

Contents

<i>List of illustrations</i>	xii
<i>List of contributors</i>	xiv
<i>Preface</i>	xvi

PART I

Conceptual, Measurement, and Development Issues 1

- 1 Conceptualizing Perfectionism: Resolving Old Quarrels and Starting New Ones 3
ANDREW P. HILL
- 2 Advances in the Measurement of Perfectionism in Sport, Dance, and Exercise 26
DANIEL J. MADIGAN
- 3 Revisiting the Development of Perfectionism in Sport, Dance, and Exercise 51
PAUL R. APPLETON AND THOMAS CURRAN

PART II

Established Approaches and Models 73

- 4 An Update and Extension of the Independent Effects Approach to Perfectionism in Sport, Dance, and Exercise 75
GARETH E. JOWETT, SARAH H. MALLINSON-HOWARD, ANDREW P. HILL AND DANIEL J. MADIGAN
- 5 Re-envisioning the Tripartite Model of Perfectionism in Sport and Dance: An Updated Review and Response to Critiques 162
JOHN K. GOTWALS AND MICHAEL R. LIZMORE

6	The 2 × 2 Model of Perfectionism in Sport, Dance, and Exercise: An Updated and Critical Review	190
	PATRICK GAUDREAU	
PART III		
New Approaches and Concepts		217
7	Perfectionistic Tipping Points and How to Find Them	219
	ANDREW P. HILL	
8	Perfectionism Cognitions in Sport, Dance, and Exercise	236
	TRACY DONACHIE, ANDREW P. HILL AND MARIANNE E. ETHERSON	
9	Studying Perfectionistic Climates	260
	MICHAEL C. GRUGAN, LAURA C. FENWICK AND LUKE F. OLSSON	
PART IV		
Applied Issues and Practitioner Perspectives		283
10	Working with Perfectionistic Athletes in Sport: An Acceptance and Commitment Therapy Perspective	285
	DEAN WATSON, HENRIK GUSTAFSSON AND CAROLINA LUNDQVIST	
11	Applying Self-compassion to Perfectionism in Sport	305
	LEAH J. FERGUSON, KENT C. KOWALSKI, DANIELLE L. CORMIER AND ABIMBOLA O. EKE	
12	Perfectionism in Sport: A Rational Emotive Behaviour Therapy Perspective	328
	ANNA JORDANA AND MARTIN J. TURNER	
PART V		
Reflections and Future Directions		351
13	Reflections on 20 Years Studying Multidimensional Perfectionism in Sport	353
	JOHN G. H. DUNN	
14	Questions, Critical Reflections, and Advances with the Model of Excellencism and Perfectionism: A Call to Action	377
	PATRICK GAUDREAU, ANTOINE BENOIT AND LAURENCE BOILEAU	

15	Reflections on the Costs of Rigid Perfectionism and Perfectionistic Reactivity: The Core Significance of the Failure to Adapt in Sports and in Life	399
	GORDON L. FLETT AND PAUL L. HEWITT	
	<i>Index</i>	421