

**Supplementary Material.** Short Almost Perfect Scale (SAPS) items: English and Italian translation, comments about phrasing differences.

SAPS Items	Phrasing difference and comments
1. I have high expectations for myself. <i>Ho alte aspettative per me stesso.</i>	None.
2. Doing my best never seems to be enough. <i>Fare del mio meglio non sembra mai abbastanza.</i>	None.
3. I set very high standards for myself. <i>Stabilisco standard molto elevati per me stesso.</i>	The back-translation has “put” instead of “set.” However, we agreed that the meaning conveyed by the Italian item is the same of the English one.
4. I often feel disappointment after completing a task because I know I could have done better. <i>Spesso mi sento deluso dopo aver finito un compito perché so che avrei potuto fare meglio.</i>	None.

5. I have a strong need to strive for excellence.

*Ho un forte bisogno di impegnarmi per raggiungere l'eccellenza.*

The difference in the back-translation is related to “need to strive for excellence,” because it is “need to work hard to reach the excellence.” However, we agreed that “work hard to reach” has the same meaning of “to strive.”

6. My performance rarely measures up to my standards.

*La mia prestazione raramente è all'altezza dei miei standard.*

None.

7. I expect the best from myself.

*Mi aspetto il meglio da me stesso.*

None.

8. I am hardly ever satisfied with my performance.

*Non sono quasi mai soddisfatto della mia prestazione.*

None.

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