

# IMPOSTER SYNDROME

HOUSEHOLD INCOME & LEVEL OF EDUCATION

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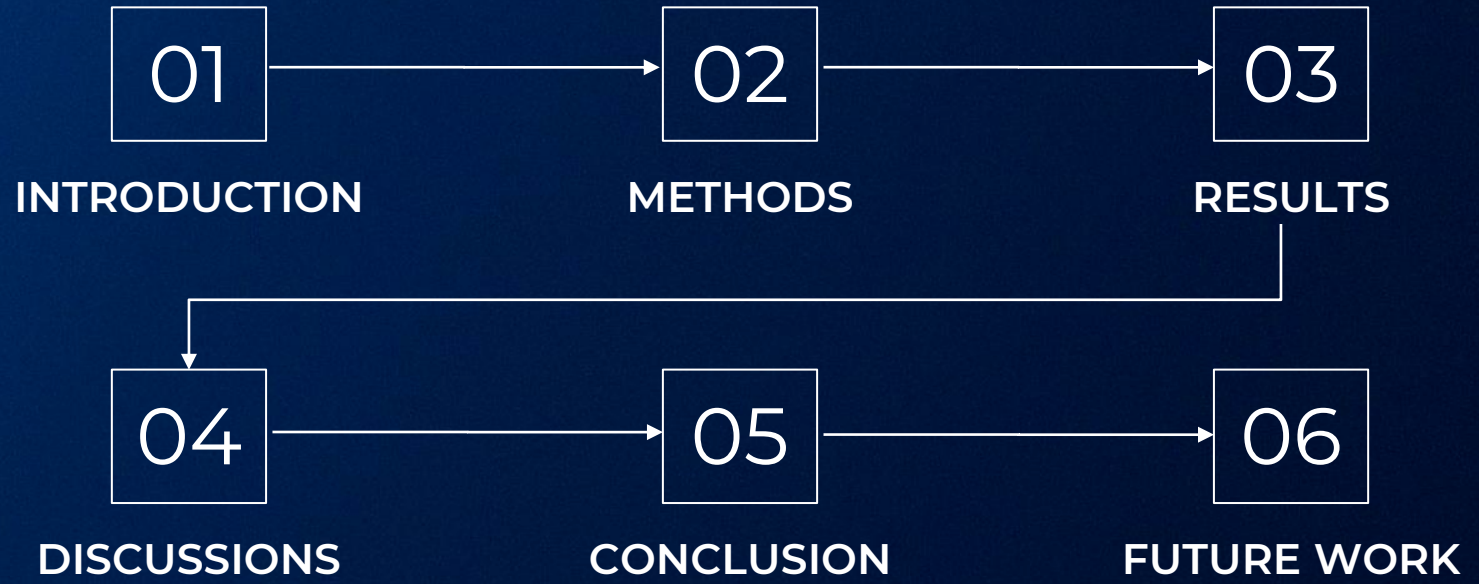




Ever felt like you are not  
enough despite your  
achievements?

That fear of being seen as  
inadequate?

# AGENDA







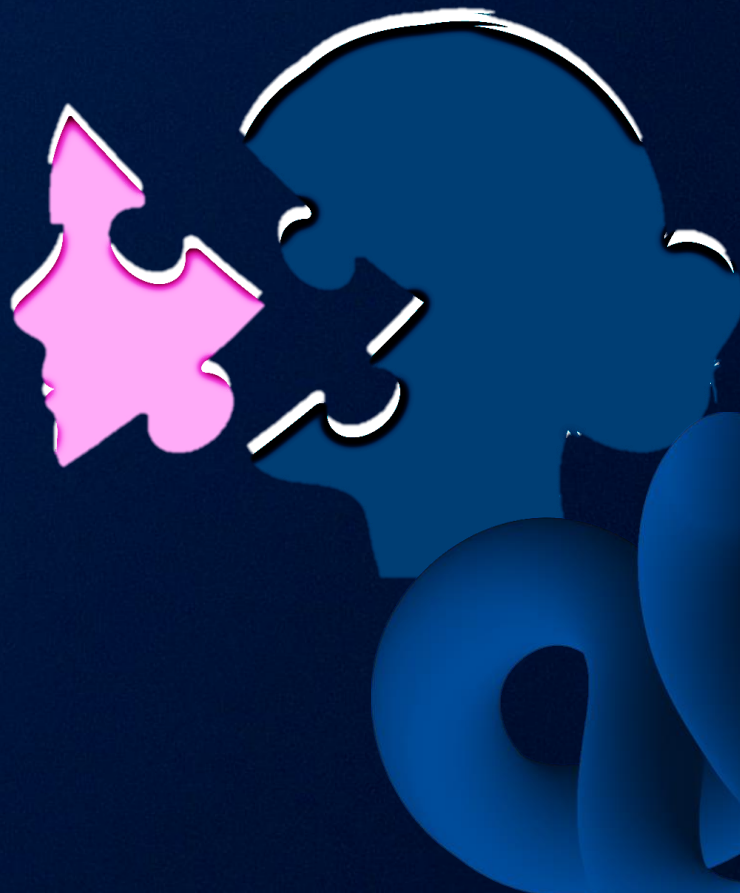
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# INTRODUCTION

WHAT IS IMPOSTER SYNDROME?

# INTRODUCTION

- Imposter syndrome coined by Dr. Pauline Clance
- Defined as a state of high-performing individuals attributing achievements to luck and contingency rather than skill and merit
- Impact on individuals' mental well-being, career satisfaction, and advancement



# PROJECT OBJECTIVE

- Objective: Research correlation between imposter syndrome, household income, and education level
- Method: Utilizing Literature Matrix Method
- Aim: Identify associations to inform interventions







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## METHOD

Utilizing Literature Matrix Method

Literature Review Matrix Template

Author/ Date	Theoretical/ Conceptual Framework	Research Question(s)/ Hypotheses	Methodology	Analysis & Results	Conclusions	Implications for Future research	Implications For practice
Alsaleem, Lara; Alyousef, Nada; Alkaff, Zaina; Alzaid, Lujane; Alotaibi, Reema; Shaik, Shaffi Ahamed (2021)	Self-efficacy theory	What is the prevalence of low self-esteem and positive imposter syndrome among medical students at King Saud University.? What other variables are associated with imposter syndrome and low self-esteem?	The study is a quantitative analytical cross-sectional study, the participants were medical students from KSU and a sample size of 502, self-administered questionnaire	The prevalence of low self-esteem and imposter syndrome was 23.6% and 42.1% respectively and a positive correlation between both variables. There is also a significant association between self-esteem and gender, mother's education, and GPA.	This study concludes that low self-esteem and positive imposter syndrome are prevalent in medical students of KSU University and more should be done to improve the educational system to help these students	Future research may include psychological disorders in the survey as psychological problems can be of significance to the issue	Counseling services should be set up to help students deal with these issues. Interventions set to promote self-esteem and improve self-efficacy should be implemented among medical campuses.
Afran Ahmed, Aarushi Kaushal,Tat yana Cruz, Yusuke Kobuse, Kristen Wang (2020)	Imposter syndrome among BIPOC, Clance and Imes (1978) conceptualization of imposter syndrome	The correlation between the presence of imposter syndrome and authoritarian parenting among BIPOC parents. Is there a correlation between imposter syndrome and socioeconomic status	A survey was conducted among 53 participants to find a correlation between imposter syndrome and authoritarian parenting style. Sample sizes for specific groups were not large enough to draw conclusions	The survey showed relatively similar average scores across groups, and the sample size was too small to draw up plausible conclusions.	The survey provided some information but not enough to determine if race was the sole reason for higher rates of imposter syndrome, limitations in sample size hindered the results.	Future research should try to replicate this study but this time with a higher sample size and focus more on other factors contributing to imposter syndrome.	counselors working with BIPOC individuals should be aware of the potential impact that authoritarian parenting might have on the rate of Imposter syndrome among these individuals.



<p>Shinawattra P, Kasirawat C, Khunanon P, et al. (2023)</p>	<p>Imposter syndrome is common in medical students. Research is needed to study the prevalence and associated factors of imposter syndrome because this psychological state causes people to mistrust their skills and worry extensively about being exposed as fraudsters.</p>	<p>The researchers aimed to assess the prevalence and associated factors of imposter syndrome among medical students in their clinical year of training at Chiang Mai University, Thailand. The hypothesis was that socio-demographic characteristics and mental health are associated with incidence of imposter syndrome.</p>	<p>This was an observational cross-sectional study. Participants were medical school students in their clinical years at Chiang Mai University in Thailand. via anonymous online surveys using the validated Clance Impostor Phenomenon Scale (CIPS). The surveys also included questions on sociodemographic characteristics and mental health conditions.</p>	<p>From the 228 clinical-year medical students, 108 (47.4%) reported experiencing imposter syndrome. High levels of stress (adjusted odds ratio = 2.315; 95% confidence interval = 1.105–4.853), anxiety (6.462; 1.374–30.392), and depression (4.219; 1.448–12.290) were significantly associated with an increased risk of experiencing imposter syndrome.</p>	<p>Imposter syndrome is common among medical students at Chiang Mai University in Thailand, with nearly half of students reporting to have experienced it. While imposter syndrome was not found to be associated with the studied demographic factors (GPA, medical year, ward rotation, siblings, birth order, training place, or gender), it was significantly associated with psychological factors.</p>	<p>The authors recommend conducting longitudinal research concerning various types of healthcare professionals and students to develop a fuller understanding of the etiology and impacts of imposter syndrome in the healthcare industry.</p>	<p>Addressing imposter syndrome through education, mentorship, systemic problem solving, normalizing failure, and monitoring and treating mental health issues could assist students in realizing their full educational/professional potential.</p>
<p>Elnaggar M, Alanazi T, Alsayer NA, et al. (2023)</p>	<p>Medical school students are subjected high-stress levels, which may lead students to develop the impostor syndrome. Research is needed to investigate the prevalence of imposter syndrome and associated factors.</p>	<p>This study aimed to evaluate the prevalence and predictors of the impostor phenomenon (IP) among medical students at the College of Medicine, Jouf University, Saudi Arabia.</p>	<p>This was a cross-sectional study. A total of 200 medical students from years one to five completed the survey. A stratified random sampling technique was used to select groups of male and female Jof University medical students. Data were collected with a digital self-administered questionnaire using the Clance IP scale.</p>	<p>Findings from the 165 participating students showed that 7.3%, 50.3%, 35.8% and 6.7% of medical students, respectively, suffered from few, moderate, frequent, and intense imposter features. GPA, monthly family income, father's educational level, mother's educational level, and marital status are predictors of IP.</p>	<p>This study found that IP is a common problem among medical students in Saudi Arabia. Being a first-year medical student can increase the risk of suffering from IP. Both low-achieving and high-achieving students suffer from IP. Monthly family income, father's and mother's educational level, and marriage affect students suffering from IP.</p>	<p>Additional research is needed to further describe the factors associated with IP, given its high prevalence among medical school students in Saudi Arabia and its damaging effects.</p>	<p>Normalizing the experience of medical school through raising awareness and open dialogue between staff, mentors, preceptors, and students will bring awareness to the negative impacts of IP and promote development of coping mechanisms.</p>



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## RESULTS

The outcome of the Literature Matrix Method

# RESULTS

- Only four articles were found that met the criteria for inclusion in the study.
- Monthly family income, parent's education level were identified as predictors of imposter syndrome in medical school students, specifically





# RESULTS

- Due to a small sample size, the association of imposter syndrome with race/ethnicity and parenting style could not be determined





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# DISCUSSIONS

What is the next step?

# DISCUSSIONS

- Gap in literature on imposter syndrome and socioeconomic factors
- Need for further research and interventions
- Proposed steps to reduce imposter syndrome among professionals







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# CONCLUSIONS

# CONCLUSION

- Imposter syndrome complexity requires more research
- Future studies needed to explore correlations
- Proposal for extensive study to inform interventions





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## FUTURE WORK

How can we design future studies to examine the correlations between imposter syndrome and socioeconomic factors more effectively?"



# FUTURE WORK

- Proposal for extensive study on correlations
- Incorporate quantitative and qualitative approaches
- Enhance research methods for subsequent studies



# CHRISTIAN WORLDVIEW



## BIBLICAL RELEVANCE

Imposter syndrome, reflecting feelings of inadequacy despite success, contrasts with the grace and empowerment of God as depicted in John 3:20. It arises from societal pressures and unrealistic standards, leading individuals to doubt their abilities



## BIBLICAL APPROACH

To address imposter syndrome, we must acknowledge its presence, understand its roots, and foster environments that celebrate authenticity and growth. Through resilience, collective action, and belief in people's capabilities, we can mitigate its impact, as emphasized in 2 Timothy 1:7, where God's nature is not one of fear, but of power, love, and a sound mind

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# Thanks

**Do you have any questions?**

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