SUPPLEMENTARY MATERIALS

To further examine the proposed model, a chi-square test and additional model fit indices were evaluated. The results were consistent with the main findings: the path from perfectionistic strivings to perceived stress was not significant, whereas a significant indirect effect was observed only for perfectionistic concerns. The model demonstrated excellent fit to the data, $\chi^2(1) = 0.19$, $p = .66$, RMSEA = .00 (90% CI [.00, .14]), TLI = 1.03, CFI = 1.00, and SRMR = .007.

Additionally, constraining the effects of perfectionistic strivings and perfectionistic concerns on perceived stress to be equal resulted in a significant deterioration of model fit, $\chi^2(1) = 9.30$, $p = .002$, RMSEA = .20 (90% CI [.097, .32]), TLI = .72, CFI = .95, and SRMR = .046, indicating that these dimensions differ significantly in their associations with perceived stress.

Table S1

Goodness-of-fit indices for the trimmed and constrained path models

Fit index	Trimmed model (*PS⟶stress fixed to 0*)	Constrained model (*PS⟶stress = PC⟶stress*)
χ^2	0.19	9.30
df	1	1
p	.66	.002
RMSEA	.000	.197
90% CI	[.000, .138]	[.097, .322]
p close fit	.73	.010
CFI	1.00	.95
NFI	1.00	.95
TLI	1.03	.72
IFI	1.00	.95
RFI	.99	.69
SRMR	.007	.046
RMR	.015	.12
GFI	1.00	.98
AGFI	1.00	.79
AIC	18.19	27.30
ECVI	.095	.13
Critical N	7276.93	149.67
R^2 perceived stress	.26	–
R^2 self-confidence	.22	–

Note. $N = 214$. All models were estimated using maximum likelihood in LISREL. PS – perfectionistic strivings; PC – perfectionistic concerns. The main (just-identified) model with all five paths freely estimated has $df = 0$ and does not provide meaningful specifications. The trimmed model fixes the nonsignificant PS⟶perceived stress path, yielding $df = 1$. The constrained model tests whether PS and PC have equal effects on perceived stress by equating their paths. RMSEA – root mean square error of approximation; CFI – comparative fit index; NFI – normed fit index; TLI – Tucker-Lewis index; IFI – incremental fit index; RFI – relative fit index; SRMR – standardized root mean square residual; RMR – root mean square residual; GFI – goodness-of-fit index; AGFI – adjusted goodness-of-fit index; AIC – Akaike information criterion; ECVI – expected cross-validation index. R^2 values are from the trimmed model.