

BACKGROUND

- Imposter Phenomenon (IP) is a condition that high-achieving individuals who, despite their objective successes, fail to internalize their accomplishments and have persistent self-doubt and fear of being exposed as a fraud or imposter
- ASHP highlights that IP can come in many shapes and forms
- Study from MUSC displays IP correlates with perfectionism and physical distress
- We want to learn firsthand from pharmacy students to understand what factors influence IP and what role rotation/work experience can have on levels of IP

METHODS

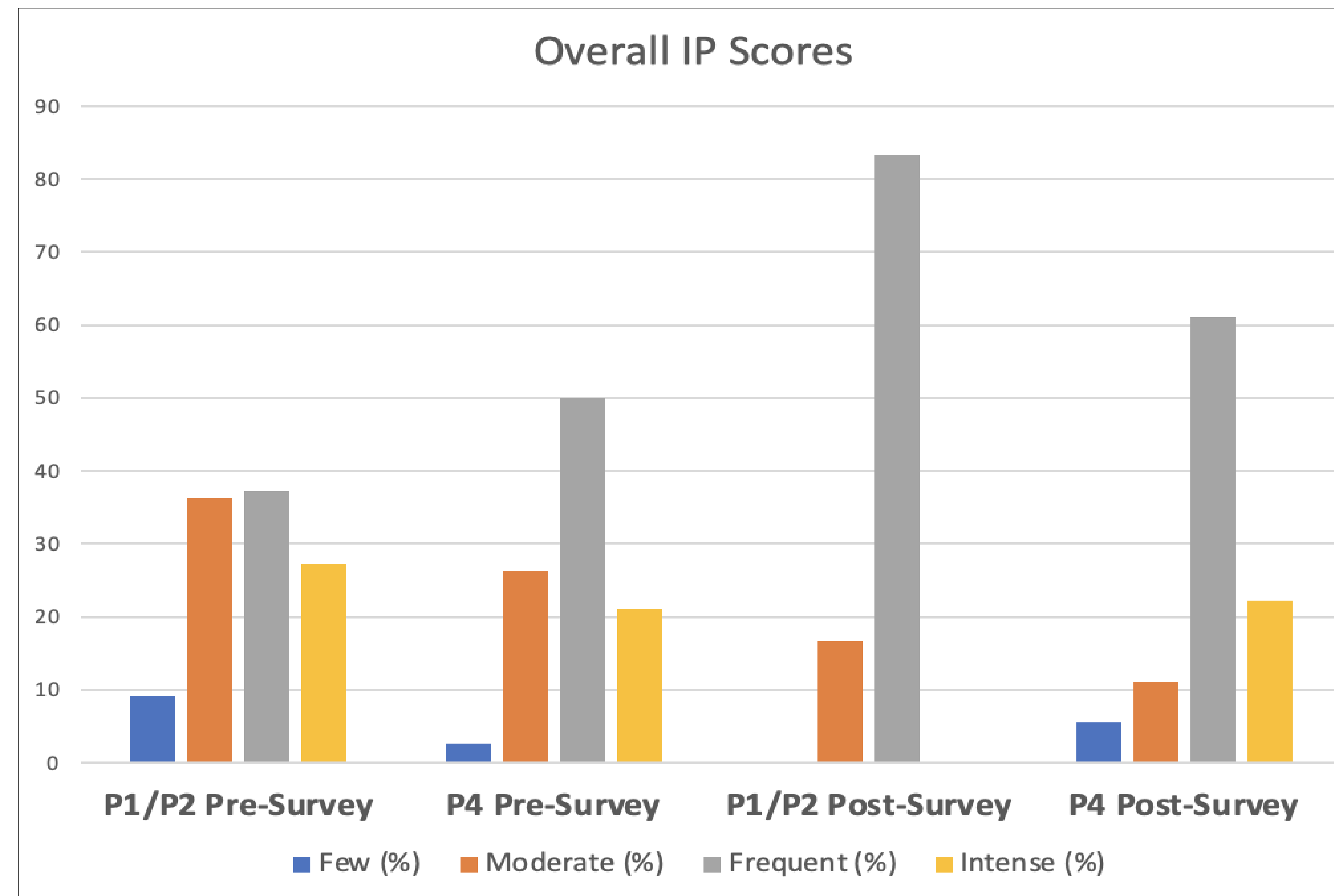
- Students received a pre- and post-survey after completing rotations
- Scoring system adapted from Clance IP scoring system
- Recruitment done through school email, Discord, GroupMe, and Facebook

Rank	Score
Few	< 20
Moderate	21 - 30
Frequent	31 - 40
Intense	41- 50

RESULTS

	P1/P2 Pre-Survey	P4 Pre-Survey	P1/P2 Post-Survey	P4 Post-Survey
Few	1 (9.1%)	1 (2.6%)	0	1 (5.6%)
Moderate	4 (36.3%)	10 (26.3%)	1 (16.7%)	2 (11.1%)
Frequent	3 (27.3%)	19 (50%)	5 (83.3%)	11 (61.1%)
Intense	3 (27.3%)	8 (21.1%)	0	4 (22.2%)

- The primary endpoint of the study was the percent difference of scores between the pre-survey and post-survey
- The secondary endpoint included the optional short answer responses
- Response rate decreased for post-survey
- Both groups of students became less spread out on the IP scale and became more prevalent in the frequent group



CONCLUSION

- More rotation/work experience doesn't correlate to less feelings of IP
- IP can form over years of schooling
- Additional data from multiple universities can help find the roots of IP forming and lead to solutions to combat against it

References

- Bravata, D., Madhusudan, D., Boroff, M., & Cokley, K. (2020). Commentary: Prevalence, predictors, and treatment of Imposter Syndrome: A systematic review. *Journal of Mental Health & Clinical Psychology*, 4(3), 12-16. <https://doi.org/10.1080/2573-2833.2020.1813133>
- American Society of Health-System Pharmacists. ASHP Resource Guide for Well-Being and Resilience in Residency Training. March 2023.
- Villwock, J. A., Sobin, L. B., Koester, L. A., & Harris, T. M. (2016). Impostor syndrome and burnout among American Medical Students: A Pilot Study. *International Journal of Medical Education*, 7, 364-369. <https://doi.org/10.5116/ijme.5801.eea4>
- White, S. (2020, February 2). *Blog viewer*. Overcoming the Imposter Syndrome. <https://connect.ashp.org/blogs/sara-white/2020/02/02/overcoming-the-impostor-syndrome?ssopc=1>
- Sullivan, J. B., & Ryba, N. L. (2020). Prevalence of impostor phenomenon and assessment of well-being in pharmacy residents. *American Journal of Health-System Pharmacy*, 77(9), 690-696. <https://doi.org/10.1093/ajhp/zaa041>
- McGregor, L. N., Gee, D. E., & Posey, K. E. (2008). I feel like a fraud and it depresses me: The relation between the impostor phenomenon and Depression. *Social Behavior and Personality: An International Journal*, 36(1), 43-48. <https://doi.org/10.1080/0144169080161143>
- Landry, M. J., Bailey, D. A., Lee, M., Van Gundy, S., & Ervin, A. (2022). The impostor phenomenon in the nutrition and Dietetics Profession: An online cross-sectional survey. *International Journal of Environmental Research and Public Health*, 19(9), 5558. <https://doi.org/10.3390/ijerph19095558>
- Henning, K., Ey, S., Shaw, D. (1998). Perfectionism, the impostor phenomenon and psychological behavior adjustment in medical, dental, nursing, and pharmacy students. *International Journal of Medical Education*, 3, 456-464.
- Clance, Pauline Rose. 1985. *The Impostor Phenomenon: When Success Makes You Feel Like A Fake*. Toronto: Bantam Books. <https://pubmed.ncbi.nlm.nih.gov/pub/10712486/>