Exploring the Contemporary Research Trends on Perfectionism and Mental Health: A Bibliometric Analysis

Mükemmeliyetçilik ve Ruh Sağlığı Üzerine Yapılan Güncel Araştırmalardaki Eğilimlerin İncelenmesi: Bir Bibliyometrik Analiz

Berkan DEMİR[1]

The current bibliometric analysis aimed to analyze scientific output on the relationship between perfectionism and mental health in peer-reviewed journals between 2010 and 2023. A literature search was conducted using the Web of Science (WoS) database, and 705 publications were extracted. The majority of the studies were research articles. The results indicated that depression, anxiety, stress, and eating disorders were some of the most common mental health conditions related to the trait of perfectionism. The annual number of publications covering the topic followed a steady increase over the 13-year period with slight fluctuations. The average number of citations per article was found to be 16.07. Psychology, followed by psychiatry and education, were the most prominent fields covering this topic. The USA, Canada, and Australia were the top three countries contributing to the investigations regarding the relationship between perfectionism and mental health. The most frequently used keywords were perfectionism, depression, anxiety, and stress. It was concluded that studies covering the association between perfectionism and mental health issues have demonstrated a gradual increase in terms of both the number and the diversity of research over the 13 years. Studies aiming to enrich the literature regarding this topic should be encouraged, especially in low and middle-income countries.

Keywords: *perfectionism, depression, anxiety, mental health, bibliometric analysis*

Bu bibliyometrik analizin amacı, 2010-2023 yılları arasında mükemmeliyetçilik ile ruh sağlığı arasındaki ilişkiye dair hakemli dergilerde yer alan bilimsel veriyi analiz etmektir. Web of Science (WoS) veritabanı kullanılarak gerçekleştirilen literatür taraması sonucunda toplam 705 çalışmaya ulaşılmıştır. Ulaşılan çalışmaların çoğunluğunu araştırma makaleleri oluşturmaktadır. Sonuçlar, depresyon, anksiyete, stres ve yeme bozukluklarının mükemmeliyetçilik özelliği ile ilişkili en yaygın ruh sağlığı sorunlarıolduğunu göstermiştir. İlgili konuda gerçekleştirilen yıllık toplam yayın sayısı, 13 yıllık dönem boyunca görülen ufak dalgalanmalarla birlikte istikrarlı bir artış izlemiştir. Makale başına düşen ortalama atıf sayısı 16.07 olarak bulunmuştur. Psikolojiyi takiben psikiyatri ve eğitim alanlarının bu konuyu ele alan önde gelen çalışma alanları olduğu bulgusuna ulaşılmıştır. ABD, Kanada ve Avustralya'nın, mükemmeliyetçilik ve ruh sağlığı arasındaki ilişkiyi inceleyen araştırmalara en çok katkı sağlayan ilk üç ülke olduğu bulgusuna ulaşılmıştır. En sık kullanılan anahtar kelimeler ise, mükemmeliyetçilik, depresyon, anksiyete ve stres olarak bulunmuştur. Mükemmeliyetçilik ile ruh sağlığı sorunları arasındaki ilişkiyi inceleyen çalışmaların hem nicelik hem de araştırma çeşitliliği bakımından 13 yıllık dönem boyunca kademeli olarak artış gösterdiği sonucuna ulaşılmıştır., Bu konuyla ilgili literatürü zenginleştirmeyi amaçlayan çalışmalar özellikle düşük ve ortadüşük gelir seviyesine sahip ülkelerde teşvik edilmelidir.

Anahtar Kelimeler: *mükemmeliyetçilik, depresyon, kaygı, ruh sağlığı, bibliyometrik analiz*

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Pursuing excellence in any field is widely regarded as a commendable mindset. Holding high expectations and diligently working towards challenging yet attainable objectives often results in a sense of fulfillment. However, perfectionism, defined as a personality trait characterized by the tendency to place excessively high standards on oneself as well as on others around them (Hewitt & Flett, 1991), is different from the healthy pursuit of achievement and is associated with emotional distress and mental health problems. Although perfectionistic tendencies among the general population seem to be gradually increasing (Curran & Hill, 2019), it has long been assumed that adverse forms of this personality trait have detrimental repercussions not only on several life domains (e.g., career, romantic relationships, interpersonal relationships, etc.) but also on mental health outcomes such as depression, anxiety, and eating disorders (Limburg et al., 2017). On the other hand, adaptive forms of perfectionism appear to help individuals set realistic goals and increase motivation (Burnam et al., 2014). Therefore, it seems that perfectionism affects individuals in various ways, both positively and negatively, depending on the intensity and scope of the cognitive processes they engage in. On the positive end, it can lead to high achievements and feelings of satisfaction, but on the negative end, it might bring about stress and dissatisfaction.

Perfectionism is a multidimensional personality trait characterized by setting excessively high standards for oneself and others (Frost et al., 1990). According to Hewitt and Flett's (1991) conceptualization, perfectionism comprises three distinct dimensions: self-oriented, socially prescribed, and other-oriented. Self-oriented perfectionism refers to "unrealistic standards and perfectionistic motivation for the self," socially prescribed perfectionism is defined as "the belief that others expect oneself to be perfect," and lastly, other-oriented perfectionism refers to "the belief that others should be perfect" (Hewitt et al., 1991, p. 464). While self-oriented and socially prescribed perfectionism are related to self-criticism, other-oriented perfectionism is characterized by criticism toward others. In the literature, other-oriented perfectionism, which is associated with narcissistic tendencies, has been the least studied form of perfectionism (Stoeber, 2014). Therefore, it is apparent that the construct of perfectionism includes elements related to both personal and social aspects, ultimately supporting its multidimensional characteristic.

Mental health problems are a significant source of disability across the globe (Vos et al., 2019). It is reported that there are almost 970 million cases of mood and anxiety disorders (Global Burden of Disease, [GBD], 2022). Along with their debilitating effects on individuals, mental health disorders and mood disorders (e.g., depression), in particular, can give rise to disabilities as well as fatal outcomes such as suicide (Bradvik, 2018). Therefore, determining the precursors of mental health issues seems essential because it helps in the proactive identification and management of potential mental health concerns. Understanding the predictors can have a

substantial impact at both individual and aggregate levels by enabling early intervention, improving outcomes, and reducing the overall mental health burden. Given that the personality trait of perfectionism is related to several mental health problems (Limburg et al., 2017; Dimaggio et al., 2015) and the increasing levels of perfectionism among the general population over the years (Curran & Hill, 2019), it becomes important to analyze and quantify existing research on the relationship between perfectionism and mental health to guide future research.

Perfectionism is regarded as having a significant effect on mental health, particularly in relation to mood and anxiety disorders, but it can also drive exceptional achievements, personal growth, and improvement. Empirical evidence has shown that different domains of perfectionism play distinct roles in affecting mental health outcomes. For instance, while self-oriented perfectionism can lead to both positive and negative outcomes, such as the need for achievement and well-being (Klibert et al., 2005), socially prescribed perfectionism is related to psychological ill-being (Kwon & Cho, 2020). On the other hand, adaptive forms of perfectionism (i.e., positive perfectionism, adaptive self-oriented perfectionism) involving healthy striving, flexibility, and non-rigid standards, were found to have a positive impact, as evidenced by the positive relationship with increased well-being (Kanten & Yeşiltaş, 2015), self-efficacy, and aspiration (Stoeber et al., 2008). In conclusion, often described in the literature as a 'double-edged sword', perfectionism can be responsible for emotional and mental distress as well as high accomplishments and resilience.

A state of fixation on mistakes, excessive concern about others' standards, and overly negative reactions towards perceived failures are three distinctive characteristics of perfectionism (Smith et al., 2015). Research indicates that maladaptive forms of perfectionism (i.e., other-oriented, socially prescribed, neurotic) are associated with several adverse mental health outcomes, including mood and anxiety disorders (Limburg et al., 2017; Wang et al., 2022), eating disorders (Bardone-Cone, 2007), and personality disorders (Dimaggio et al., 2015). Furthermore, it was found that perfectionism is related to both depression and suicidal ideation (Etherson et al., 2022). Thus, empirical evidence clearly concludes that perfectionism is intricately and directly associated with mental health problems. Additionally, some researchers suggest that the relationship between perfectionism and mental health outcomes is mediated by several other variables (Ashby et al., 2006), indicating that this relationship is complex and multifaceted. Across the literature, some of the mediating variables found include self-esteem (Zhang & Cai, 2012), social support and general mattering (Kumpasoğlu, 2019), optimism (Black & Reynolds, 2009), and hope (Ashby et al., 2011). One possible explanation for the indirect effect of perfectionism on mental health could be related to impairments occurring in areas of self-esteem, social support, and mattering as a result of holding excessively high expectations for oneself and others.

Numerous studies investigating the role of perfectionism in adverse mental health outcomes have been published. Given this, researchers and practitioners must spend a considerable amount of time reading and comprehending the relationship between the trait of perfectionism and mental health issues. Hence, it is essential to categorize the status of current research to aid the scientific literature (Cheng et al., 2022). Through bibliometric analysis, it is possible to quantitatively summarize the topic, and different visualization opportunities make it convenient to present results in a comprehensible way, which potentially helps scholars identify gaps, emerging trends, and the general status of a specific area.

METHOD

Bibliometric analysis is defined as a quantitative method involving statistical techniques to assess how publications, authors, institutions, and countries are influential or interconnected within a particular field of research (Donthu et al., 2021). In the current study, to describe the literature on the relationship between the trait of perfectionism and mental health, a bibliometric analysis was conducted. Bibliometric analysis can be used as a practical and convenient technique to gather fundamental information about contributing authors, countries, institutions, and trends in a particular research area (Ma et al., 2020). The main purpose of bibliometric analysis is to depict trends in a particular research area and help direct future research. One significant advantage of bibliometric research is its time-saving feature, as it provides visualized summaries of previous publications and identifies potential frontier studies (Zhou et al., 2021).

The journals indexed in the Web of Science (WoS) were utilized as the primary source. Zupic and Carter's (2015) five-step method, consisting of designing the study, collecting, analyzing, visualizing, and interpreting the data, was followed. The algorithm for the search was determined as: "(perfection*) AND (mental health OR depress* OR substance use OR anxi* OR stress OR eating OR mood* OR personality OR obsess* OR suicide OR dysfunc* OR psyhopat* OR mental illness OR pathology OR disorder)." The data extraction procedure was completed on February 16, 2024, to avoid any potential deviation as a result of instant updates. Following the data extraction, information regarding the author names, country, research area, years of publication, keywords, journal information, and institutional affiliation was examined. In the advanced search options, documents published between the years 2010 and 2023 were selected. The year 2024 was discarded to ensure it did not interfere with the results. The search strategy is shown in Figure 1. The "title" was used as the preferred method of inquiry because the use of "topic" and "abstract" was overly inclusive, as a visual inspection of the first 100 articles revealed that there were irrelevant studies within the dataset. In total, 705 publications were extracted. Only research articles (682) and reviews (23) were included, and the excluded documents were as follows: meeting abstracts (86), proceeding papers (23), editorial material (6), book chapters

(6), letters (3), corrections (7), early access (136), and book reviews (2). The publication language was restricted to English. To eliminate any false positive results, the 100 most-cited papers were investigated by two experts from the field of Psychological Counseling and Guidance who were experienced in conducting bibliometric analysis, and it was reported that there were no irrelevant studies.

The data were extracted in "CSV" format, and the headings in the dataset included titles, abstracts, countries, institutions, document types, funding agencies, and journal names. The analyses were conducted based on thorough descriptive purposes (e.g., percentages, frequencies, and means). In addition to descriptive results, to depict a clearer picture and support the findings visually, network maps were created in VosViewer 1.6.20.
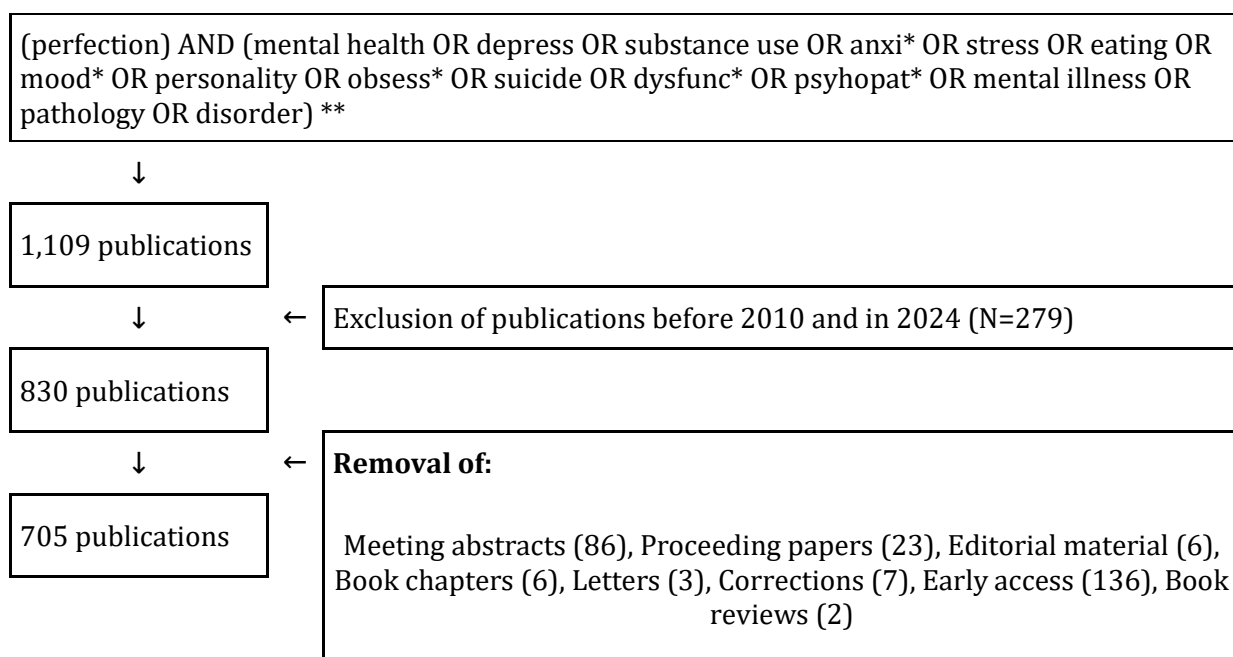
(perfection) AND (mental health OR depress OR substance use OR anxi* OR stress OR eating OR mood* OR personality OR obsess* OR suicide OR dysfunc* OR psyhopat* OR mental illness OR pathology OR disorder) **

↓

1,109 publications

↓   ←   Exclusion of publications before 2010 and in 2024 (N=279)

830 publications

↓   ←   **Removal of:**

Meeting abstracts (86), Proceeding papers (23), Editorial material (6), Book chapters (6), Letters (3), Corrections (7), Early access (136), Book reviews (2)

705 publications

Figure 1. Search strategy

FINDINGS

The very first publication on perfectionism and mental health was in the year 1980. While there were a total of 270 publications (including book chapters, book reviews, letters, etc.) between the years 1980 and 2010 (a total of 30 years), this number has exponentially increased to 839 between the years 2010 and 2023 (a total of 13 years). Within the scope of the present study (including only research and review articles), a total of 705 publications on the relationship between perfectionism and mental health were retrieved. The overwhelming majority of the publications were in English (n=675, 95.75%), followed by Spanish (n=13, 1.84%) and Russian (n=5, 0.71%).

Distribution of Annual Publication and Growth

A total of 705 publications on perfectionism and mental health met the search criteria. The majority of the studies were research articles (n=682, 96.74%), followed by review articles (n=23, 3.26%) as other types of publications were excluded from the dataset. Although there were slight fluctuations (i.e., minor decreases in 2013 and 2016), the number of studies published on the relationship between perfectionism and mental health has generally increased. The highest and lowest numbers of publications were in the years 2010 (n=24) and 2021 (n=71), respectively. The results regarding the distribution of annual publication growth and citations are presented in Figure 2.

As presented in Figure 2, a similar increasing pattern can be found for the number of citations as well. Despite minor fluctuations, the number of citations peaked in 2022 with a total of 1,828 citations. The total number of citations for the search term is 11,208, while the average number of citations per year is 747.2. Based on the results, each publication received an average of 15.9 citations.
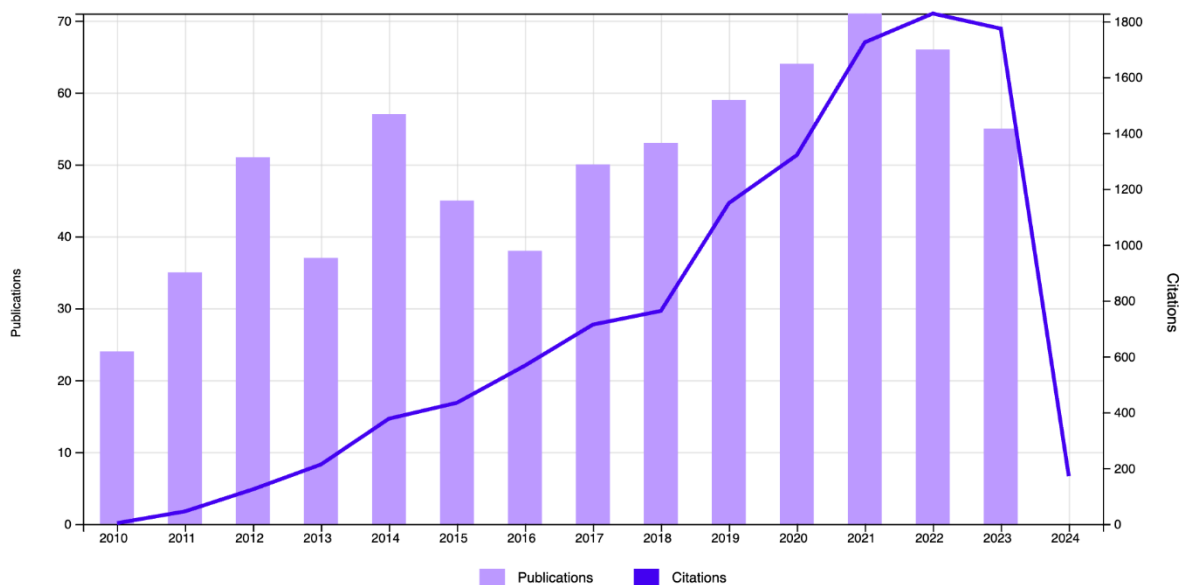

Figure 2. Distribution of annual publication growth and citations

Distribution of Countries and Institutions

Over the period of 2010 to 2023, 67 countries contributed to scientific research on perfectionism and mental health. The USA was the leading country in terms of the number of publications (n=182, 25.82%), followed by Canada (n=126, 17.87%), Australia (n=83, 11.77%), England (n=76, 10.78%), and Spain (n=39, 5.53%). Regarding the number of citations, a similar pattern can be observed, with publications from the USA receiving the most citations (n=3533,

31.52%), followed by Australia (n=3155, 28.15%), England (n=1569, 14%), Canada (n=1460, 13.03%), and New Zealand (n=255, 2.28%). The results regarding the number of publications and citations are presented in Table 1.

Table 1

Distribution by country and institution

Rank	Countries	Number of publications	Number of citations
1	USA	182 (25.82%)	3533 (31.52%)
2	Canada	126 (17.87%)	3155 (28.15%)
3	Australia	83 (11.77%)	1460 (13.03%)
4	England	76 (10.78%)	1569 (14%)
5	Spain	39 (5.53%)	255 (2.28%)

With regards to the co-authorships by country, a total of 23 countries were imported into VosViewer (the minimum number of documents for a country was set to 15), and it seems that the USA and Canada stand in the middle, representing the center of the associations among other countries. There are cooperative relationships among other countries, such as the relationship between the USA, Australia, and England, or Canada, Australia, and Belgium. The results are presented in Figure 3.
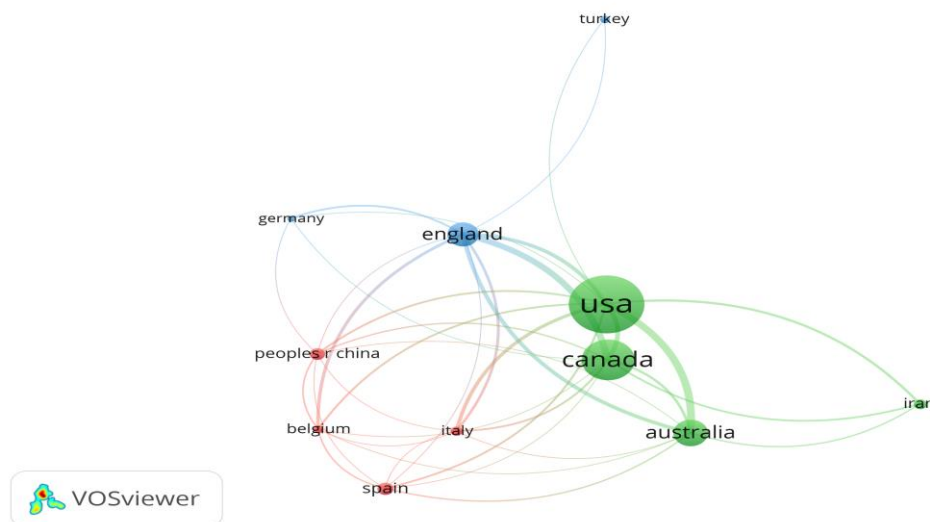
Figure 3. Map of countries regarding networks. Nodes refer to countries, and lines represent cooperation relationships

In terms of the institutions, a total of 892 institutions were found to contribute to the literature on perfectionism and mental health. The most prolific institution was the University of British Columbia (n=44, 6.24%), followed by York University, Canada (n=42, 5.96%), and Dalhousie University (n=37, 5.25%). The top 10 institutions that published the most documents on this topic are provided in Table 2.

Table 2

Top 10 institutions with the highest number of publications on perfectionism and mental health

	Institution	n	%
1	University of British Columbia	44	6.24
2	York University Canada	42	5.96
3	Dalhousie University	37	5.25
4	Curtin University	30	4.26
5	University of London	20	2.84
6	University System of Georgia	19	2.70
7	McGill University	18	2.55
8	Georgia State University	17	2.41
9	State University System of Florida	17	2.41
10	University of Western Australia	15	2.13

Distribution of Journals

A total of 195 publications out of 705 (27.66%) belonged to the top 10 journals. The highest number of publications belonged to the journal Personality and Individual Differences (n=65, 9.22%). Following that, Eating Behaviors (n=29, 4.11%) and Journal of Counseling Psychology (n=18, 2.55%) were the journals that had the highest number of publications. In terms of citations, the top three journals were Personality and Individual Differences (n=1198, 10.69%), Journal of Counseling Psychology (n=634, 5.66%), and Eating Behaviors (n=414, 3.69%). The top 10 journals with the highest number of publications regarding the field of perfectionism and mental health are presented in Table 3.

Table 3

Distribution of journals

	Journal	n	Citations
1	Personality and Individual Differeneces	65	1198
2	Eating Behaviors	29	414
3	Journal of Counseling Psychology	18	634
4	Current Psychology	16	131
5	European Eating Disorders Review	15	292
6	Frontiers in Psychology	12	66
7	International Journal of Eating Disorders	10	214
8	Journal of Rational-Emotive and Cognitive-Behavior Therapy	10	129
9	Eating and Weight Disorders	10	93
10	Cognitive Therapy and Research	10	139

Distribution of Authors

The top 10 authors were responsible for 222 publications out of 705, corresponding to 31.49% of the total publications on the subject. It is widely known that perfectionism has distinctive conceptualizations (e.g., Hewitt & Flett, 1991; Smith et al., 2016), and it seems that the

scholars who offered those different conceptualizations are included at the top of this list. The distribution regarding the authors is provided in Table 4.

Table 4

Distribution of authors

	Author	Number of publications	%	Number of citations
1	Flett, G. L.	42	5.96	1336
2	Hewitt, P. L.	40	5.67	1279
3	Sherry, S. B.	34	4.82	1010
4	Egan, S. J.	27	3.83	513
5	Smith, M. M.	19	2.84	592
6	Stewart, S. H.	13	1.84	459
7	Dunkley, D. M.	13	1.84	380
8	Sherry, D. L.	11	1.56	461
9	Boone, L.	11	1.56	413
10	Watson, H. J.	11	1.56	230

Moreover, the author collaboration network graph was created with the aim of depicting the co-authorship status among authors. The rectangles in Figure 4 represent authors; the size of the rectangles refers to the number of publications that the authors have, and connecting lines indicate the strength of the cooperative relationship among authors. Results indicated that the authors' collaborations depicted a cluster-like distribution. The network collaboration formed by Sherry S.B., Smith M.M., and Joachim S. included the largest number of authors, while the size of the rectangles and the strength of the relationship, indicated by the thickness of the connecting lines, reached their peak for the relationship between authors Flett and Hewitt.
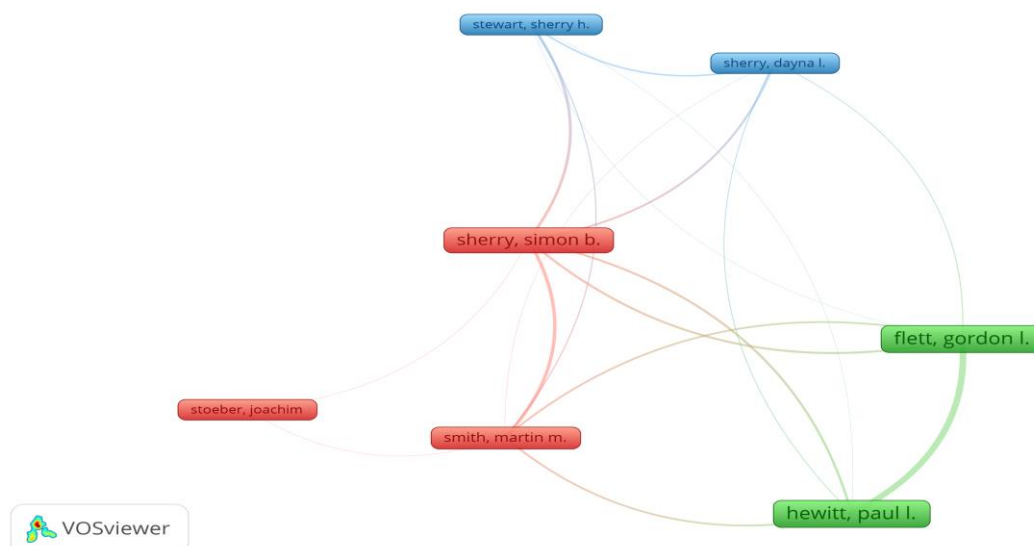

Figure 4. Map of co-authors network. The rectangles represent authors, and the size of the particular rectangle indicates the number of articles produced. The lines refer to cooperation relationships.

Top-Cited Articles

Presented in Table 5, the top three most cited articles were "Test anxiety, perfectionism, goal orientation, and academic performance" by Eum and Rice (2011), "Predicting depression, anxiety, and self-harm in adolescents: The role of perfectionism and acute life stress" by O'Connor et al. (2010), and "Are perfectionism dimensions vulnerability factors for depressive symptoms after controlling for neuroticism? A meta-analysis of 10 longitudinal studies" by Smith et al. (2016). Furthermore, it seems that the most-cited articles covered the relationship between perfectionism and mental health topics such as depression (n=5), anxiety (n=5), stress (n=3), and eating disorders (n=1).

Table 5
The top 10 articles with the highest number of citations

	Article	Author	Year	Source	Cited by
1	Test anxiety, perfectionism, goal orientation, and academic performance	Eum and Rice	2011	*Anxiety Stress and Coping*	140
2	Predicting depression, anxiety and self-harm in adolescents: The role of perfectionism and acute life stress	O'Connor et al.	2010	*Behavior and Research Therapy*	140
3	Are perfectionism dimensions vulnerability factors for depressive symptoms after controlling for neuroticism? A meta-analysis of 10 longitudinal studies	Smith et al.	2016	*European Journal of Personality*	118
4	The child-adolescent perfectionism scale: Development, psychometric properties, and associations with stress, distress, and psychiatric symptoms	Flett et al.	2016	*Journal of Psychoeducational Assessment*	108
5	Perfectionism, perceived stress, drinking to cope, and alcohol-related problems among college students	Rice and Van Arsdale	2010	*Journal of Counseling Psychology*	99
6	Perfectionistic self-presentation, socially prescribed perfectionism, and suicide in youth: A test of the perfectionism social disconnection model	Roxoborough et al.	2012	*Suicide and Life-Threatening Behavior*	98
7	Social appearance anxiety, perfectionism, and fear of negative evaluation. Distinct or shared risk factors for social anxiety and eating disorders?	Levinson et al.	2013	*Appetite*	88
8	Perfectionism and the five-factor model of personality: A meta-analytic review	Smith et al.	2019	*Personality and Social Psychology Review*	78
9	Perfectionism, negative social feedback, and interpersonal rumination in depression and social anxiety	Nepon et al.	2011	*Canadian Journal of Behavioral Science*	78
10	Self-compassion moderates the perfectionism and depression link in both adolescence and adulthood	Ferrari et al.	2018	*Plos One*	77

Research Areas

A vast majority of the articles belonged to the research area of Psychology (n=485, 68.79%), followed by Psychiatry (n=184, 26.01%), and Educational Research (n=44, 6.24%). The results regarding the research areas are presented in Figure 5.
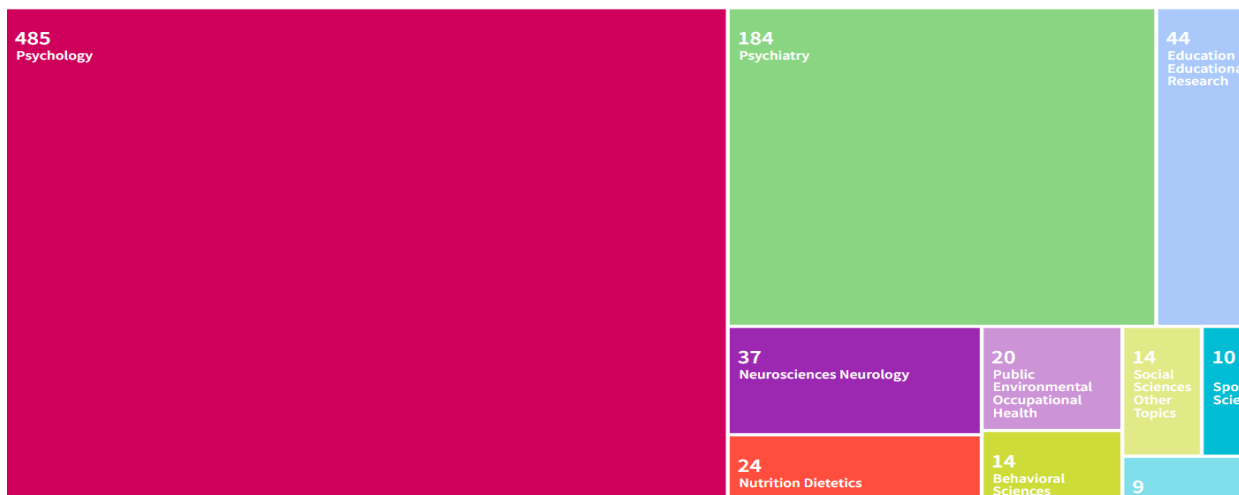
Figure 5. The research areas that cover perfectionism and mental health

Keywords

Keywords serve as the core representation of the content of the publication, potentially reflecting the research context, purpose, methodology, and results, which, in turn, cater to the depiction of the overarching theme of the publication. The co-occurrence network is generated by calculating the number of articles in which the keywords are present in both titles and abstracts. The primary reason for doing this is to depict the most attractive research areas and keywords that are essential to growth in the field. As depicted in Figure 6, a total of 17 keywords (the minimum number of occurrences was set to greater than 50) were found. The red cluster (e.g., perfectionism, depression, anxiety) holds the most frequently used words, followed by the blue cluster (e.g., maladaptive perfectionism, stress), the green cluster (e.g., self-esteem, anorexia nervosa, eating disorders), and the yellow cluster (e.g., psychopathology, disorders).
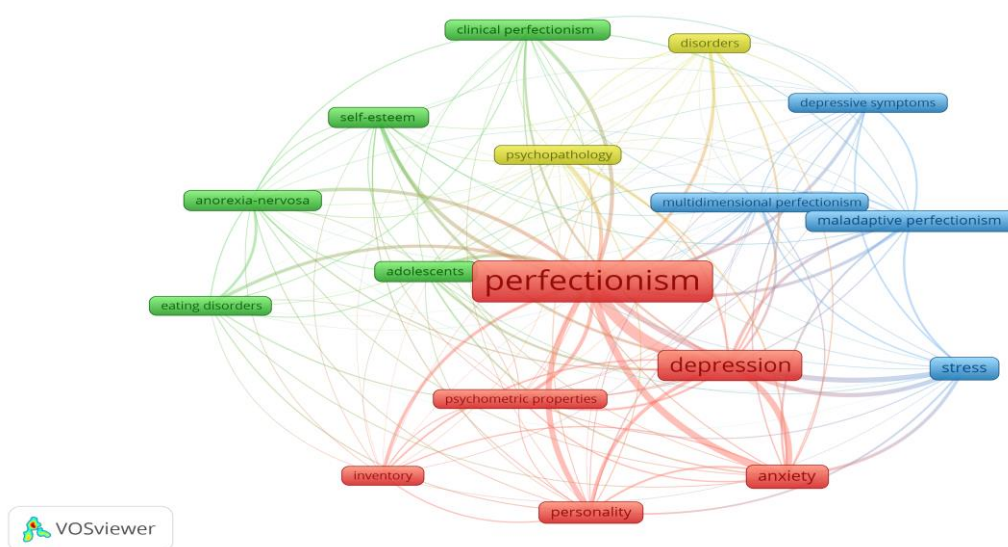

Figure 6. Map of keywords

DISCUSSION AND CONCLUSION

The aim of the present bibliometric analysis was to provide an overview of the scientific output regarding the relationship between perfectionism and various mental health outcomes between the years 2010 and 2023. Through bibliometric data and citation analyses, it became possible to provide a historical context and systematic overview of the most cited articles, most essential journals, authors, organizations, and countries in the field of perfectionism and mental health. Given that the number of publications between the years 1980 and 2000 was 68, and it was 705 between the years 2010 and 2023, it is apparent that the association between the trait of perfectionism and mental health is still a relatively young research field. This field provides promising results in terms of yielding significant relationships between maladaptive forms of perfectionism and adverse mental health outcomes, and of improvements in mental health concerns via interventions aiming to alleviate clinical perfectionism. An overwhelming majority of the publications belonged to the area of psychology, followed by psychiatry and education/educational research. One explanation as to why perfectionism is closely related to anxiety and depression could be that perfectionistic tendencies exacerbate cognitive distortions such as 'Why can't I be perfect?' and musts and shoulds that are dysfunctional in nature (Flett et al., 2012). Thus, impairments in those cognitive patterns might lead to emotional distress and self-criticism, fostering a negative view of the self and resulting in disruptions in mood and increased levels of anxiety.

One of the most striking findings was that the widely studied adverse mental health outcomes associated with perfectionism were depression, anxiety, eating disorders, and stress. This finding aligns with Egan et al.'s (2011) research, which concluded that eating disorders, anxiety, and depression were the most common disorders associated with the trait of perfectionism. Furthermore, the research aiming to reveal the association between adverse mental health outcomes and perfectionism reached its peak in 2021. In total, 67 countries, 2,045 authors, and 892 research institutions worldwide contributed to the field. Of these, the United States, Canada, and Australia had the highest number of publications and strong collaborative relationships.

In terms of anxiety and eating disorders, social anxiety and anorexia nervosa were the most commonly studied disorders. This is a valuable finding because practitioners working with clients with the aforementioned mental health conditions can delve into the aspects of perfectionism by addressing cognitive distortions that alleviate perfectionistic tendencies, which are hypothesized to exacerbate the severity of these concerns (Shafran, 2002). In addition, interventions aiming to reduce maladaptive forms of perfectionism (i.e., socially prescribed perfectionism), which in turn led to decreases in levels of depression and anxiety, have yielded

promising results (Lloyd et al., 2015). The information provided within the scope of the current study could contribute to preparing implementation plans by providing information about current trends, limitations, and other areas open for improvement. Furthermore, adaptive forms of perfectionism (e.g., setting high personal standards, striving for rewards related to achievement-related outcomes) play a protective role by decreasing levels of depression and stress (Rice & Richardson, 2014). Therefore, it is crucial to distinguish between maladaptive and adaptive forms of perfectionism, as their ramifications follow divergent pathways. The current study's findings revealed a scarcity of studies conducted in low or middle-income countries (LMIC). Therefore, there is a need to encourage different research designs investigating the relationship between perfectionism and mental health concerns on a global scale. Fei et al. (2022) suggested that the most prominent articles reveal the research hotspots, while higher numbers of citations indicate their significance in a particular research area. Based on the current study's findings, scholars utilizing samples in low or middle-income countries can pinpoint both aspects (i.e., hotspots and significance) to direct their interest while investigating the association between perfectionism and mental health. One reason for the scarcity of research in LMIC could be limited resources, stigma, and lack of infrastructure to conduct research.

At a theoretical level, the results of the current study appear to validate existing conceptualizations on perfectionism (e.g., Hewitt & Flett, 1991; Frost et al., 1990; Smith et al., 2016) through the abundance of studies revealing the detrimental effects of perfectionism on mental health and offer new perspectives at a descriptive level, such as the sample characteristics studied, the countries that provided the most contributions, and the journals most related to the field. At a practical level, particularly in clinical settings, practitioners aiming to provide psychoeducational programs about the nature of perfectionism would benefit from the results of the current study, as the findings have the potential to offer a thorough perspective on the aforementioned relationship. Several limitations regarding the present study are worth elaborating on. While retrieving the publications for the analyses, only the WoS database was used, which might have resulted in the exclusion of some publications existing in other databases such as Scopus or PubMed. Still, the selected articles reveal information and offer valuable perspectives for both newcomers to the field and scholars with experience in the field. In addition, there is a small possibility that some keywords were overlooked, which might result in false positive results (i.e., exclusion of publications that were relevant to the study topic). Considering the citation analyses, it is naturally possible that older publications receive more citations than newer ones. Therefore, findings regarding the citation analyses should be interpreted with caution. Additionally, as only the years between 2010 and 2023 were included, future studies might consider expanding or narrowing down the criteria used in the current study.

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GENİŞLETİLMİŞ ÖZET

Giriş

Mükemmeliyetçilik, kişinin hem kendisi hem de etrafındaki diğer insanlar için belirlediği aşırı yüksek standartlarla nitelendirilmiş bir kişilik özelliği olarak tanımlanmaktadır (Hewitt & Flett, 1991). Mükemmeliyetçilik eğiliminin son yıllarda genel nüfus arasında artış gösterdiği bilinmektedir (Curran & Hill, 2019). Uyum bozucu nitelikteki mükemmeliyetçiliğin hem kişinin yaşamındaki birçok alanda olumsuz sonuçlara (örneğin; kariyer, romantik ilişkiler, kişilerarası ilişkilerde bozulmalar) hem de depresyon, kaygı ve yeme bozuklukları gibi ruh sağlığı sorunlarına yol açtığı belirtilmektedir (Limburg vd., 2017). Öte yandan, uyum sağlayıcı mükemmeliyetçiliğin ise kişiye gerçekçi hedefler koyma ve motivasyonu artırma noktasında yarar sağladığı bilinmektedir (Stoeber vd., 2008; Burnam vd., 2014).

Ruh sağlığı sorunları, dünya genelinde kişileri dezavantajlı ve zorlu duruma düşüren sebeplerden biri olarak görülmektedir (Vos vd., 2019). Bununla beraber, dünya genelinde neredeyse 970 milyon kişinin duygu durum ve kaygı bozukluklarından muzdarip olduğu raporlanmıştır (Global Burden of Disease, 2022). Duygu durum ve kaygı bozukluklarının kişilerin işlevselliğine olan olumsuz etkilerinin yanında intihar gibi ölümcül sonuçlara yol açtığı da bilinmektedir (Bradvik, 2018). Mükemmeliyetçiliğin çeşitli ruh sağlığı sorunlarına zemin hazırladığı düşünüldüğünde, bu ilişkiyi araştıran mevcut bilimsel çalışmaları tanımlamanın ve analiz etmenin ruh sağlığını iyileştirme amacıyla gerçekleştirilecek olan çalışmalar için önemli olduğu sonucuna ulaşılabilir.

Yöntem

Bu çalışmanın amacı, 2010-2023 yılları arasında mükemmeliyetçilik ve ruh sağlığı arasındaki ilişkiyi inceleyen çalışmaları bibliyometrik analiz metoduyla incelemektir. Bibliyometrik analiz, yayınların, yazarların, kurumların ve ülkelerin belirli bir araştırma alanındaki etkililiklerini ya da birbirleriyle nasıl bağlantılı olduklarını değerlendirmek için kullanılan nicel bir istatistiksel yöntemdir (Donthu vd., 2021). Bu doğrultuda, Web of Science Core Collection veri tabanında yayımlanan 705 çalışma belirlenmiş ve bu çalışmalardaki eğilimlerin incelenmesi amaçlanmıştır.

Çalışmaya ait veri, olası sapmaların ve anlık güncellemelerin önüne geçebilmek amacıyla 16 Şubat 2024 tarihinde elde edilmiş ve analizler bu tarih itibarıyla gerçekleştirilmiştir. Veri ayıklandıktan sonra yazar isimleri, ülkeler, araştırma alanları, yayın yılları, anahtar kelimeler, dergi ve kurum bilgileri incelenmiştir. Sadece İngilizce dilinde yapılan araştırma makaleleri ve literatür taramaları analize dahil edilmiştir. Yanlış pozitif sonuçları gidermek için en fazla atıf alan 100 makale Psikolojik Danışma ve Rehberlik alanında uzmanlığı ve bibliyometrik analiz

konusunda çalışmaları olan iki akademisyen tarafından kontrol edilmiş olup konu dışı olan makaleye rastlanmadığı beyan edilmiştir. Analizler VosViewer 1.6.20 versiyonu ve Web of Science (WoS) temel arayüzü kullanılarak gerçekleştirilmiştir.

Sonuçlar

Mükemmeliyetçilik ve ruh sağlığı arasındaki ilişkiyi açıklamayı amaçlayan ve 1980-2000 yılları arasında gerçekleştirilen çalışma sayısının 68, 2010 ve 2023 yılları arasında yapılan çalışma sayısının ise 705 olduğu göz önünde bulundurulduğunda, bu alanda gerçekleştirilen çalışmaların hızlı bir artış gösterdiği bulgusuna ulaşılmıştır. Dolayısıyla, bahsi geçen araştırma konusunun araştırmacılar tarafından git gide dikkat ve ilgi çeken bir çalışma alanı olduğu söylenebilir. Çalışmaların büyük çoğunluğu psikoloji, psikiyatri ve eğitim alanlarında gerçekleştirilmiştir. Sonuçlar, depresyon, kaygı, yeme bozuklukları ve stresin mükemmeliyetçilik özelliği ile en yakından ilişkili ruh sağlığı sorunları olduğunu göstermektedir. Bu çalışma alanına katkı sağlayan toplam araştırmacı sayısının 2.045, toplam ülke sayısının 67, toplam kurum sayısının 892 ve toplam dergi sayısının 314 olduğu bulunmuştur. Amerika Birleşik Devletleri, Kanada ve Avustralya en yüksek yayın ve atıf sayısına sahip olan ülkelerdir. En çok kullanılan anahtar kelimelerin ise mükemmeliyetçilik, depresyon, kaygı, uyum bozucu mükemmeliyetçilik, özsaygı, anoreksiya nervoza ve yeme bozuklukları olduğu bulgusuna ulaşılmıştır. En yüksek yayın ve atıf sayısına sahip yazarların ise Flett, G. L., Hewitt, P. L., ve Sherry, S. B. olduğu bulunmuştur.

Tartışma ve Sonuç

Bu çalışmada, Web of Science (WoS) veritabanı kullanılarak mükemmeliyetçilik ve ruh sağlığı sorunları arasındaki ilişkinin incelendiği 705 çalışmanın bibliyometrik analizi gerçekleştirilmiştir. Sonuçlara göre, mükemmeliyetçilik ile ilişkili bulunan en yaygın ruh sağlığı sorunları depresyon, stres, kaygı (sosyal anksiyete) ve yeme bozuklukları (anoreksiya nervoza) olarak bulunmuştur. 2000 yılına kadar gerçekleştirilen toplam çalışma sayısının 68, 2010-2023 yılları arasında yayınlanan toplam çalışma sayısının ise 705 olduğu ve bu yıllar arasındaki yayın sayısının kademeli bir artış gösterdiği göz önünde bulundurulduğunda, araştırmacıların bu çalışma alanına ilgi gösterdiği söylenebilir. Dolayısıyla, söz konusu ruh sağlığı durumlarından şikayetçi olan danışanlarla çalışan uygulamacılar, danışanların uyum bozucu mükemmeliyetçilik eğilimlerini tetikleyen bilişsel çarpıtmaları ortaya çıkararak bireylerin iyi oluşuna katkıda bulunabilirler. Bunun yanında, uyum bozucu mükemmeliyetçilik eğilimini azaltmaya yönelik müdahale çalışmalarının depresyon ve kaygıyı azaltma gibi dolaylı etkilerinin kanıtlandığı göz önüne alındığında (Lloyd vd., 2015), bu çalışma kapsamında elde edilen bulguların müdahale ve tedavi planlarının hazırlanmasında araştırmacılara ön bilgi sağlayıcı nitelikte olabileceği söylenebilir. Araştırmacılar, bu çalışma yoluyla ortaya çıkarılan mevcut eğilimler, sınırlılıklar ve gelişmeye açık konuların neler olabileceğini göz önünde bulundurarak mevcut çalışmanın

sonuçlarından fayda sağlayıp gelecek çalışmalar için planlamalar gerçekleştirebilir. Bunun yanında, bu çalışmanın sonuçları, düşük ve orta-düşük gelir düzeyinde yer alan ülkelerde gerçekleşen ve mükemmeliyetçilik ile ruh sağlığı arasındaki ilişkiyi konu alan yayın sayısının oldukça kısıtlı olduğunu işaret etmektedir. Bu sebeple, gelecekteki çalışmalar planlanırken bu sınırlılığın giderilmesine yönelik adımlar atılabilir.

Bu çalışmanın bazı sınırlılıkları bulunmaktadır. İlk olarak, bu çalışma kapsamında seçilen makaleler ve gerçekleştirilen analizler hem alanda yeni çalışmaya başlayan hem de alan tecrübesi olan araştırmacılar ve uygulamacılar için güncel eğilimleri betimleme açısından değerli bulgular sunsa da veri analizi sürecinde sadece WoS veri tabanı kullanılması, Scopus veya PubMed gibi diğer veri tabanlarında yer alan yayınların analizlere dahil edilmemesine sebep olmuş olabilir. Bunun yanında, kaynak tarama sürecinde seçilen araştırma alanı kapsamındaki bazı önemli anahtar kelimelerin kullanılmaması yanlış pozitif sonuçların ortaya çıkmasında rol oynamış olabilir. Ayrıca, atıf sayılarıyla ilgili sonuçlar okuyucular tarafından dikkatle incelenmelidir, çünkü yayım yılı daha eski olan çalışmalar güncel çalışmalarla kıyaslandığında sadece yayınlandığı yılların daha erken olması sebebiyle daha fazla atıf alma eğiliminde olabilir. Son olarak, bu çalışma kapsamında sadece 2010-2023 yılları arasında gerçekleşen ve belirtilen kriterlere uygun çalışmalar kullanılmıştır. Dolayısıyla, gelecek araştırmacılar, hem zaman aralığı hem de belirlenen kriterler açısından çalışma amaçlarına uygun olarak belirli değişiklikler yapabilir.