

Supplementary Qualitative Data Analysis

Data Analytic Strategy

We supplemented the quantitative analysis with a qualitative analysis using Braun and Clarke's (2006) approach to thematic analysis. This analysis was conducted by the first author. Thematic analysis is a qualitative method used for identifying patterns (i.e., themes) within written or spoken data. The first author began by familiarizing himself with the data by reading all transcripts closely. Next, the transcripts were split up into data items, which are smaller sections of text that are given equal weighting in the analysis. In the present study, the data items included only sections of text coded for themes of agency, which were highlighted during the coding process outlined by McAdams et al. (1996). There were 421 data items for agency and 474 data items for communion. Next, the first author assigned each data item a short set of codes which summarized its content in an open-ended manner. After multiple passes through the data, the first author began to collate these diverse codes into more holistic themes that summarized the data in a meaningful and complete way. This process was repeated until a comprehensive set of themes was produced that can fully account for every data item. This analysis allowed us to examine the nature of agentic and communal themes in this dataset in greater detail, which may further elaborate on the quantitative relationships between perfectionistic concerns, perfectionism cognitions, agency, and communion in this dataset.

A summary of the thematic analysis analysis, including frequencies, definitions, and sample quotes is given in Tables S1 and S2. We also included the participants' percentile rank on perfectionistic concerns, perfectionistic strivings, and perfectionism cognitions at that wave as a point of reference for interpreting quotations (e.g., "70th PCI percentile" indicates the participant has a higher score on perfectionism cognitions than 70% of our sample).

Table S1

Thematic Analysis for Agency Themes

| Theme | T1 <i>N (%)</i> | T3 <i>N (%)</i> | Description | Sample Quotation |
|-----------------------------------|--------------------|--------------------|--|---|
| ACHIEVEMENT/RESPONSIBILITY | | | | |
| Grade-Focused Performance | 30 (49.2) | 41 (77.4) | After a period of self-doubt, distress, or poor performance, participants get a good grade and feel better. | “I hadn’t got higher than a C+ since I started. My last paper I got back was a B [...]. I was on cloud nine.” (Wave 2, High Point). Percentile rankings: PCI = 59 th , PS = 98 th , PC = 77 th . |
| Non-School Performance | 18 (29.5) | 11 (20.7) | Participants overcome an obstacle, and emphasize their excellent performance in a non-school domain. | “I was nervous [...]. I turned out to be pretty good and I kept up with all the really intense fitness.” (Wave 1, High Point). Percentile rankings: PCI = 37 th , PS = 30 th , PC = 58 th . |
| University Transition | 13 (21.3) | 1 (1.9) | Participants are accepted to university or graduate from high school, and emphasize their hard work or maturity. | “Being accepted to [a Canadian University] [...] I’ve worked hard all my life to get where I am.” (Wave 1, Turning Point). Percentile rankings: PCI = 26 th , PS = 22 nd , PC = 7 th . |

| Theme | T1 <i>N</i> (%) | T3 <i>N</i> (%) | Description | Sample Quotation |
|-----------------------|--------------------|--------------------|--|--|
| STATUS/VICTORY | | | | |
| Performance Award | 32 (80.0) | 1 (9.1) | Participants are publicly appreciated by others for their academic, athletic, or employment performance by winning an award. | “I just like got a [scholarship] and it is a lot of money, but when you put it into comparison of what other people got, I got so upset.” (Wave 1, Low Point). Percentile rankings: PCI = 80 th , PS = 67 th , PC = 60 th . |
| Sports Victory | 3 (7.5) | 7 (63.6) | Participants defeat a rival in organized sports or become part of a sports team, achieving public recognition for their performance. | “She’s chosen defense and I was on the list [...] I could not believe that I’d made it over her.” (Wave 2, Other Story). Percentile rankings: PCI = 79 th , PS = 96 nd , PC = 80 th . |
| Gain Employment | 5 (12.5) | 3 (27.3) | Participants defeat other applicants in the job hiring process, and acquire new employment. | “I actually applied for this job [...] it was really nerve-wracking [...] I got the job.” (Wave 1, Turning Point). Percentile rankings: PCI = 47 th , PS = 2 nd , PC = 1 st . |
| POWER/IMPACT | | | | |
| Controlling Others | 13 (100) | 13 (100) | Participants forcefully and effectively exert their will over other people. | “One of the guys tried to put me into a head lock [...] but I reacted and ended up throwing him on his butt.” (Wave 2, Other Story). Percentile rankings: PCI = 57 th , PS = 67 th , PC = 76 th . |

| Theme | T1 N (%) | T3 N (%) | Description | Sample Quotation |
|-----------------------------------|--------------|--------------|--|---|
| SELF-MASTERY | | | | |
| School Mastery | 22 (17.3) | 39 (35.8) | Participants strive to do better in school, realize they need to work harder, and/or some other school-related insight. | “It was a slap in the face to fail courses [...] I don’t know if I’m cut out to do what I thought I wanted to do. [...] I need to try more.” (Wave 2, Turning Point). Percentile rankings: PCI = 63 th , PS = 22 th , PC = 61 st . |
| Controlling Social Problems | 36 (28.3) | 27 (24.8) | Participants realize they have interpersonal problems, and try to change themselves or eliminate relationships to fix the problem. | “A lot of friend conflicts [...] I kind of decided that I didn’t really care what people thought about me.” (Wave 2, Turning Point). Percentile rankings: PCI = 77 th , PS = 36 th , PC = 72 nd . |
| Coming of Age | 27 (21.3) | 15 (13.8) | Participants come to the realization that they are becoming an adult and/or assert independence from their parents. | “It made me realize that I have to be an adult [...] to learn to deal with things like that on my own.” (Wave 2, Turning Point). Percentile rankings: PCI = 23 rd , PS = 21 st , PC = 20 th . |
| Mental Health or Drug Use | 8 (6.3) | 13 (11.9) | Participants strive for self-control or accept that they have (or someone else has) a problem after taking drugs or dealing with psychological difficulties. | “I just felt really depressed about the amount of alcohol I thought I needed to drink to have fun I [...] shouldn’t drink that much.” (Wave 2, Low Point). Percentile rankings: PCI = 69 th , PS = 34 th , PC = 78 th . |
| Work-Related Achievement Striving | 12 (9.5) | 1 (0.9) | Participants gain employment-related self-insight, strive to perform better in a work setting, or make a career decision. | “I hadn’t really realized before, I just kind of thought of my job as a way to make money. But now I kind of see it as a way to grow.” (Wave 1, High Point). Percentile rankings: PCI = 24 th , PS = 87 th , PC = 13 th . |

| Theme | T1 <i>N</i> (%) | T3 <i>N</i> (%) | Description | Sample Quotation |
|----------------------|--------------------|--------------------|---|---|
| “Other” Self-Mastery | 22 (17.3) | 14 (12.8) | Other instances of striving for self-control, performance striving, or agentic self-insight that do not fall into any other category. | “I finally understood that [...] unless I [...] really work hard [...] I’m not really gonna become the athlete that I imagine I can become.” (Wave 1, Other Story). Percentile rankings: PCI = 75 th , PS = 21 st , PC = 84 th . |

Note. *N* refers to the frequency of a subtheme at a given wave. For example, since *N* = 30 for grade-focused performance at Wave 1, this means this subtheme was observed 30 times across all participants at Wave 1. Percentages are calculated by dividing *N* by the total number of stories told within a given theme at that wave (e.g., Wave 1 grade-focused performance *N* divided by the total number of achievement/responsibility themes at Wave 1). For example, the percentage for grade-focused performance at Wave 1 is calculated by $(30 / (30+18+13)) * 100\%$. The participant’s percentile ranking on various questionnaire measures at the wave the story was told is presented in the table, alongside the sample quotes. PCI = Perfectionism Cognitions Inventory. PS = Perfectionistic Strivings. PC = Perfectionistic Concerns.

Table S2

Thematic Analysis for Communal Themes

| Theme | T1 <i>N</i> (%) | T3 <i>N</i> (%) | Description | Sample Quotation |
|------------------------------|--------------------|--------------------|--|---|
| LOVE/FRIENDSHIP | | | | |
| Friendship | 52 (54.74) | 53 (55.21) | Participants realize how much they love their friends and/or the friendship becomes stronger or closer. | “I just realized I loved those people that I was with [...] I just realized how much those people meant to me [...] how much I value my friends.” (Wave 2, High Point). Percentile rankings: PCI = 24 th , PS = 19 th , PC = 16 th . |
| Familial Love | 28 (29.47) | 36 (37.50) | Participants learn to appreciate and/or love their family more, typically after an important event (e.g., moving, vacation). | “My dad and I sat down and we had this big talk [...] we’ve actually been much better friends since.” (Wave 2, Turning Point). Percentile rankings: PCI = 87 th , PS = 64 th , PC = 63 rd . |
| Romantic Love | 15 (15.79) | 7 (7.29) | Participants start a new romantic relationship, realize they love their romantic partner, or the romantic relationship becomes closer. | “I don’t want to be with anybody else because he’s the one for me and I just felt so much love.” (Wave 1, Other Story). Percentile rankings: PCI = 13 th , PS = 89 th , PC = 74 th . |
| CARING/HELP | | | | |
| Support Received from Family | 7 (14.29) | 13 (32.50) | Family members provide care and/or support for the well-being of the participant. | “I broke down and called my parents and [...] my parents were comforting me on the phone.” (Wave 2, Low Point). Percentile rankings: PCI = 39 th , PS = 26 th , PC = 43 rd . |

| Theme | T1 <i>N</i> (%) | T3 <i>N</i> (%) | Description | Sample Quotation |
|------------------------------|--------------------|--------------------|---|--|
| Helping Others | 29 (59.18) | 10 (25.00) | The participant provides care and/or support for the well-being of someone else, or strives to help others in the future. | “She was so upset [...] I just wrote a little note and [...] she was like, oh thank you so much for the note.” (Wave 1, High Point). Percentile rankings: PCI = 63 rd , PS = 36 th , PC = 75 th . |
| Support Received from Others | 13 (26.53) | 17 (42.50) | Other people (e.g., friends, classmates, therapist) provide care and/or support for the well-being of the participant. | “I cried and then I called my best friend and [...] she calmed me down a bit.” (Wave 2, Low Point). Percentile rankings: PCI = 49 th , PS = 57 th , PC = 24 th . |
| DIALOGUE | | | | |
| Talking to Friends | 38 (43.18) | 39 (53.42) | A reciprocal and non-hostile conversation or advice session with a friend. | “We just talked about all the times we’ve had together, from grade nine to grade twelve.” (Wave 1, Other Story). Percentile rankings: PCI = 7 th , PS = 56 th , PC = 15 th . |
| Talking to Family | 27 (30.68) | 21 (28.77) | A reciprocal and non-hostile conversation or advice session with a family member. | “Me and my dad and my uncle, just talking about my dad’s side of the family.” (Wave 2, Other Story). Percentile rankings: PCI = 69 th , PS = 88 th , PC = 70 th . |
| Talking to Partner | 11 (12.50) | 6 (8.22) | A reciprocal and non-hostile conversation or advice session with a romantic partner. | “I get a text from [my partner] and that was when we started talking.” (Wave 1, Other Story). Percentile rankings: PCI = 35 th , PS = 62 nd , PC = 25 th . |
| Talking to Other People | 12 (13.64) | 7 (9.59) | A reciprocal and non-hostile conversation or advice session with someone who is not a friend, family member, or romantic partner. | “While I was at that camp we were asked to share our life stories [...] it’s sometimes good to just talk.” (Wave 1, Turning Point). Percentile rankings: PCI = 50 th , PS = 13 th , PC = 9 th . |

| Theme | T1 <i>N</i> (%) | T3 <i>N</i> (%) | Description | Sample Quotation |
|----------------------------|--------------------|--------------------|--|---|
| UNITY/TOGETHERNESS | | | | |
| Community Closeness | 3 (18.75) | 4 (25.00) | Participants feel a sense of connectedness or solidarity with a large community of people (e.g., a whole ethnic group, all humankind). | “It was an awesome feeling [...] being welcomed in to such a social community.” (Wave 1, High Point). Percentile rankings: PCI = 35 th , PS = 62 nd , PC = 25 th . |
| Family/Friend Togetherness | 9 (56.25) | 6 (37.50) | Participants experience a sense of togetherness with a large group of friends or family during an important event (e.g., graduation). | “Just the unity; we’re all together [...] Being with all my family in an area that I love.” (Wave 1, High Point). Percentile rankings: PCI = 80 th , PS = 67 th , PC = 60 th . |
| Sports and Work Community | 4 (25.00) | 6 (37.50) | Participants bond with sports team members or co-workers and feel a sense of community. | “Being accepted into a community that you’re working in.” (Wave 1, Turning Point). Percentile rankings: PCI = 84 th , PS = 17 nd , PC = 61 st . |

Note. *N* refers to the frequency of a subtheme at a given wave. For example, since *N* = 52 for friendship at Wave 1, this means this subtheme was observed 52 times across all participants at Wave 1. Percentages are calculated by dividing *N* by the total number of stories told within a given theme at that wave (e.g., Wave 1 friendship *N* divided by the total number of Love/Friendship themes at Wave 1). For example, the percentage for Friendship at Wave 1 is calculated by $(52 / (52+28+15)) * 100\%$. The participant’s percentile ranking on various questionnaire measures at the wave the story was told is presented in the table, alongside the sample quotes. PCI = Perfectionism Cognitions Inventory. PS = Perfectionistic Strivings. PC = Perfectionistic Concerns.