



**Personality, perfectionism and  
procrastination:  
A questionnaire for university  
students**

You are invited to participate in this survey as part of an official class exercise for “Survey Research and Design in Psychology” at the University of Canberra.

The items in this survey ask about your **personality**, tendency to **procrastinate**, and **perfectionism**.

Participation is expected to take about 10 minutes. Participation is also voluntary and you may withdraw at any time. You may also choose to complete some but not all questions.

Your responses will be treated confidentially. To help ensure anonymity, DO NOT include your name on the questionnaire.

If this survey triggers any concerns about your mental health, please contact UC Counselling (02 6201 2351).

If you have a question, comment, or complaint, contact the unit convener:

Ananthan Ambikairajah  
Email: [Ananthan.Ambikairajah@canberra.edu.au](mailto:Ananthan.Ambikairajah@canberra.edu.au)

**You are welcome to remove this page and keep it as a record of participation.**

1. First, we would like to know some background information about you.

What is your age? \_\_\_\_\_ What is your gender? \_\_\_\_\_

2. The first set of questions are about your personality. Please rate your personality on these scales:

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Responsible						Irresponsible
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cooperative						Uncooperative
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organised						Disorganised
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Extrovert						Introvert
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relaxed						Tense
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Imaginative						Unimaginative
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Assertive						Unassertive
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Secure						Insecure
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Funny						Serious
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Intellectual						Unintellectual
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reflective						Unreflective
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Thorough						Careless
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trustworthy						Devious
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kind						Unkind
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Guilt free						Guilt ridden
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Talkative						Silent
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Happy						Unhappy

3. While some students struggle with procrastination, others find it might be a problem for some tasks, and not for others, and some never find it problematic. Overall, how much do you think procrastination *is a problem for you* on the following tasks?

	Not at all				A great deal	Not applicable
Written assessments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Keeping up with weekly readings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Studying for tests/exams	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Watching lecture videos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
Doing weekly quizzes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>
University work in general	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="checkbox"/>

The next questions ask how you expect this semester to go. If you are only enrolled in one unit this semester, you can choose whether to answer question 4 or 5.

4a. Think about the unit you are currently enrolled in that you think you will do *best* in this semester. What mark are you expecting to get in this unit overall? (Place a cross on the line below)

0%  100%

4b. On average, how many hours *per week* do you think you will spend on this unit? Include hours spent in class (lectures/tutorials), as well as working on assignments, revising, etc.

Number of hours:

5a. Now think about the unit you think you will do *worst* in. What mark are you expecting to get in this unit overall? (Place a cross on the line below)

0%  100%

5b. On average, how many hours *per week* do you think you will spend on this unit? Include hours spent in class (lectures/tutorials), as well as working on assignments, revising, etc.

Number of hours:

6. For the next set of items, please rate the extent you agree or disagree with each statement:

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
I set higher goals for myself than most people do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is important to me to be neat and organised	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tend to get behind in my work because I do things over and over	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I often have doubts about the things I do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I always complete tasks before they are due	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It takes me a long time to do something "right"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My first attempt at completing my work is never good enough	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I hate being less than the best at things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get upset if I make a mistake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I fail at work/school, I feel like a failure as a person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am an organised person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I always get things done on time and do well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People will probably think less of me if I make a mistake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't think I'll do well if I'm not organised	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am a messy and disorganised person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I can't complete a task to a particular standard, I struggle to complete it at all	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I care about what others think about my work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I make a mistake on an otherwise successful task, I'll think about it over and over	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Thank you very much for participating in our survey!