

**LE MARDI 22 JANVIER 2019 DE 12H30 À 14H00
PAVILLON ADRIEN-PINARD, LOCAL SU-1550
100 SHERBROOKE OUEST, MONTRÉAL (QUÉBEC), H2X 3P2**

HOW PERFECTIONISM BECAME TODAY'S HIDDEN EPIDEMIC

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My area of expertise is the personality characteristic of perfectionism, how it develops, and how it impacts on mental health. I will present findings from the first systems-level cohort analysis to show that perfectionism has increased substantially over time among young people. Looking closely at socio-cultural changes, and against a backdrop of elevated mental ill-health, this talk will explore how and why perfectionism became today's hidden epidemic and what we might do to allay it.



Cette conférence est présentée en collaboration avec le Laboratoire de recherche sur le comportement social dirigé par Robert J. Vallerand, Ph.D. Professeur titulaire, Département de psychologie, Université du Québec à Montréal.
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