

Open Access requirements for the REF

Article versions explained

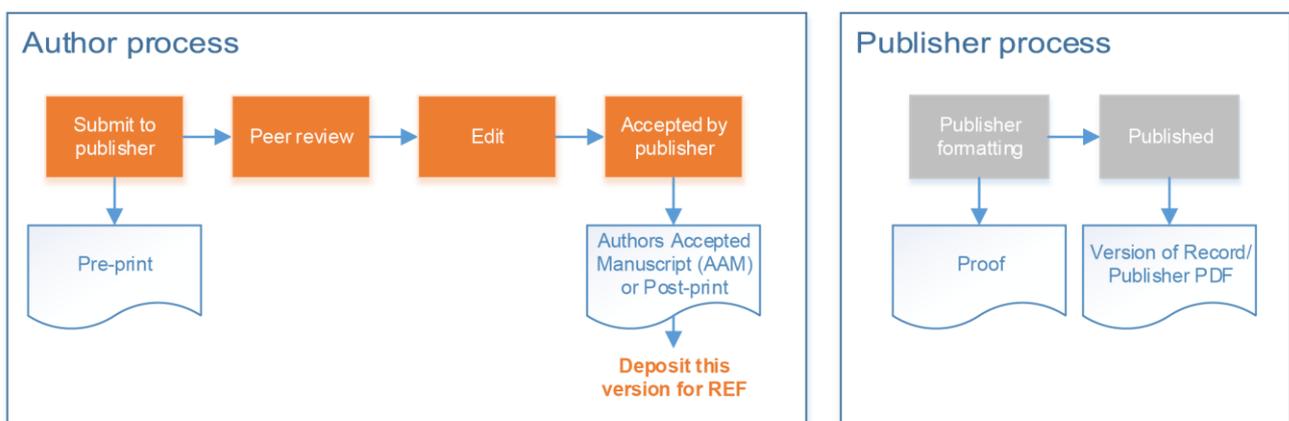
This guide explains the different versions of articles to make sure you upload the right version of your article to the Kent Academic Repository (KAR) to comply with the new REF rules. It works with the “Checking journal compliance” guide.

Read this alongside the “Open Access requirements for the REF – summary guide”. If you’re not sure what any of the terms mean, have a look at the “Open Access glossary”.

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A Short Empirical Note on Perfectionism and Flourishing

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Version not to use

Unless you have published Gold, do not upload the publisher's PDF, also known as the Version of Record. This is the version which will appear on the publisher's website or within the print journal. It includes the publisher's typesetting, fonts, formatting and logo, and usually also page numbers and bibliographic details.

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Personality and Individual Differences 90 (2016) 50–53

Contents lists available at ScienceDirect



Personality and Individual Differences

journal homepage: www.elsevier.com/locate/paid



Short Communication

A short empirical note on perfectionism and flourishing

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ABSTRACT

Flourishing describes an optimal state of mental health characterized by emotional, psychological, and social well-being. In a recent publication, Flett and Hewitt (2015) suggested that perfectionism prevents people from flourishing. Perfectionism, however, is a multidimensional personality characteristic, and its various dimensions show different relationships with indicators of subjective well-being. In the first empirical study of perfectionism and flourishing, we examined the relationships of multidimensional perfectionism (self-oriented, other-oriented, and socially prescribed perfectionism) and self-reported flourishing in the past two weeks. Results from the sample of 388 university students revealed that only socially prescribed perfectionism showed a negative relationship with flourishing, whereas self-oriented perfectionism showed a positive relationship. These results were unchanged when positive and negative affect were controlled statistically. Our findings indicate that not all dimensions of perfectionism undermine flourishing and that it is important to differentiate perfectionistic strivings

What about Pre-prints?

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Although publishers may allow authors to deposit this version in a repository, preprints are **not eligible for inclusion in the REF**.

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