43.2)	
	5	25 (20.0)	18 (14.4)	24 (19.2)	25 (20.0)	
	6	16 (12.8)	27 (21.6)	5 (4.0)	8 (6.4)	
	7	12 (9.6)	22 (17.6)	5 (4.0)	2 (1.6)	
34. The people around me expect me to succeed at everything I do.	1	1 (0.8)	15 (12.0)	2 (1.6)	1 (0.8)	<0.001*
	2	7 (5.6)	15 (12.0)	3 (2.4)	5 (4.0)	
	3	31 (24.8)	11 (8.8)	27 (21.6)	24 (19.2)	
	4	27 (21.6)	11 (8.8)	55 (44.0)	55 (44.0)	
	5	22 (17.6)	20 (16.0)	27 (21.6)	28 (22.4)	
	6	28 (22.4)	34 (27.2)	7 (5.6)	11 (8.8)	
	7	9 (7.2)	19 (15.2)	4 (3.2)	1 (0.8)	
35. Success means that I must work even harder to please others.	1	6 (4.8)	29 (23.2)	2 (1.6)	2 (1.6)	<0.001*
	2	8 (6.4)	23 (18.4)	9 (7.2)	6 (4.8)	
	3	22 (17.6)	12 (9.6)	31 (24.8)	25 (20.0)	
	4	34 (27.2)	19 (15.2)	45 (36.0)	58 (46.4)	
	5	32 (25.6)	12 (9.6)	29 (23.2)	26 (20.8)	
	6	19 (15.2)	17 (13.6)	5 (4.0)	6 (4.8)	
	7	4 (3.2)	13 (10.4)	4 (3.2)	2 (1.6)	
36. I feel that people are too demanding of me.	1	6 (4.8)	17 (13.6)	2 (1.6)	2 (1.6)	<0.001*
	2	6 (4.8)	23 (18.4)	6 (4.8)	3 (2.4)	
	3	24 (19.2)	11 (8.8)	28 (22.4)	22 (17.6)	
	4	30 (24.0)	13 (10.4)	46 (36.8)	55 (44.0)	
	5	29 (23.2)	19 (15.2)	30 (24.0)	27 (21.6)	
	6	21 (16.8)	27 (21.6)	9 (7.2)	15 (12.0)	
	7	9 (7.2)	15 (12.0)	4 (3.2)	1 (0.8)	
37. Although they may not say it, other people get very upset with me when I slip up.	1	0 (0)	16 (12.8)	1 (0.8)	4 (3.2)	<0.001*
	2	7 (5.6)	19 (15.2)	8 (6.4)	4 (3.2)	
	3	25 (20.0)	7 (5.6)	30 (24.0)	33 (26.4)	
	4	26 (20.8)	21 (16.8)	49 (39.2)	57 (45.6)	
	5	34 (27.2)	18 (14.4)	24 (19.2)	19 (15.2)	
	6	23 (18.4)	22 (17.6)	5 (4.0)	7 (5.6)	
	7	10 (8.0)	22 (17.6)	8 (6.4)	1 (0.8)	
38. My family expects me to be perfect.	1	4 (3.2)	14 (11.2)	5 (4.0)	3 (2.4)	<0.001*
	2	9 (7.2)	18 (14.4)	4 (3.2)	2 (1.6)	
	3	25 (20.0)	8 (6.4)	17 (13.6)	22 (17.6)	
	4	28 (22.4)	8 (6.4)	44 (35.2)	61 (48.8)	

Contd...

Table 4: Contd...

Question	Response	Specialty n (%)				Level of Significance
		MBBS Medical (n=125)	BDS Dental (n=125)	BAMS Ayurveda (n=125)	BHMS Homeopathy (n=125)	
39. People expect nothing less than perfection from me.	5	32 (25.6)	17 (13.6)	28 (22.4)	32 (25.6)	<0.001*
	6	19 (15.2)	37 (29.6)	22 (17.6)	4 (3.2)	
	7	8 (6.4)	23 (18.4)	5 (4.0)	1 (0.8)	
	1	4 (3.2)	11 (8.8)	2 (1.6)	2 (1.6)	
	2	9 (7.2)	19 (15.2)	9 (7.2)	4 (3.2)	
	3	22 (17.6)	12 (9.6)	24 (19.2)	28 (22.4)	
	4	28 (22.4)	13 (10.4)	46 (36.8)	54 (43.2)	
40. People expect more from me than I am capable of giving.	5	36 (28.8)	30 (24.0)	30 (24.0)	28 (22.4)	<0.001*
	6	19 (15.2)	22 (17.6)	7 (5.6)	9 (7.2)	
	7	7 (5.6)	18 (14.4)	7 (5.6)	0 (0)	
	1	4 (3.2)	17 (13.6)	3 (2.4)	1 (0.8)	
	2	7 (5.6)	22 (17.6)	3 (2.4)	5 (4.0)	
	3	28 (22.4)	12 (9.6)	25 (20.0)	22 (17.6)	
	4	18 (14.4)	15 (12.0)	53 (42.4)	62 (49.6)	
41. Success means that I must work even harder to please others.	5	38 (30.4)	25 (20.0)	30 (24.0)	25 (20.0)	<0.001*
	6	24 (19.2)	21 (16.8)	6 (4.8)	9 (7.2)	
	7	6 (4.8)	13 (10.4)	5 (4.0)	1 (0.8)	
	1	7 (5.6)	36 (28.8)	1 (0.8)	2 (1.6)	
	2	7 (5.6)	25 (20.0)	9 (7.2)	6 (4.8)	
	3	20 (16.0)	4 (3.2)	24 (19.2)	19 (15.2)	
	4	34 (27.2)	18 (14.4)	61 (48.8)	65 (52.0)	
42. Those around me readily accept that I can make mistakes too.	5	27 (21.6)	13 (10.4)	20 (16.0)	23 (18.4)	<0.001*
	6	25 (20.0)	21 (16.8)	6 (4.8)	10 (8.0)	
	7	5 (4.0)	8 (6.4)	4 (3.2)	0 (0)	
	1	5 (4.0)	9 (7.2)	1 (0.8)	0 (0)	
	2	3 (2.4)	31 (24.8)	1 (0.8)	4 (3.2)	
	3	21 (16.8)	17 (13.6)	19 (15.2)	7 (5.6)	
	4	25 (20.0)	11 (8.8)	38 (30.4)	33 (26.4)	
43. Others will like me even if I don't excel at everything.	5	45 (36.0)	19 (15.2)	45 (36.0)	59 (47.2)	<0.001*
	6	19 (15.2)	22 (17.6)	15 (12.0)	17 (13.6)	
	7	7 (5.6)	16 (12.8)	6 (4.8)	5 (4.0)	
	1	8 (6.4)	15 (12.0)	0 (0)	0 (0)	
	2	9 (7.2)	24 (19.2)	7 (5.6)	3 (2.4)	
	3	13 (10.4)	19 (15.2)	14 (11.2)	12 (9.6)	
	4	30 (24.0)	13 (10.4)	64 (51.2)	49 (39.2)	
44. My parent rarely expected me to excel in all aspects of my life.	5	32 (25.6)	22 (17.6)	18 (14.4)	50 (40.0)	<0.001*
	6	26 (20.8)	19 (15.2)	16 (12.8)	9 (7.2)	
	7	7 (5.6)	13 (10.4)	6 (4.8)	2 (1.6)	
	1	1 (0.8)	6 (4.8)	0 (0)	0 (0)	
	2	10 (8.0)	26 (20.8)	5 (4.0)	7 (5.6)	
	3	18 (14.4)	8 (6.4)	23 (18.4)	11 (8.8)	
	4	28 (22.4)	14 (11.2)	47 (37.6)	50 (40.0)	
45. People around me think I am still competent even if I make a mistake.	5	36 (28.8)	17 (13.6)	28 (22.4)	41 (32.8)	<0.001*
	6	25 (20.0)	32 (25.6)	14 (11.2)	13 (10.4)	
	7	7 (5.6)	22 (17.6)	8 (6.4)	3 (2.4)	
	1	7 (5.6)	10 (8.0)	1 (0.8)	0 (0)	
	2	8 (6.4)	33 (26.4)	6 (4.8)	7 (5.6)	
	3	19 (15.2)	14 (11.2)	17 (13.6)	17 (13.6)	
	4	26 (20.8)	19 (15.2)	49 (39.2)	44 (35.2)	
	5	39 (31.2)	17 (13.6)	32 (25.6)	48 (38.4)	<0.001*
	6	22 (17.6)	23 (18.4)	13 (10.4)	8 (6.4)	
	7	4 (3.2)	9 (7.2)	7 (5.6)	1 (0.8)	

The maximum score ranged between 4 and 5 on the Likert Scale

Table 5: Correlation has been deduced by applying Pearson's correlation to the collected data from the study

	Self-Oriented	Other oriented	Socially oriented
Self-oriented			
Pearson's correlation	1	0.763**	0.678**
Sig. (two-tailed)		0.000	0.000
<i>n</i>	500	500	500
Other oriented			
Pearson's correlation	0.763**	1	0.781**
Sig. (two-tailed)	0.000		0.000
<i>n</i>	500	500	500
Socially oriented			
Pearson's correlation	0.678**	0.781**	1
Sig. (two-tailed)	0.000	0.000	
<i>n</i>	500	500	500

**Correlation is significant at 0.05 level. Because all are positive correlation, it is a good indicator. And the results in tandem

professionals respond by neutral stance, which convey that they are more of academic procrastinators, contrarily medical and dental professionals reflected a strongly agreeable score on the scale.

A study conducted by Shih^[17] proclaims that self-oriented perfection has negative impact on academic procrastination, whereas complementary influence of academic procrastination on self-oriented perfectionism proved negligible.

The behavioral outcome results (effects on academic accomplishment) advocate that the behavior of individuals who are self-oriented perfectionists would result in increased academic accomplishment, whereas the behavior of those who are academic procrastinators end in decreased academic accomplishment.

Extreme perfectionists tend to strive for precise end points and deliverables through various aspects of their lives, personally and professionally. This is fortified by the findings of the current study that self-oriented perfectionism, and not socially prescribed perfectionism, that showed steady and unique correlations with the remaining number of domains of perfectionism and with most of the individual domains.^[18] These traits can be related to medical professionals that scored maximum for the question "I set very high standards for myself."

Analyzing the question "People around me think I am still competent even if I make mistakes." The study unanimously reported an unbiased and neutral stance of the various health care professionals irrespective of their specialization when asked whether they worry about people thinking of them questioning their competence despite making mistakes. Stoeber^[19] suggests that the striving of self-oriented perfectionists is positive unless

they pay much attention to the mistakes and negative opinions of others.

Among the three domains, dental professionals score the highest in self-orientated perfectionism, this may be attributed to the fact that dentistry not only involves restoration of functionality but also goes hand in hand with cosmetics and aesthetics. In routine practice for dental professionals it is very essential for the dentists to have cosmetic awareness and aesthetics applicable to themselves to have an impact on patients to inculcate the same because physical attractiveness is the key to promoting or to defending an image of perfectionism to others and, hence, its application therapy. Findings from the study done by Golshani *et al.*^[20] were in concordance with the same, which impressed on the importance of the relationship between cosmetics and perfectionism.

Perfectionism may be infiltrated in personal habits of an individual, reigning day-to-day activities.

Le Marne and Harris^[21] conducted a study to analyze the strongest unique perfectionism predictor of eating disturbances and health behaviors, with regard to eating disturbances; self-oriented perfectionism was reported to be more prone to anorexic symptoms and socially prescribed perfectionism were more prone to bulimic symptoms, and regarding health behavior, socially prescribed perfectionism was associated with greater health behavior.

When asked if "I must work to my full potential at all the times" medical professionals scored in majority the higher-grade response. From our study, medical professionals showed high scores in socially prescribed perfectionism. High levels of perfectionism are associated with high levels of depression and anxiety and that might also hinder their study success.

Seeliger and Harendza^[22] conducted a study "Is Perfect Good? – Dimension of Perfectionism in Newly Admitted Medical Students" and notified significantly lower scores in socially prescribed perfectionism (SPP), high scores for SPP in medical students may have a negative impact with academic self-efficacy, which in due time can lead to academic collapse and poor, disagreeable, and plummeting performance.

In today's research environment with significant burdens and resource limitations in the Indian subcontinent, the results of this study paved the way for the impact of multidimensional perfectionism on primary and related health care professionals.

Limitation and recommendation

Although it was the first of its kind study in health care professionals, studies in other geographical belts across

India among various specialties may be encouraged. In this study, the self-reported response opens up to potential and probable biases innate to a descriptive cross-sectional study, including respondent's bias, fatigue bias, and central tendency bias.

Authors would like to promote the use of the same data set among other pan-India cities and intercontinentally and also include the rural belt for better precision and accuracy of the study. Cross-cultural comparison could be done along with psychological intervention to inscribe a robust data regarding the trends of multidimensional perfectionism globally.

Conclusion

In accordance with the health care sector, it was very significant to find the perfectionism traits and effects of professionals pertaining to their direct or indirect repercussions on the society.

Medical professionals scoring maximum in self-oriented perfectionism compared to other two domains reflect their extreme personal standards. Followed by dental professionals who are demanded of perfection in their routine practice. Ayurveda and homeopathy professionals scored better in other-oriented and socially prescribed perfectionism attributing to their sentiments of fulfilling the expectations and demands of others.

Ethics statement

This study was approved by the Institutional Ethics Committee of TPCT's Terna Dental College and Hospital.

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Conflicts of interest

There are no conflicts of interest.

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