

CURRICULUM VITAE

Martin Montgomery Smith, Ph.D.**ACADEMIC POSITIONS**

2018-2020 **York St John University**, Lecturer Research Methods (Permanent), York St. John University, Faculty of Science, Technology and Health, York, UK.

EDUCATIONAL HISTORY

2020-present **Doctor of Philosophy**, Clinical Psychology, Supervised by Paul L. Hewitt, The University of British Columbia, Vancouver, British Columbia.
 2014-2018 **Doctor of Philosophy**, Personality and Measurement, Supervised by Donald H. Saklofske, The University of Western Ontario, London, Ontario
 2012-2014 **Master of Science**, Personality and Measurement, Supervised by Donald H. Saklofske, The University of Western Ontario, London, Ontario
 2007-2012 **Bachelor of Arts (Honours)**, Major in Psychology, Supervised by Simon B. Sherry, Dalhousie University, Halifax, Nova Scotia

ACADEMIC AWARDS & HONOURS

2020-2021 Faculty of Arts Graduate Award (\$22,596) [Accepted]
 2018-2020 Social Sciences and Humanities Postdoctoral Fellowship (\$81,000) [Declined]
 2019 Fellow of the Higher Education Academy
 2017-2019 Doctoral Excellence Research Award (\$10,000) [Accepted]
 2016-2019 Social Sciences and Humanities Doctoral Scholarship (\$60,000) [Accepted]
 2016-2017 Ontario Graduate Scholarship (\$15,000) [Declined]
 2015-2016 Ontario Graduate Scholarship (\$15,000) [Accepted]
 2015 Leola E. Neal Award for Best Master's Thesis (\$450) [Accepted]
 2014 Canadian Psychological Association Certificate of Academic Excellence
 2014-2015 Ontario Graduate Scholarship (\$15,000) [Accepted]
 2013-2014 Ontario Graduate Scholarship (\$15,000) [Accepted]
 2012-2013 Social Sciences and Humanities Master's Scholarship (\$17,500) [Accepted]
 2012 Human Resources and Skills Development: Canada Summer Jobs (\$2,000)
 2012 The Canadian Psychological Associations Kenneth Dion Award (\$200)
 2011 Human resources and skills development: Canada Summer Jobs (\$2,000)
 2008-2012 Dean's List: Dalhousie University's Honour Roll

GRANTS**Research Grants**

2018-2019 **Smith, M. M.**, Sherry, S. B., Stewart, S. H., Hill, A. P., Madigan, D., & Edwards, E. (2019, April 30). The association of cannabis use in older

adults and risk of depression and suicidality: A meta-analytic review. Funder: *York St John University*. (Second stage application; £5,000).

- 2018-2019 Wang, Peter., Chahine, S., Saklofske, D. H., **Smith, M. M.**, Dave, S., & Li, S. (2019, February 14). Investigating the relationship between psychological and physiological factors on surgical trainability: A surgical simulation study. Funder: *Social Sciences and Humanities Research Counsel New Frontiers in Research Fund – Exploration*. (\$247,103[CAN] Successful).
- 2018-2019 Mackinnon, S. P., & **Smith, M. M.** (2018, September 1). Perfectionism and statistics anxiety: A vulnerability-stress model. Funder: *Spencer Research Grant*. (Letter of intent submitted; \$44,132.08 [US], Unsuccessful).
- 2018-2019 **Smith, M. M.**, Hill, A. P., Noret, N., Mallinson-Howard, S., & Sherry, S. B. (2018, June 11). Perfectionism, social disconnection, and depressive symptoms in parent-daughter dyads; Reformulating and testing an integrative psychosocial model. Funder: *Children and Young People's Mental Health PhD scholarship 2019* (Letter of intent submitted; £44,331 requested; Unsuccessful).
- 2018-2019 Hill, A. P., Gustafsson, H., Lemyre, P-N., **Smith, M. M.**, Madigan, D. J., & Mallinson-Howard, S. H. (2018). The BASES Expert Statement on “Healthy” Perfectionism in Sport. Funder: *British Association of Sport and Exercise Science Expert Statements* (Letter of intent; £1,000 requested; Unsuccessful).
- 2018-2019 Hill, A. P., Smith, A., Stanton, K., Madigan, D. J., Mallinson-Howard, S. H., **Smith, M. M.** “Development of Yorkshire Cancer Research Prostate Cancer Awareness Measure (P-CAM)”. *North Yorkshire Cancer Research*. (Letter of intent submitted; £70,601 requested; Unsuccessful).
- 2018-2019 Hill, A. P., Madigan, D. J., Mallinson-Howard, S. H., & **Smith, M. M.** “Living with and beyond cancer: Promoting cancer rehabilitation through Personality intervention. *North Yorkshire Cancer Research* (Letter of intent Submitted; £342,925 requested; Unsuccessful).

PUBLICATIONS

Peer-Reviewed Journal Articles¹

1. Dube, J., **Smith, M. M.**, Hewitt, P. L., & Stewart, S. H. (in press). Suicide behaviors during the COVID pandemic: A meta-analysis of 59 studies. *Psychiatry Research*.
2. **Smith, M. M.**, Hewitt, J. M., Hewitt, P. L., & Patterson, R. (in press). Personality and

¹Names of students whom I supervised in completing publications are underlined.

- group psychotherapy outcome. The lack of influence of trait from the Five Factor Model. *Group Dynamics: Theory, Research, and Practice*.
3. Brimmell, J., Edwards, E. J., **Smith, M. M.**, & Vaughan, R. S. Think, see, do: Executive function, visual attention, and soccer penalty performance. (in press). *Sport, Exercise, and Performance Psychology*.
 4. **Smith, M. M.**, Sherry, S. B., Ge, S., Hewitt, P. L., & Flett, G. L. (in press). Multidimensional perfectionism turns 30: A review of known knows and known unknowns. *Canadian Psychology*. doi: 10.1037/cap0000288
 5. **Smith, M. M.**, Sherry, S. B., Ray, C., Hewitt, P. L., & Flett, G. L. (in press). Is perfectionism a vulnerability factor for depressive symptoms, a complication of depressive symptoms, or both? A meta-analytic test of 67 longitudinal studies. *Clinical Psychology Review*. doi: 10.1016/j.cpr.2021.101982
 6. Otis, E., Yakovenko, I., Sherry, S. B., **Smith, M. M.**, Goldstein, A., Ellery, M., Loverock, A., Wild, C., Weilgart-Whitehead, B., & Stewart, S. H. (in press). Applicability of the four-factor personality vulnerability model for substance misuse in understanding gambling behavior and gambling problems. *Personality and Individual Differences*. doi: 10.1016/j.paid.2020.110400
 7. Stoeber, J., **Smith, M. M.**, Sherry, S. B., & Saklofske, D. H. (2021). Perfectionism and interpersonal problems revisited. *Personality and Individual Differences*. doi: 10.1016/j.paid.2020.110106
 8. Hewitt, P. L., Chen, C., **Smith, M. M.**, Zhang, L., Habke, M., Flett, G. L., & Mikail, S.F. (in press). Patient perfectionism and clinician impression formation during an initial interview. *Psychology and Psychotherapy: Theory, research and practice*. doi:10.1111/papt.12266
 9. Muyingo, L., **Smith, M. M.**, Sherry, S. B., McEachern, E., Leonard, K. E., & Stewart, H. (2020). Relationships on the rocks: A meta-analysis of romantic partner effects on alcohol use. *Psychology of Addictive Behaviors*, 34, 629-640. doi: 10.1037/adb0000578
 10. **Smith, M. M.**, Sherry, S. B., Vidovic, V., & Hewitt, P. L., & Flett, G. L. (2020). Why does perfectionism confer risk for depression? A meta-analytic test of the mediating role of social disconnection and stress. *Journal of Research in Personality*, 86, 103954. doi: 10.1016/j.jrp.2020.103954
 11. Hewitt, P. L., **Smith, M. M.**, Deng, C., Chen, C., Ko, A., Flett, G. L., & Patterson, R. (2020). The perniciousness of perfectionism in group therapy for depression: A test of the Perfectionism Social Disconnection Model. *Psychotherapy*, 57, 206-218. doi: 10.1037/pst0000281
 12. **Smith, M. M.**, Sherry, S. B., Ray, C. M., Lee-Baggley, D., Hewitt, P. L., & Flett, G. L. (2020). The existential model of perfectionism and depressive symptoms: Test of unique contributions and mediating mechanisms in a sample of depressed individuals. *Journal of Psychoeducational Development*, 38, 112-126. doi: 10.1177/0734282919877777
 13. **Smith, M. M.**, Sherry, S. B., Hewitt, P. L., Flett, G. L., Hall, P. A., & Lee-Baggley, D. L. (2020). The Existential Model of Perfectionism and Depressive Symptoms: Testing a moderated mediation model in community adults using a one-month two-wave longitudinal design. *Personality and Individual Differences*, 157, 109826. doi: 10.1016/j.paid.2020.109826
 14. Di Fabio, A., **Smith, M. M.**, Saklofske, D. H. (2020). Perfectionism and healthy attitude

- toward oneself: Could humor be a resource? *International Journal of Environmental Research and Public Health*, 17, 20. doi: 10.3390/ijerph17010201
15. **Smith, M. M.**, Sherry, S. B., Saklofske, D. H., Vidovic, V., Stoeber, J., & Benoit, A. (2019). Perfectionism and the five-factor model of personality: A meta-analytic review. *Personality and Social Psychology Review*, 23, 367-390. doi: 10.1177/1088868318814973.
 16. Feher, A., **Smith, M. M.**, Saklofske, D. H., Plouffe, R. A., Wilson, C. A., & Sherry, S. B. (in press). The Big Three Perfectionism Scale Short-Form (BTPS-SF): Development of a brief 16-item self-report measure of multidimensional perfectionism. *Journal of Psychoeducational Development*. doi: 10.1177/0734282919878553
 17. Madigan, D. J., Curran, T., Stoeber, J., Hill, A. P., & **Smith, M. M.** (2019). Development of perfectionism in junior athletes: A three-sample study of coach and parental pressures. *Journal of Sport and Exercise Psychology*, 41, 167-175. doi: 10.1123/jsep.2018-0287
 18. **Smith, M. M.**, Sherry, S. B., Glowacka, M., Speth, T. A., Stewart, S. H., Saklofske, D. H., & Ehterson, M. E. (2019). Who is the most demanding of them all? A multisource investigation of other-oriented perfectionism, socially prescribed perfectionism, and depressive symptoms. *Personality and Individual Differences*, 138, 328-332. doi: 10.1016/j.paid.2018.09.023
 19. Keyhayes, I. L., **Smith, M. M.**, Sherry, S. B., & Vidovic, V. (2019). Are perfectionism dimensions risk factors for bulimic symptoms? A meta-analysis of longitudinal studies. *Personality and Individual Differences*, 138, 117-125. doi: 10.1016/j.paid.2018.09.022
 20. Plouffe, R., **Smith, M. M.**, & Saklofske, D. H. (2019). A psychometric investigation of the assessment of sadistic personality. *Personality and Individual Differences*, 140, 57-60. doi: 10.1016/j.paid.01.002
 21. **Smith, M. M.**, Sherry, S. B., McLarnon, M. E., Flett, G. L., Hewitt, P. L., Saklofske, D. H., & Ehterson, M. E. (2018). Why does socially prescribed perfectionism place people at risk for depressive symptoms? A 5-month, 2-wave longitudinal study testing the perfectionism social disconnection model. *Personality and Individual Differences*, 134, 49-54. doi: 10.1016/j.paid.2018.05.04
 22. **Smith, M. M.**, Sherry, S. B., Chen, S., Saklofske, D. H., Mushquash, C., Flett, G. L., & Hewitt, P. L. (2018). The perniciousness of perfectionism: A meta-analytic review of the perfectionism-suicide relationship. *Journal of Personality*, 86, 522-542. doi:1111/jopy.12333
 23. **Smith, M. M.**, Vidovic, V., Sherry, S. B., Stewart, S. H., & Saklofske, D. H. (2018). Perfectionistic concerns confer risk for anxiety symptoms: A meta-analysis of 11 longitudinal studies. *Anxiety, Stress, & Coping*, 31, 4-20. doi:10.1080/10615806.2017.1384466
 24. Bartel, S. J., Sherry, S. B., **Smith, M. M.**, Vidovic, V., Conrod, P. J., & Stewart, S. H. (2018). Is anxiety sensitivity a risk factor for or complication of alcohol misuse? A meta-analysis. *Personality and Individual Differences*, 135, 258-263. doi: 10.1016/j.paid.2018.07.031
 25. Mesarosova, K., Siegling, A. B., Ploffe, R. A., Saklofske, D. H., **Smith, M. M.**, & Tremblay, P. F. (2018). Personality measurement and profile in a European sample of civil airline pilots. *European Journal of Psychological Assessment*.

- doi: 10.1027/1027/1015-5759/a000466
26. Di Fabio, A., Saklofske, D. H., & **Smith, M. M.** (2018). Big Three Perfectionism Scale (BTPS): First contribution to the validation of the Italian version. *Counseling: Italian Journal of Research and Intervention, 11*, 16-19. doi: 10.1405/CS1131802
 27. Austin, E. J., Saklofske, D. H., & **Smith, M. M.** (2018). Development and validation of two short forms of the Managing the Emotions of Others (MEOS) scale. *Frontiers in Psychology: Emotion Science, 18*, 1-13. doi:10.3389/2018/00974
 28. **Smith, M. M.**, Sherry, S. B., Mushquash, A. R., Saklofske, D. H., Gautreau, C., & Nealis, L. J. (2017). Perfectionism erodes social self-esteem and generates depressive symptoms: Studying mother-daughter dyads using a daily diary design with longitudinal follow-up. *Journal of Research in Personality, 71*, 72-79. doi:10.1016/j.jrp.2017.10.001
 29. **Smith, M. M.**, Sherry, S.B., Gautreau, C.M., Mushquash, A. R., Saklofske, D. H., & Allen, S. L. (2017). The intergenerational transmission of perfectionism: Fathers' other-oriented perfectionism and daughters' perceived psychological control predicts daughters' self-critical and personal standards perfectionism. *Personality and Individual Differences, 119*, 242-248. doi:10.1016/j.paid.2017.07.030
 30. **Smith, M. M.**, Saklofske, D. H., Yan, G., & Sherry, S. B. (2017). Does perfectionism predict depression, stress, and life satisfaction after controlling for neuroticism? A study of Canadian and Chinese undergraduates. *Journal of Individual Differences, 38*, 63-70. doi:10.1027/1614-0001/a000223
 31. **Smith, M. M.**, & Saklofske, D. H. (2017). The structure of multidimensional perfectionism: Support for a bifactor model with a dominant general factor. *Journal of Personality Assessment, 99*, 297-303. doi:10.1080/00223891.2016.1208209
 32. **Smith, M. M.**, Sherry, S. B., Saklofske, D. H., & Mushquash, A. R. (2017). Clarifying the perfectionism-procrastination relationship using a 7-day, 14 occasion daily diary study. *Personality and Individual Differences, 112*, 117-123. doi:10.1016/j.paid.2017.02.059
 33. **Smith, M. M.**, Speth, T., Sherry, S. B., Saklofske, D. H., Stewart, S. H., & Glowacka, M. (2017). Is socially prescribed perfectionism veridical? A new take on the stressfulness of perfectionism. *Personality and Individual Differences, 110*, 115-118. doi:10.1016/j.paid.2017.01.031
 34. **Smith, M. M.**, Sherry, S. B., Gautreau, C. M., Stewart, S. H., Saklofske, D. H., & Mushquash, A. R. (2017). Are perfectionistic concerns an antecedent of or a consequence of binge eating, or both? A short-term four-wave longitudinal study of undergraduate women. *Eating Behaviour, 26*, 23-26. doi:10.1016/j.eatbeh.2017.01.001
 35. Plouffe, R., Saklofske, D. H., & **Smith, M. M.** (2017). The Assessment of Sadistic Personality: Preliminary psychometric evidence for a new measure. *Personality and Individual Differences, 104*, 166-171. doi:10.1016/j.paid.2016.07.043
 36. **Smith, M. M.**, Sherry, S. B., Chen, S., Saklofske, D. H., Flett, G. L., & Hewitt, P. L. (2016). Perfectionism and narcissism: A meta-analytic review. *Journal of Research in Personality, 64*, 90-101. doi:10.1016/j.jrp.2016.07.012
 37. **Smith, M. M.**, Saklofske, D. H., Stoeber, J., & Sherry, S. B. (2016). The Big Three

- Perfectionism Scale: A new measure of perfectionism. *Journal of Psychoeducational Assessment*, 34, 670-688. doi:10.1177/0734282916651539
38. **Smith, M. M.**, Sherry, S.B., Rnic, K., Saklofske, D. H., Enns, M. W., & Gralnick, T. (2016). Are perfectionism dimensions vulnerability factors for depressive symptoms after controlling for neuroticism? A meta-analysis of 10 longitudinal studies. *European Journal of Personality*, 30, 201-212. doi:10.1002/per.2053
 39. **Smith, M. M.**, Saklofske, D. H., Yan, G., & Sherry, S. B. (2016). A person-centered perspective on multidimensional perfectionism in Canadian and Chinese university students: A multigroup latent profile analysis. *Journal of Multicultural Counseling and Development*, 44, 135-151. doi:10.1002/jmcd.12042
 40. Andrei, F., **Smith, M. M.**, Surcinelli, P., Baldaro, B., & Saklofske, D. H. (2016). The trait emotional intelligence questionnaire: Internal structure, criterion and incremental validity in an Italian sample. *Measurement and Evaluation in Counseling and Development*, 49, 34-45. doi:10.1177/0748175615596786
 41. **Smith, M. M.**, Saklofske, D. H., Yan, G., & Sherry, S. B. (2016). Cultural similarities in perfectionism: Perfectionistic strivings and concerns generalize across Chinese and Canadian groups. *Measurement and Evaluation in Counseling and Development*, 49, 63-76. doi:10.1177/0748175615596785
 42. **Smith, M. M.**, Saklofske, D. H., Keefer, K. V., & Tremblay, P. F. (2016). Coping strategies and psychological outcomes: The moderating effects of personal resiliency. *The Journal of Psychology: Interdisciplinary and Applied*, 150, 18-32. doi:10.1080/00223980.2015.1036828
 43. Saklofske, D. H., Austin, E., Yan, G., & **Smith, M. M.** (2016). Factor structure and correlates of the Mandarin version of the Managing the Emotions of Others (MEOS) scale. *International Journal of Psychology*, 51, 72-77. doi:10.1002/ijop.12147
 44. **Smith, M. M.**, Saklofske, D. H., & Yan, G. (2015). Perfectionism, trait emotional intelligence, and psychological outcomes. *Personality and Individual Differences*, 85, 155-158. doi:10.1016/j.paid.2015.05.010
 45. **Smith, M. M.**, Saklofske, D. H., Yan, G., & Sherry, S. B. (2015). Perfectionistic strivings and perfectionistic concerns interact to predict negative emotionality: Support for the tripartite model of perfectionism in Canadian and Chinese university students. *Personality and Individual Differences*, 81, 141-147. doi:10.1016/j.paid.2014.09.006
 46. Austin, E. J., Saklofske, D. H., **Smith, M. M.**, & Tohver, G. (2014). Associations of the managing the emotions of others (MEOS) scale with personality, the Dark Triad, and trait EI. *Personality and Individual Differences*, 65, 8-13. doi:10.1016/j.paid.2014.01.060
 47. Sherry, S. B., Sherry, D. L., Macneil, M. A., **Smith, M. M.**, MacKinnon, S. P., Stewart, S. H., & Antony, M. M. (2014). Does socially prescribed perfectionism predict daily conflict? A 14-day daily diary study. *Personality and Individual Differences*, 61, 24-27. doi:10.1016/j.paid.2013.12.028
 48. Mackinnon, S. P., Sherry, S. B., Pratt, M. W., & **Smith, M. M.** (2014). Perfectionism, friendship intimacy and depressive affect in transitioning university students: A longitudinal study using mixed methods. *Canadian Journal of Behavioral Sciences*, 46, 49-59. doi:10.1037/a0033764
 49. **Smith, M. M.**, Saklofske, D. H., & Nordstokke, D. W. (2014). The link between

neuroticism and perfectionistic concerns: The mediating effect of trait emotional intelligence. *Personality and Individual Differences*, 61, 97-100. doi:10.1016/j.paid.2013.12.013

50. Sherry, S. B., Nealis, L. J., Macneil M, A., Stewart, S. H., Sherry, D. L., & **Smith, M. M.** (2013). Informant reports add incrementally to the understanding of the perfectionism-depression connection: Evidence from a prospective longitudinal study. *Personality and Individual Differences*, 54, 957-960. doi:10.1016/j.paid.2013.01.002

Book Chapters

1. Stoeber, J., Corr, P., **Smith, M. M.**, & Saklofske, D. H. (2018). Perfectionism and personality. In J. Stoeber (Ed.), *The psychology of perfectionism: Theory, research, applications* (pp. 66-88). London: Routledge.
2. **Smith, M. M.**, Sherry, S. B., & Saklofske, D. H. (2018). Understanding the narcissistic need for perfection: The most dazzling, perfect, and comprehensive review ever. In T. Herman, A. Brunell, & J. Foster (Eds.), *The handbook of trait narcissism: Key advances, research methods, and controversies* (pp. 265-274). New York: Springer.
3. **Smith, M. M.**, Vidovic, V., Sherry, S. B., & Saklofske, D. H. (2017). Self-oriented perfectionism and socially prescribed perfectionism adds incrementally to the prediction of suicide ideation beyond hopelessness: A meta-analysis of 15 studies (pp. 349-371). In U. Kumar (Ed.), *Handbook of suicidal behaviour*. New York: Springer.

Encyclopedia Entries

1. Hill, A. P., Madigian, D. J., **Smith, M. M.**, Mallinson-Howard, S. H., & Donachie, T. (2019). Perfectionism in Sport. In R. Schinke & D. Hackfort (Eds.), *Encyclopedia of Sport Psychology*. London: Routledge.
2. Sinclair, V. M., **Smith, M. M.** (2017). Empathy personality correlates. In B. J. Carducci (Editor-in Chief) & A. Di Fabio, D. H. Saklofske, & C. Stough (Vol. Eds.), *Wiley-Blackwell Encyclopedia of Personality and Individual Differences: Vol. III. Personality processes and individual differences*. Hoboken, NJ: John Wiley & Sons.
3. **Smith, M. M.**, & Chen, S. (2017). Perfectionism. In B. J. Carducci (Editor-in-Chief) & A. Di Fabio, D. H. Saklofske, & C. Stough (Vol. Eds.), *The Wiley-Blackwell Encyclopedia of Personality and Individual Differences: Vol. III. Personality processes and individual differences*. Hoboken, NJ: John Wiley & Sons.
4. Plouffe, R. A., Wilson, C. A., & **Smith, M. M.** (2017). Dark triad. In B. J. Carducci (Editor-in-Chief) & A. Di Fabio, D. H., Saklofske, & C. Stough (Vol. Eds.), *Wiley-Blackwell Encyclopedia of Personality and Individual Differences: Vol. III. Personality processes and individual differences*. Hoboken, NJ: John Wiley & Sons.

Non-Peer-Reviewed Publications

1. Sherry, S. B., **Smith, M. M.**, & Polizzi T. (2019, July). Young people drowning in a

- rising tide of perfectionism. *Actively Learn*. Retrieved from <https://activelylearn.com> [This story was written for children and adolescents in collaboration with Tessa Polizzi of *Actively Learn*.]
2. Sherry, S. B., & **Smith, M. M.** (2019, March 5). Mengapa banyak anak muda yang menjadi perfeksionis saat ini? [Young people drowning in a rising tide of perfectionism]. *The Conversation Indonesia*. Retrieved from <https://theconversation.com/mengapa-banyak-anak-muda-yang-menjadi-perfeksionis-saat-ini-112480> [This story was written in English in collaboration with *The Conversation Canada*, then translated into Indonesian, and published in several media outlets. As of August of 2019, theconversation.com reports this story was viewed 2,182 times.]
 3. Sherry, S. B., & **Smith, M. M.** (2019, February 13). Une épidémie de perfectionnisme s'abat sur les jeunes. [Young people drowning in a rising tide of perfectionism]. *The Conversation Canada*. Retrieved from <https://theconversation.com/une-epidemie-de-perfectionnisme-sabat-sur-les-jeunes-111310> [This story was written in English in collaboration with *The Conversation Canada*, the translated into French, and published in numerous media outlets. As of August of 2019, theconversation.com reports this story was viewed 43,614 times.]
 4. Sherry, S. B., & **Smith, M. M.** (2019, February 5). Young people drowning in a rising tide of perfectionism. Retrieved from <https://theconversation.com/young-people-drowning-in-a-rising-tide-of-perfectionism-110343> [This story was written in collaboration with *The Conversation Canada* and published in numerous media outlets. As of August of 2019, theconversation.com reports this story was viewed 75,028 times.]
 5. **Smith, M. M.**, & Etherson, E. M. (2018, June 5). How perfectionism can lead to depression in students. Retrieved from <https://theconversation.com/how-perfectionism-can-lead-to-depression-in-students-97719> [This story was written in collaboration with *The Conversation UK* and published in numerous media outlets. As of August of 2019, theconversation.com reports this story was viewed 7,779 times.]

Manuscripts Under Review

1. Etherson, M. E., Curran, T., **Smith, M. M.**, Sherry, S. B., & Hill, A. P. (submitted). Perfectionism, body appreciation, depressed mood and social comparison in social media: A multi-wave study. *Journal of Research in Personality*.
2. Hewitt, P. L., **Smith, M. M.**, Ge, S., Mössler, M., & Flett, G. L. (submitted). Perfectionism and its role in depressive disorders. *Canadian Journal of Behavioral Psychology*.

Manuscripts in Preparation

1. Hewitt, P. L., **Smith, M. M.**, Molnar, D. S., Flett, G. L., & Gilbert, P. (in preparation). Automatic Self Recriminations: Development and validation of a measure of self-critical internal dialogue.

PRESENTATIONS

July 12, 2021

Presentations to Scholarly Audiences

1. Hewitt, J., **Smith, M. M.**, Paterson, R., & Lemoult, J. (2021). Quality of life and treatment effectiveness. Moderator effects of gender. *Canadian Psychological Association Annual Convention*, Virtual Conference.
2. Zareian, B., Hewitt, J., Hewitt, P. L., **Smith, M. M.**, Ge, Sabrina., & LeMoult, J. (2021, May). Construction and validation of a new anhedonia questionnaire for adolescents: The Multidimensional Adolescent Anhedonia Scale (MASS). Poster to be presented at the Anxiety and Depression Association of America.
3. **Smith, M. M.**, Hewitt, P. L., Deng, C., Chen, C., Ko, A., Flett, G L., & Patterson, R (2020, May). Understanding the impact of perfectionism and social disconnection on treatment outcome in group therapy for depression. In P. L. Hewitt (Chair), *Psychotherapy and transdiagnostic factors: Influence and treatment of personality vulnerabilities*. Symposium conducted at the 2020 Annual Meeting of the Society for the Exploration of Psychotherapy Integration, Vancouver, British Columbia, Canada.
4. Hewitt, J., **Smith, M. M.**, & Hewitt, P. L. (2020, May). *Influence of patient personality on group therapy outcomes*. Poster presented at the 2020 Annual Meeting of the Society for the Exploration of Psychotherapy Integration, Vancouver, British Columbia, Canada.
5. Otis, E., Yakovenko, I., Sherry, S. B., **Smith, M. M.**, Goldstein, A., Ellery., Loverock, A., Wild, C., Weilgart-Whitehead, B., & Stewart, S. (2019, September). *Testing the four-factor personality model for addiction in university students and community gamblers*. Poster presented at Psychiatry Research Day, Halifax, Nova Scotia, Canada.
6. **Smith, M. M.**, Sherry, S. B., Saklofske, D. H., Vidovic, V., Stoeber, J., & Benoit, A. (2019, August). Perfectionists become increasingly neurotic and decreasingly conscientious as they age: Findings from a meta-analytic review. In M. M. Smith (Chair), *Recent Advances in Perfectionism Research: Finding from Four Meta-Analytic Studies and a Primary Study*. Symposium conducted at the International Society for the Study of Individual Differences 2019 Convention, Florence, Italy.
7. Etherson, E. M., **Smith, M. M.**, Hill, A. P., & Sherry, S. B. (2019, August). *Perfectionism, depressive symptoms, and suicide ideation: A test of the perfectionism social disconnection model*. Poster presented at the International Society for the Study of Individual Differences 2019 Convention, Florence, Italy.
8. Jones A., Mallinson-Howard, S. H., Noret, N., **Smith, M. M.** (2019, August). *Dark gaming: The relationship between perfectionism, the dark triad, and anti-social online gaming behaviors*. Poster presented at the International Society for the Study of Individual Differences 2019 Convention, Florence, Italy.
9. **Smith, M. M.**, Vidovic, V., Sherry, S. B., & Saklofske, D. H. (2019, July). Why does perfectionism confer risk for depression? A meta-analytic test of the mediating role of social disconnection and stress. In B. Cludius (Chair), *Perfectionism as a transdiagnostic process—New evidence from experimental and longitudinal studies*. Symposium conducted at the 9th World Congress of Behavioural and Cognitive Therapies, Berlin, Germany.

10. **Smith, M. M.**, & Hill, A. P. (2019, March). In J. Zanden (Chair), *The Perniciousness of Perfectionistic Strivings Revisited*. Invited talk presented at the Sublime Imperfections 2019 Conference, Amsterdam, Netherlands.
11. **Smith, M. M.**, Sherry, S. B., Saklofske, D. H., Vidovic, V., Stoeber, J., & Benoit, A. (2019, June). In **M. M. Smith** (Chair), *Trying to be Perfect in an Imperfect World: Recent Advances in Perfectionism Research*. Symposium conducted at the Canadian Psychological Association 2019 Convention, Halifax, Canada.
12. Muyingo, L., Sherry, S. B., **Smith, M. M.**, McEachern, E., Leonard, K. W., & Stewart, S. H. (2019, June). Relationships on the rocks: A meta-analysis of romantic partner effects on alcohol use. Poster presented at the 42nd Annual Research Society on Alcoholism (RSA), Minneapolis, Minnesota.
13. Madigan, D. J., Curran, T., Stoeber, J., Hill, A. P., **Smith, M. M.**, & Passfield, L. (2018, November). *Developmental antecedents of perfectionism in junior athletes: A three-sample study examining parental and coach pressure*. Symposium conducted at the British Association of Sport and Exercise Sciences, Harrogate, UK.
14. Bartel, S. J., Sherry, S. B., **Smith, M. M.**, Vidovic, V. V., & Stewart, S. H. (2018). *Is anxiety sensitivity a risk factor for, or complication of, alcohol misuse? A meta-analysis*. Poster presented at Psychiatry Research Day, Halifax, Nova Scotia, Canada.
15. Etherson, M. E., Currant, T., & **Smith, M. M.** (2018, July). *A longitudinal test of female adolescents' perfectionistic vulnerability to appearance focused upward social comparison in social media*. Poster Presented at the British Society for the Psychology of Individual Differences, Edinburgh, UK.
16. Sherry, S. B., Kehayes, I. L., Vidovic, V., **Smith, M. M.**, & Saklofske, D. H. (2018, July). *Are perfectionism dimensions risk factors for bulimic symptoms? A meta-analysis of longitudinal studies*. Poster session presented at the 29th Annual International Congress of Applied Psychology, Montreal, Quebec, Canada.
17. Olsson, L. F., Hill, A. P., Madigan, D. J., **Smith, M. M.**, & Woodley, G. (2018, July). *Parents' perfectionism and junior athlete's perfectionism: A test of the importance of actual and perceived parental perfectionism and the same-sex hypothesis*. Poster session presented at the meeting of the British Society of Personality and Individual differences (BSPID), Edinburgh, UK.
18. Bartel, S. J., Sherry, S. B., **Smith, M. M.**, Vidovic, V., Conrod, P. J., & Stewart, S. H. (2018, March). *Is anxiety sensitivity a risk factor for or complication of alcohol misuse? A meta-analysis*. Poster session to be presented at Crossroads Interdisciplinary Health Research Conference, Halifax, Ontario, Canada.
19. Sherry, S. B., Kehayes, I. L., **Smith, M. M.**, & Vidovic, V. (2018, June). *Are perfectionism dimensions risk factors for bulimic symptoms? A meta-analysis of longitudinal studies*. Poster session to be presented at the 2018 International Congress of Applied Psychology (ICAP), Montréal, Québec, Canada.
20. **Smith, M. M.**, Sherry, S. B., Speth, T. A., Saklofske, D. H., Stewart, S. H., & Glowacka, M. (2017, June). Is socially prescribed perfectionism veridical? A new take on the stressfulness of perfectionism. In P. L. Hewitt (Chair), *Understanding the origins and the stressfulness of perfectionism: New evidence on social networks, cohort effects, and cultural influences*. Symposium conducted at the Canadian Psychological Association 2017 Convention, Toronto, Ontario, Canada.

21. **Smith, M. M.**, Sherry, S. B., Chen, S., Saklofske, D. H., Mushquash, C. J., Flett, G. L., & Hewitt, P. L. (2017, June). The perniciousness of perfectionism: A meta-analytic review of the perfectionism-suicide relationship. In G. L. Flett (Chair), *The destructiveness of perfectionism: Understanding perfectionism's impact on psychotherapy, affect, and suicide*. Symposium conducted at the Canadian Psychological Association 2017 Convention, Toronto, Ontario, Canada.
22. Vidovic, V., **Smith, M. M.**, Sherry, S. B., Stewart, S. H., & Saklofske, D. H. (2017, May). *Perfectionistic concerns confer risk for anxiety symptoms: A meta-analysis of 11 longitudinal studies*. Poster session presented at the 43rd Annual In-House Conference of the Department of Psychology and Neuroscience, Dalhousie University, Halifax, Nova Scotia, Canada.
23. Vidovic, V., **Smith, M. M.**, Sherry, S. B., Stewart, S. H., & Saklofske, D. H. (2017, March). *Does perfectionism confer risk for anxiety symptoms? A meta-analysis of longitudinal studies*. Poster session presented at Crossroads: An Interdisciplinary Health Research Conference, Dalhousie University, Halifax, Nova Scotia, Canada.
24. **Smith, M. M.**, Sherry, S. B., Rnik, K., Saklofske, D. H., Enns, M. W., & Gralnick, T. (2016, June). Are perfectionism dimensions vulnerability factors for depressive symptoms after controlling for neuroticism? A meta-analysis of 10 longitudinal studies. In G. Flett (Chair), *Perfectionism in personal and interpersonal dysfunction*. Symposium conducted at the Canadian Psychological Associations 77th Annual Convention, Victoria, Canada.
25. **Smith, M. M.**, Saklofske, D. H., Joachim, S., & Sherry, S. B. (2016, July). *The Big Three Perfectionism Scale: A new measure of perfectionism*. Symposium conducted at the Perfectionism Network Meeting, University of Kent, Canterbury, England.
26. Sherry, S. B., **Smith, M. M.**, Saklofske, D. H., Nealis, L. J., Hewitt, P. L., & Flett, G. L. (2016, July). *Narcissistic perfectionism: New evidence from a meta-analysis, longitudinal study, and daily diary study*. Symposium conducted at the Perfectionism Network Meeting, University of Kent, Canterbury, England.
27. **Smith, M. M.**, & Saklofske, D. H. (July, 2016). *The general factor of perfectionism: Support for a bifactor model with a dominant general factor and specific sactors*. Poster session presented at the Perfectionism Network Meeting, University of Kent, Canterbury, England.
28. **Smith, M. M.**, Saklofske, D. H., Gonggu, Y., & Sherry, S. B. (2015, July). A person-centered perspective on multidimensional perfectionism in Canadian and Chinese university students: A multigroup latent profile analysis. In D. H. Saklofske & **M. M. Smith** (Chairs), *Research Advances in Perfectionism*. Symposium conducted at The International Society for the Study of Individual Differences Biannual Convention, London, Canada.
29. Saklofske, D. H., **Smith, M. M.**, Gonggu, Y., & Sherry, S. B. (2015, August). Perfectionism, personal resiliency, and psychological outcomes in Canadian and Chinese students. In G. L. Flett (Chair), *Understanding perfectionistic students: Academic, emotional, and social functioning*. Symposium conducted at the 123rd American Psychological Association Annual Convention, Toronto, Canada.
30. **Smith, M. M.**, Saklofske, D. H., Nordstokke, D. W., & Prince-Embury, S. (June, 2015). *Assessing personal resiliency in young adults: An upward extension of the*

- Resiliency Scale for Young Adults*. Poster session presented at the Canadian Psychological Association's 76th Annual Convention, Ottawa, Canada.
31. **Smith, M. M.**, Saklofske, D. H., Sherry, B. S., & Yan, G. (June, 2015). *Cross-cultural differences and similarities in perfectionism: Generalizability of the two-factor model of perfectionism across Canada and China*. Poster session presented at the Canadian Psychological Association's 76th Annual Convention, Ottawa, Canada.
 32. Saklofske, D. H., Nordstokke, D., **Smith, M. M.**, & Prince-Embury, S. (June, 2014). *The three factor model of resiliency: Measuring resiliency in youth and adults*. Symposium conducted at the Canadian Psychological Association's 75th Annual Convention, Vancouver, Canada.
 33. **Smith, M. M.**, Saklofske, D. H., Yan, G. (July, 2014). *The effect of culture on the perfectionism-psychological outcome link*. Poster session presented at the 28th International Congress of Applied Psychology, Paris, France.
 34. **Smith, M. M.**, & Saklofske, D. H. (June, 2014). *Perfectionistic strivings moderates the effect of perfectionistic concerns on depression, anxiety, and stress*. Poster session presented at the Canadian Psychological Association's 75th Annual Convention, Vancouver, Canada.
 35. **Smith, M. M.**, Saklofske, D. H., & Nordstokke, D. W. (June, 2014). *Neuroticism and perfectionistic concerns: The mediating effect of personal resiliency*. Poster session presented at the Canadian Psychological Association's 75th Annual Convention, Vancouver, Canada.
 36. **Smith, M. M.**, Saklofske, D. H., & Keefer, K. V. (June, 2014). *Personal resiliency moderates the effect of coping strategies on psychological outcomes*. Poster session presented at the Canadian Psychological Association's 75th Annual Convention, Vancouver, Canada.
 37. Tohver, G. C., **Smith, M. M.**, & Saklofske, D. H. (June, 2014). *Forgive or forget? Perfectionistic concerns, propensity for forgiveness, and the mediating role of Emotional Intelligence*. Poster session presented at the Canadian Psychological Association's 75th Annual Convention, Vancouver, Canada.
 38. **Smith, M. M.**, Saklofske, D. H., Prince-Embury, S., Nordstokke, D. W. & Vesely, A. (2013, July). *Measuring personal resiliency in young adulthood: The resiliency scale for young adults*. Poster session presented at the International Study for the Study of Individual Differences, Annual Convention, Barcelona, Spain.
 39. **Smith, M. M.**, Sherry, S. B., Mackinnon, S. P., Stewart, S. H., Sherry, D. L., & Antony M. M. (2013, July). *The relationship between neuroticism and perfectionistic discrepancies: A longitudinal actor-partner interdependence model*. Poster session presented at the International Society for the Study of Individual Differences, Annual Convention, Barcelona, Spain.
 40. **Smith, M. M.**, Saklofske, D. H., Nordstokke, D. W., Prince-Embury, S., Nugent, S. & Vesely, A. (June, 2013). *Assessing personal resiliency in emerging adulthood: The resiliency scale for children and adolescents*. Poster session presented at the Canadian Psychological Association's 74th Annual Convention, Quebec City, Canada.
 41. **Smith, M. M.**, Sherry, S. B., Macneil, M. A., Mackinnon, S. P., Stewart, S. H., Antony, M. M., Sherry, D. L., & Stewart, S. H. (June, 2013). *Does socially prescribed perfectionism predict daily conflict? A 14-day diary study of romantic*

- couples using self and partner reports.* Poster session presented at the Canadian Psychological Association's 74th Annual Convention, Quebec City, Canada.
42. **Smith, M. M.**, Sherry, S. B., Mackinnon, S. P., Stewart, S. H., Sherry, D.L., Antony, M. M., & Hartling, N. (May, 2012). *The link between neuroticism and perfectionism: A longitudinal actor-partner interdependence model.* Symposium conducted at the 36th Annual Science Atlantic Undergraduate Psychology Conference, Acadia University, Wolfville, Nova Scotia, Canada.
 43. **Smith, M. M.**, Sherry, S. B., Mackinnon, S. P., Stewart, S. H., Sherry, D. L., Antony, M. M., & Hartling, N., (June, 2012). *Is neuroticism a source trait for perfectionism? A longitudinal actor-partner interdependence model.* Poster session presented at the Canadian Psychological Association's 73rd Annual Convention, Halifax, Canada.
 44. Goutreau, C. M., Mackinnon, S. P., Sherry, S. B., **Smith, M. M.**, & Pratt, M. W. (2012, October). *Pre-university friendships moderates the relationship between socially prescribed perfectionism and depressive affect.* Poster session presented at the Psychiatry Research Day 2012, Dalhousie University, Halifax, Canada.
 45. Nealis, L. J., MacNeil, M., **Smith, M. M.**, MacLean, S., Ramasubbu, C., & Sherry, D. L., Stewart, S. H., & Sherry, S. B. (2012, April). *Narcissistic perfectionism: A framework for understanding grandiose, entitled, demanding, and critical people.* Poster session presented at the 38th Annual Graham Goddard In-House Conference, Dalhousie University, Halifax, Canada.^[SEP]
 46. MacLean, S., Macneil, M. A., Sherry, S. B., Nealis, L. J., Stewart, S. H., Sherry, D. L., & **Smith, M. M.** (2012, November). *Informant reports add incrementally to understanding of the perfectionism-depression connection: Evidence from a longitudinal study.* Poster session presented at the 22nd Annual Psychiatry Research Day, Lord Nelson, Halifax, Canada.
 47. Macneil, M. A., Mackinnon, S. P., Fitzpatrick, S., Fulmore, J., Gautreau, C., Hicks, M., MacKinnon, A. L., **Smith, M. M.**, & Sherry, S. B. (2011, October). *Intrapersonal discrepancies confer vulnerability to depressive symptoms: A three-wave cross-lagged panel analysis.* Poster session presented at the Psychiatry Research Day 2011, Dalhousie University, Halifax, Canada.
 48. Fitzpatrick, S., Mackinnon, S. P., Fulmore, J., Gautreau, C., Gyenes, N. Hicks, M., MacKinnon, A., McNeil, M., **Smith, M. M.**, & Sherry, S. B. (2011, May). *Perfectionistic concerns, interpersonal discrepancies, and psychological well-being: A longitudinal mixed-method approach.* Poster session presented at the 35th Annual Atlantic Provinces Council on the Sciences Undergraduate Psychology Conference, Dalhousie University, Halifax, Canada.

CULTURAL AWARENESS

Enough talk, more action: Exploring ways to be actively anti-racist across professional domains in our work as mental health professions. *Association for Behavioral and Cognitive Therapy.*

TEACHING ACTIVITIES

Undergraduate Courses Taught		
Year (Term)	Course Title (Code)	Course Size (Level)
2019-2020 (winter)	Applied Research Methods and Design (2SR203)	150 (second year)
2019-2020 (fall)	Research Design and Analysis (2SR200)	150 (second year)
2018-2019 (winter)	Applied Research Methods and Design (2SR203)	150 (second year)
2018-2019 (fall)	Research Design and Analysis (2SR00)	150 (second year)
Graduate Courses Taught		
2019-2020 (winter)	Applied Research Methods and Dissemination (MSP001)	12 (first year)
Graduate Teaching Assistant		
Year (Term)	Course Title (Code)	Course Size (Level)
2015-2016 (fall)	Test Construction and Survey Design	10 (second year)
2014-2015 (fall)	Test Construction and Survey Design	10 (second year)
2013-2014 (fall)	Test Construction and Survey Design	10 (second year)
Undergraduate Teaching Assistant		
Year (Term)	Course Title (Code)	Course Size (Level)
2016-2017 (fall)	Test Construction	30 (fourth year)
2015-2016 (fall)	Survey Research (3991F)	30 (fourth year)
2013-2014 (winter)	Social Psychology (2070B)	450 (second year)
2012-2013 (fall-winter)	Introduction to Psychology (1000A/B)	110 (first year)
2010-2011 (fall-winter)	Introduction to Psychology (1011/1012)	155 (first year)

Invited Talks

2020 Title: *Understanding the destructiveness of perfectionism*
 Location: Department of Psychology, York University, York, UK

July 12, 2021

- 2020 Title: *Perfectionism and depressive symptoms: Findings from three meta-analysis and a primary study*
 Location: Department of Psychology, Sheffield University, York, UK

Guest Lectures

- 2017 Lecture Title: *The perniciousness of perfectionism: Findings from daily diary, multi-source, meta-analytic, and longitudinal studies*
 Professor(s): Dr. Philip Vernon
 Course Title: Introduction to Personality Theory and Research (Psych 2550B)
 Location: Department of Psychology, University of Western Ontario
- 2017 Lecture Title: *The perniciousness of perfectionism: Findings from daily diary, multi-source, meta-analytic, and longitudinal studies*
 Professor(s): Dr. Donald H. Saklofske
 Course Title: Clinical Assessment Practicum (Psych 9800)
 Location: Department of Psychology, University of Western Ontario
- 2016 Lecture Title: *Understanding perfectionism: Findings from three meta-analyses and a new measure.*
 Professor(s): Dr. Philip Vernon
 Course Title: Introduction to Personality Theory and Research (Psych 2550B)
 Location: Department of Psychology, University of Western Ontario
- 2015 Lecture Title: *The assessment of multidimensional perfectionism*
 Professor(s): Dr. Donald H. Saklofske
 Course Title: Clinical Assessment (Psych 9800)
 Location: Department of Psychology, University of Western Ontario

SUPERVISORY ACTIVITIES

Graduate Students			
Year		Student Name	Supervisory Role
Start	Finish		
2018		Marianne Etherson	Doctoral Thesis Co-Supervisor
2018		Simon Kumar	Doctoral Thesis Co-Supervisor
2018	2020	Aaron Jones	Masters Thesis Co-Supervisor
2018	2020	Jack Brimmell	Masters Thesis Co-Supervisor
2018	2020	Jack Hagyard	Masters Thesis Co-Supervisor

Undergraduate Students			
Year		Student Name	Supervisory Role
2019	2020	Emma Maye	Honours Thesis Supervisor
2019	2020	Josh Summerscales	Honours Thesis Supervisor

2019	2020	Tristian Whiting	Honours Thesis Supervisor
2019	2020	Caitlin Young	Honours Thesis Supervisor
2019	2020	Dominic Pott	Honours Thesis Supervisor
2019	2020	Ellis Whitaker	Honours Thesis Supervisor
2019	2020	Jelani Moore	Honours Thesis Supervisor
2019	2020	Curtis Hill	Honours Thesis Supervisor
2018	2019	James Fogg	Honours Thesis Supervisor
2018	2019	Joseph Gomme	Honours Thesis Supervisor
2018	2019	Chloe Shaw	Honours Thesis Supervisor
2018	2019	Hollie Shone	Honours Thesis Supervisor
2018	2019	Jade Smith	Honours Thesis Supervisor
2018	2019	Alex Tetley	Honours Thesis Supervisor
2018	2019	Jeremy Wood	Honours Thesis Supervisor
2018	2019	Chloe Woodhouse	Honours Thesis Supervisor
2017	2018	Huw Davies Walter	Honours Thesis Supervisor
2017	2018	Manuela Paruch	Honours Thesis Co-Supervisor
2016	2017	Janice Yue-Yan Lam	Honours Thesis Co-Supervisor
2014	2015	James Yanowski	Honours Thesis Co-Supervisor
2014	2015	Laura Collins	Honours Thesis Co-Supervisor
2013	2014	Justin Toh	Honours Thesis Co-Supervisor

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Personality and Individual Differences (October 2018 to present)

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Journal of Psychoeducational Assessment (February 2016 to present)

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International Journal of Behavioral Developmental
Journal of Affective Disorders
Journal of Personality and Social Psychology
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Journal of Sports Sciences
Measurement and Evaluation in Counseling and Development
Medical Education
Personality and Individual Differences
 PLOSone
Psychological Assessment
Psychology and Psychotherapy: Theory, Research, and Practice
Scandinavian Journal of Medicine and Science in Sports

MEDIA RELATIONS

- Christie Aschwanden (2019, December 5). Perfectionism is killing us. More people than ever say they're feeling pressured to look and be the best: It's taking a toll. Vox. Retrieved from <https://www.vox.com/the-highlight/2019/11/27/20975989/perfect-mental-health-perfectionism>
- Helen, Thompson. (2019, August 14). Perfectionism is a hidden epidemic, and its rise is damaging individuals and society: We investigate how to escape the cult of perfect. *New Scientist*. Retrieved from <https://www.newscientist.com/article/mg24332430-600-the-misunderstood-personality-trait-that-is-causing-anxiety-and-stress/> [This article was featured on the cover of New Scientist magazine and contains quotes from an interview I provided]
- Sherry, S. B., & Smith, M. M. (2019, April 6). Young people drowning in a rising tide of perfectionism. *Pride Magazine*. Retrieved from: <http://www.pridemagazineng.com/young-people-drowning-in-a-rising-tide-of-perfectionism/>
- Sherry, S. B., & Smith, M. M. (2019, March 28). Why perfectionism is damaging to your teen's mental health. *Parent 24*. Retrieved from: https://www.parent24.com/Teen_13-18/Development/striving-for-perfectionism-is-damaging-to-your-teens-mental-health-20190328
- Sherry, S. B., & Smith, M. M. (2019, March 20). Épidémie de perfectionnisme chez les jeunes, selon une étude [Epidemic of perfectionism among young people, according to a study]. ICI Nouvelle-Écosse Radio-Canada. Retrieved from: <https://ici.radio-canada.ca/nouvelle/1159523/perfectionnisme-epidemie-jeunes-millenniaux-generations-sante-mentale-etude>
- Sherry, S. B., Smith, M. M. (2019, March 12). Young people drowning in a rising tide of perfectionism. *Pride News: Canada's Daily African Canadian and Caribbean New Magazine*. Retrieved from: <http://pridenews.ca/2019/03/12/young-people-drowning-rising-tide-perfectionism/>
- Sherry, S. B., & Smith, M. M. (2019, March 10). Maaaring malunod ang mga Kabataan sa Isang Sumisikat na Tide ng Perfectionism. [Young people can drown in a rising tide of perfectionism]. *InnerSelf*. Retrieved from: <https://tl.innerself.com/content/personal/attitudes-transformed/perfectionism/18896->

- [young-people-can-drown-in-a-rising-tide-of-perfectionism.html](#)
- Sherry, S. B., & Smith, M. M. (2019, March 8). Mengapa banyak anak muda yang menjadi perfeksionis saat ini?. [Young people drowning in a rising tide of perfectionism]. *National Geographic: Indonesia*. Retrieved from <https://nationalgeographic.grid.id/read/131659773/mengapa-banyak-anak-muda-yang-menjadi-perfeksionis-saat-ini>
- Sherry, S. B., & Smith, M. M. (2019, March 5). Mengapa banyak anak muda yang menjadi perfeksionis saat ini?. [Young people drowning in a rising tide of perfectionism]. *The Conversation*. Retrieved from <https://theconversation.com/mengapa-banyak-anak-muda-yang-menjadi-perfeksionis-saat-ini-112480>
- Sherry, S. B., & Smith, M. M. (2019, February 27). Une épidémie de perfectionnisme s'abat sur les jeunes [An epidemic of perfectionism falls on young people]. *Le Social*. Retrieved from: <https://www.lesocial.fr/education/806-une-epidemie-de-perfectionnisme-s-abat-sur-les-jeunes>
- Les jeunes sont de plus en plus perfectionnistes et c'est dangereux. (2019, February 22). *Ouest-France*. Retrieved from: <https://www.ouestfrance.fr/leditiondusoir/data/45149/reader/reader.html#!preferred/1/package/45149/pub/65392/page/19>
- Gelitz, C. (2019, February 20). Besonders gewissenhaft oder ziemlich neuortisch? Hoher anspruch oder angst vor blamage: Hinter perfektionismus stecken zwei gänzlich verschiedene persönlichkeitsprofile [Especially conscientious or quite neurotic? High aspiration or fear of embarrassment: There are two completely different personality profiles behind perfectionism]. *Spektrum de Wissenschaft* [Spectrum of Science]. Retrieved from: <https://www.spektrum.de/inhaltsverzeichnis/zeugen-des-urknalls-spektrum-der-wissenschaft-10-2017/1461129>
- Young People are drowning in a rising tide of perfectionism: Study finds pressure to be perfect is higher than ever – driving neuroticism and depression. (2019, February 18). *Daily Mail*. Retrieved from: <https://www.dailymail.co.uk/health/article-6717831/Young-people-drowning-rising-tide-perfectionism.html>
- Young people drowning in a rising tide of perfectionism. (2019, February 19). *Winnipeg Free Press*. Retrieved from: <https://www.winnipegfreepress.com/opinion/analysis/young-people-drowning-in-rising-tide-of-perfectionism-506028082.html>
- Young people drowning in the rising tide of perfectionism: The perfect lives we share on social media can have toxic side effects for perfectionists. (2019, February 14). *The Epoch Times*. Retrieved from: https://www.theepochtimes.com/young-people-drowning-in-a-rising-tide-of-perfectionism_2793030.html
- Sherry, S. B. & Smith, M. M. (2019, February 13). Une épidémie de perfectionnisme s'abat sur les jeunes. *The conversation*. Retrieved from: <https://theconversation.com/une-epidemie-de-perfectionnisme-sabat-sur-les-jeunes-111310>
- Millennials are downing in a rising tide of perfectionism, new study says. (2019, February 10). *Edmonton Journal*. Retrieved from: <https://edmontonjournal.com/news/world/young-people-drowning-in-a-rising-tide-of-perfectionism/wcm/cbdc9949-f991-4afc-8b22-70543515ca25>
- Sherry, S. B. & Smith, M. M. (2019, February 9). Opinion: Young people drowning in a rising tide of perfectionism. *The Chronicle Herald*. Retrieved from: <https://www.thechronicleherald.ca/opinion/opinion-young-people-drowning-in-a-rising-tide-of-perfectionism-282950/>
- Smith, M. M. (Speaker). (2019, February 7). The rise-and perils-of perfectionism among a new

- generation. [Radio interview]. In W. Chen (Interviewer). *Ontario Morning*. Ontario: CBC Radio. Retrieved from: <https://www.cbc.ca/listen/shows/ontario-morning-from-cbc-radio/episode/15668842>
- Young people drowning in a rising tide of perfectionism. (2019, February 07). SAfrica24. Retrieved from: <http://www.safrica24.com/lifestyle/young-people-drowning-in-a-rising-tide-of-perfectionism/151343-news>
- Flett, G. L. (Speaker). (2019, February 7). Perfectionism increasing, requires urgent action, says researchers. [Radio interview]. In L. Desjardins (Interviewer). *Radio Canada International*. Retrieved from: <http://www.rcinet.ca/en/2019/02/07/canada-perfect-anxiety-depression-prevention/>
- Media are drowning young people in a tide of perfectionism. (2019, February 7). *Science 2.0*. Retrieved from: https://www.science20.com/the_conversation/media_are_drowning_young_people_in_a_tide_of_perfectionism-236523
- Perfectionists become more neurotic and less conscientious as time passes. (2019, February 7). PsyPost. Retrieved from: <https://www.psypost.org/2019/02/perfectionists-become-more-neurotic-and-less-conscientious-as-time-passes-53093>
- Largest-ever study on perfectionist people has scientists “greatly troubled”. The inverse (2019, February 7). Retrieved from: <https://www.inverse.com/article/53091-millennials-largest-ever-perfectionism-study>
- Smith, M. M. (Speaker). (2019, February 7). Young people drowning in a rising tide of perfectionism. [Radio Interview]. In R. Bresnahan (Interviewer), *Ottawa Morning*. Ottawa, Ontario: CBC Radio.
- Smith, M. M. (Speaker). (2019, February 7). Young people drowning in a rising tide of perfectionism. [Radio Interview]. In T. Seguin (Interviewer), *Information Morning*. Fredericton, New Brunswick: CBC Radio.
- Smith, M. M. (Speaker). (2019, February 7). Young people drowning in a rising tide of perfectionism. [Radio Interview]. L. Laco (Interviewer), *Superior Morning*. Thunder Bay, Ontario: CBC Radio.
- Smith, M. M. (Speaker). (2019, February 7). Young people drowning in a rising tide of perfectionism. [Radio Interview]. In C. Norris (Interviewer), *Waterloo*. Kitchener, Ontario: CBC Radio.
- Smith, M. M. (Speaker). (2019, February 7). Young people drowning in a rising tide of perfectionism. [Radio Interview]. In M. Markusa (Interviewer). *Information Radio*. Winnipeg, Manitoba: CBC Radio.
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STUDENT QUOTES (related to teaching)

“It [2SR203] is informative and Martin is approachable”.

“Well explained & I look forward to class”.

“Martin explains in real detail and has given us templates and allowed us to do our own research”.

“Martin is good at teaching”.

“Clear and well explained. All information is easily accessible and the lecture listens and is interested”.

“Staff [Martin] are helpful and good at explaining in the lecture”.

“There is plenty of information on the assessment and everything is being covered each week to ensure understanding”.

“Good lectures”.

“The information provided in this class [2SR203] will help me to succeed to the best of my ability in the upcoming year”.

“Martin was very friendly and approachable, with a clear passion for his subject. This was refreshing and lovely to see as it encouraged us to try our best. He gave me hope that the third year dissertation will be doable and I know who I can approach for assistance next year, if needed :) Made it very clear what content we needed to learn for assessments and I felt very prepared for each exam.”

“Lectures are informative and interesting. Lecturer always willing to help and responses to emails are very fast.”

“We were able to engage in our own interested topic areas which made it more interesting. Able to have contact time with Martin and helped when needed, very helpful.”

“Very organized, plenty of opportunities to present research prior to assessment and Martin is very helpful and good at explaining things”

“All of the content was very helpful and applicable to my current learning, including my other modules. It is definitely a crucial module for this degree. Also, Martin reacted well to the mid-term review as he noted where he needed to improve and did so very quickly.”

“Friendly and approachable lecturer with a clear passion for the subject making it interesting and easy to understand/ ask questions about ran smoothly and gave me hope for third year dissertation, regarding which he was very helpful with explaining how we would learn more next semester. A lot of content covered, so felt like a lot was learned. the readings were clear and

concise making things make sense before the lecture! Felt very prepared for tests P.S appreciate the jokes and memes :)"

"Martin is exceptionally organized"

"Martin is easy to contact and talk to regarding all aspects of the middle and other external things (my friend studying abroad is able to contact him regarding research proposals). The module is running smoothly and isn't overly complicated. There is a lot of support available and formative assessments are definitely helping me keep on top of my work! Also it is great that Martin is happy to read over work done and discuss it in a relaxed way"

"Lectures and seminars are very informative and explained well. Lecturer is easy to contact and very helpful"

"Martin puts a lot of effort into this module in terms of organization and teaching"

"Martin is easy to contact and very helpful"

"The lecturer is great at replying to emails and will encourage questions"

"The assessment is made clear to us from the start"

"Organized"

"The lecture slides clearly state what to do"

"Good support for tests"

"Well produced lectures covering all content"

"The content is relative to most other areas within my course study. I will be able to apply the skills I learn in other classes as well"

"Martin is a very helpful teacher and makes work easy to understand"

"It is interesting, new, and I am learning a lot about statistics, which is making me more confident for my dissertation next year"

"It is well structured and each week feels like something new and relevant. It is all explained well and readings are relevant and suitable lengths"

“Lectures are good and information is explained well and clearly”

“The seminars are relevant to the lectures and we have been very well prepared for our exams. I like the way the readings are very accessible and open up online at the page / chapter. It saves a lot of hassles trying to find readings. Marin is also very helpful and replies very promptly to emails. The assessment is clearly explained”

“Friendly approachable lecturer and very fast turnaround of marks.”

“Hard to make a boring subject more interesting and likeable. Lecturer did a good job of keeping things simple and sort of interesting.”

“Learning about different research types to start us thinking about whether we prefer qualitative or quantitative data analysis and to get us thinking about 3rd year dissertation decisions on research designs. Enjoy doing the online exams as its open book so you are able to process the information better.”

“Well organized and nice clear assessment”

“Fun to learn and easy to understand”

“I’m genuinely intrigued when I go to class”

“Assessment is well explained and good advice is given”

“Everything is provided and on the powerepoint which is easily accessible and convenient. Staff are friendly and I know if needed I could contact them whenever.”

“though it’s hard Martin try’s his best to explain and uses relatable examples.”

“Organised and content is clear to understand”

“Each lecture is sufficient in providing me with everything I need in order to succeed in the exams. No information is given that is unnecessary. Everything is organised and structured well! I love how we recap everything from the lecture in the seminar as it helps to fill out gaps within my notes.”

“It is explained well and I like the memes to make it light hearted.”