

# 2022-2023 Webinar Series



OHIO PROGRAM for  
**CAMPUS SAFETY  
& MENTAL HEALTH**  
A NEOMED CCoE

**May 23rd, 2023**  
**1:00 – 2:00 pm ET**

After registering, you will receive a confirmation email containing information about joining the webinar. Application for CE credits is pending. This webinar will be recorded, and an archive will be sent out to all registrants and uploaded for public access.

## The Mental Health Implications of Perfectionism in American College Students

**Malaika Brown, PhD**, Executive Director and Founder, Your Beautiful Mind, Inc.

Perfectionism has been identified by the American Psychological Association (APA) as a rising mental health issue over the past three (3) decades. According to APA researchers, "Increases in perfectionism have the potential to explain some of the increase in the prevalence of psychopathology. Perfectionism is a core vulnerability to a variety of disorders, symptoms, and syndromes" (Curran & Hill, 2019). Among American college students, there has been a dramatic increase in the prevalence of socially prescribed perfectionism between 1989 and 2016. Socially prescribed perfectionism has been closely linked to serious mental health disorders. As stakeholders in the college systems, it is necessary to be informed to identify symptoms, be an advocate and connect students to resources. References Curran, T., & Hill, A. P. (2019). Perfectionism is increasing over time: A meta-analysis of birth cohort differences from 1989 to 2016. *Psychological bulletin*, 145(4), 410. Hewitt, P. L., Flett, G. L., & Mikail, S. F. (2017). *Perfectionism: A relational approach to conceptualization, assessment, and treatment*. Guilford Publications.

### Webinar Objectives

- Identify the symptoms of perfectionism in college students
- Effectively summarize the correlation between perfectionism and mental issues in college students
- Apply knowledge to identify campus, city, county, state and national resources available to assist college students dealing with mental health issues due to perfectionism

