

## CORRELATION BETWEEN DEPRESSION AND PERFECTIONISM IN IRANIAN STUDENTS

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**Introduction:** Perfectionism is the irrational belief that people have towards their surroundings. Depression is one of the outputs of extreme perfectionism.

**Objectives:** To evaluate the correlation between depression and perfectionism.

**Aims:** This study aimed to determine the relationship between depression and perfectionism in students of Ilam University of medical sciences.

**Methods:** 200 individual of students of Ilam University of Medical Sciences, during a descriptive-analytical study with classified sampling were studied. Collecting data was conducted by use the Frost Perfectionism Multidimensional Scale (FMPS) and Beck Depression Inventory. Reliability of questionnaire with 87% Alpha coefficient was confirmed. FMPS questionnaire have a 6 domains. Collected data using SPSS18 software and the Mann-Whitney and Kruskal-Wallis test were analyzed.

**Results:** No significant relationship was found between gender, major, semester and faculty with depression score, while there was a significant relationship between sex with some perfectionism domains ( $p < 0.01$ ). There was a significant correlation between depression with parental criticism ( $p=0.05$ ,  $r=0.134$ ) and Concern Over Mistakes ( $P=0.004$ ,  $r=0.201$ ).

**Conclusions:** Depression was significantly correlated to some domains of perfectionism.