**Perfectionism and the Five-Factor Model of Personality: A Meta-Analytic Review**

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**Abstract**

Over 25 years of research suggests an important link between perfectionism and personality traits included in the five-factor model (FFM). However, inconsistent findings, underpowered studies, and a plethora of perfectionism scales have obscured understanding of how perfectionism fits within the FFM. We addressed these limitations by conducting the first meta-analytic review of the relationships between perfectionism dimensions and FFM traits (*k* = 77, *N* = 24,789). Meta-analysis with random effects revealed perfectionistic concerns (socially prescribed perfectionism, concern over mistakes, doubts about actions, and discrepancy) were characterized by neuroticism (r+c

= .50), low agreeableness (r+c = -.26), and low extraversion (r+c = -.24); perfectionistic strivings (self-oriented perfectionism, personal standards, and high standards) were characterized by conscientiousness (r+c

= .44). Additionally, several perfectionism-FFM relationships were moderated by gender, age, and the perfectionism subscale used. Findings complement theory suggesting that perfectionism has neurotic and non-neurotic dimensions. Results also underscore that the (mal)adaptiveness of perfectionistic strivings hinges on instrumentation.

**Keywords:** Big Five; five-factor model; meta-analysis; perfectionism; personality.