

# Impostor Syndrome Resources

## Articles

### [Assessment of Impostor Phenomenon in Student Pharmacists and Faculty at Two Doctor of Pharmacy Programs.](#)

Boyle J, Malcom DR, Barker A, Gill R, Lloyd M, Bonenfant S. *Am J Pharm Educ.* 2022;86(1):8474.

A multi-centered survey that evaluates the prevalence of impostor syndrome for student pharmacists and pharmacy faculty members. By utilizing the 20-item Clance IP Scale and other questions, authors provide real-life insights on the phenomenon of impostor syndrome in the pharmacy school community.

### [Clance Impostor Phenomenon Scale.](#)

The Impostor Phenomenon: When Success Makes You Feel Like A Fake. Bantam Books; 1985.

The Clance IP Scale (CIPS) is a validated 20-point Likert scale questionnaire used to assess the presence of IP characteristics and the extent to which the individual is suffering. 18 total scores are added and categorized into “few” ( $\leq 40$ ), “moderate” (41-60), “frequent” (61-80), or “intense” ( $>80$ ). The higher the score, the more seriously IP interferes in a person’s life.

### [Dealing with doubt: Overcoming impostor syndrome in new practitioners.](#)

Bell CM, Vest TA, White SJ. *Am J Health Syst Pharm.* 2022;79(6):421-423.

A 3-page commentary that introduces readers to impostor syndrome, describes the prevalence, and provides strategies on how to overcome impostor syndrome. The commentary ends with detailed, 9-step considerations for new practitioners.

### [Imposter Syndrome.](#)

Husaini M. *JAMA Cardiol.* 2021;6(10):1113-1114.

This article describes one physician’s experience with impostor syndrome as a Muslim, Indian American male. The article shines light on the effect of impostor syndrome in an experienced attending physician.

### [Imposter syndrome: An opportunity to positively influence mentees.](#)

Gresham-Dolby C. *Curr Pharm Teach Learn.* 2022;14(2):130-132.

This commentary provides guidance for pharmacists, preceptors, and mentors on how to assist younger pharmacists, mentees, and learners who may be struggling with impostor syndrome.

### [Imposter Syndrome: Treat the Cause, Not the Symptom.](#)

Mullangi S, Jagsi R. *JAMA.* 2019;322(5):403-404.

A short commentary focusing on the experience of women in medicine, defines impostor syndrome, and highlights the need for a large-scale, systemic culture change to combat impostor syndrome at the root cause.

### [Intellectual Self-doubt and How to Get Out of It.](#)

Persky AM. *Am J Pharm Educ.* 2018;82(2):6990.

The author, a pharmacy professor and associate editor of the American Journal of Pharmacy Education, provides a 2-page commentary describing his experience with impostor syndrome. He also provides a 10-step strategy that he utilized to overcome impostor syndrome.

[Overcoming the Imposter Syndrome](#)

Sara White. *ASHP Connect*.

A one-page guide that defines impostor syndrome, assists readers with the identification of the phenomenon, and explains the origin of the symptoms. The post provides guidance on how pharmacists can acknowledge and handle the syndrome to ultimately reach one own's success.

[Perfectionism, the impostor phenomenon and psychological adjustment in medical, dental, nursing and pharmacy students.](#)

Henning K, Ey S, Shaw D. *Med Educ*. 1998;32(5):456-464.

This study examines the psychological distress, perfectionism, and impostor feelings in medical, dental, nursing, and pharmacy students via anonymous questionnaires with the Clance IP Scale. The article provides a glimpse of how the phenomenon impacts the different disciplines in the medical field.

[Prevalence of impostor phenomenon and assessment of well-being in pharmacy residents.](#)

Sullivan JB, Ryba NL. *Am J Health Syst Pharm*. 2020;77(9):690-696.

A cross-sectional, survey-based study delivered to PGY1 and PGY2 residents in March 2019. The study indicates that pharmacy residents display more impostor syndrome traits and exhibit greater distress than previously published data about other healthcare providers and students.

[Prevalence, Predictors, and Treatment of Impostor Syndrome: a Systematic Review.](#)

Bravata DM, Watts SA, Keefer AL, et al. *J Gen Intern Med*. 2020;35(4):1252-1275.

Written by authors outside of the field of pharmacy, the paper provides information on impostor syndrome from a psychology perspective. The article includes information on the prevalence of impostor syndrome and analyzes how social factors, such as race and gender, influence the display of the phenomenon.

## Additional Web-Based Resources

[Are you suffering from imposter syndrome? Ways to identify and deal with feelings of self-doubt in grad school.](#)

Craig, L. *Psychological Science Agenda*. 2018.

[Feel like a fraud?](#)

Weir, K. *Grad Psych Magazine*. 2013;11.

[How to overcome impostor phenomenon.](#)

Palmer, C. *Monitor on Psychology*. 2021;6.

[How you can use impostor syndrome to your benefit.](#)

TED Talk by Mike Cannon. June 2017.

[Will the real impostor please stand up?](#)

TED Talk by Jennifer Hunt. February 2020.