

Family Almost Perfect Scale (FAPS) – Chinese (Traditional) Version

Instructions

The following items are designed to measure your perceptions of the attitudes, beliefs, and values your family has and conveyed to you. There are no right or wrong answers. Please respond to all of the items. Use your first impression and do not spend too much time on individual items in responding.

以下各個題目在測量你家人的態度、信念和價值觀。答案並沒有對錯之別，請回答所有的題目。答題時，請以你的瞬間反應回答，不需在個別題目上花太多的時間。

Respond to each of the items using the scale below to describe your degree of agreement with each item.

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
極不同意	不同意	有點不同意	中立	有點同意	同意	極為同意

1. My family has high standards for my performance at work or at school.
我的家人對我在職場或學校的表現有很高的標準。
2. My family expects me to be an orderly person.
我的家人期望我做個井井有條的人。
3. Neatness is important to my family.
整齊對我的家人而言很重要。
4. My best just never seems to be good enough for my family.
我的最大努力，在我家人看來總是還不夠好。
5. My family thinks things should be put away in their place.
我的家人認為東西應該收拾好放回原來的地方。
6. My family has high expectations for me.
我的家人對我的期望很高。
7. I rarely live up to my family's high standards.
我很少能達到家人定下的高標準。
8. My family expects me to always be organized and disciplined.
我的家人期待我一直保持有條不紊和自律的習慣。
9. Doing my best never seems to be enough for my family.
盡我全力，對我家人來說總是還不夠。

10. My family sets very high standards for me.
我的家人對我定下很高的標準。
11. Nothing short of perfect is acceptable in my family.
我的家人不能接受稍有不完美。
12. My family expects the best from me.
我的家人期望我盡我的全力。
13. My performance rarely measures up to my family's standards.
我的表現很少能達到家人的標準。
14. My family expects me to try to do my best at everything I do.
我的家人期待我凡事總要盡全力去做。
15. I am seldom able to meet my family's high standards of performance.
我很少能達到家人對各項表現所定下的高標準。
16. I am aware that my family sets standards that are unrealistically high.
我很清楚我的家人設定的標準高得不切實際。
17. My family expects me to have a strong need to strive for excellence.
我的家人期待我要有追求卓越的強烈需要。

Source:

Wang, K. T. (2010). The Family Almost Perfect Scale: Development, Psychometric Properties, and Comparing Asian and European Americans. *Asian American Journal of Psychology, 1*, 186-199.

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FAPS Scoring Key

Family Standards = 1, 6, 10, 12, 14, 17

Family Order = 2, 3, 5, 8

Family Discrepancy = 4, 7, 9, 11, 13, 15, 16

Sum up the items corresponding to the three subscales to get your FAPS scores on *Family Standards*, *Family Order*, and *Family Discrepancy*.

Sources for psychometric information:

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NOTE: You have my permission to use the FAPS for research only. Such use indicates agreement with the stated terms and involves appropriate citations in the event of publication. I would also like to be informed of any data gathered and findings on the scale.

For any questions, please contact **Kenneth T. Wang** at ktwang@fuller.edu.