

# Utilizing An Educational Workshop to Help Pharmacy Students Manage Imposter Syndrome

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## Background

Imposter syndrome (IS) or Imposter phenomenon (IP) is the experience of feeling fraudulent paired with fear of possible exposure. Individuals may show signs of:

- Perfectionism
- Self-Doubt
- Self-sabotage
- Low self-esteem

Imposter syndrome has long plagued high achieving individuals. It is without surprised that the practice of pharmacy attracts and cultivates feelings of IS.

- 30% of health professional students experience IS
- Most pharmacy students have frequent IS feelings

## Objective

To develop a workshop to help pharmacy students identify and overcome feelings of IS

## Methods

### Design

- Hybrid online/in-person workshop
- Focused on pharmacy students
  - All SIUESOP was invited
- Active participation was encouraged

### Overview of workshop

- Self-assessment using Clance Imposter phenomenon scale (CIPS)

IP classification
Mild IP experiences (<40)
Moderate IP experiences (41-60)
Frequent IP experiences (61-80)
Intense IP experiences (>80)

- Define IS and its impact in pharmacy school
- Utilize real life examples
- Provide coping methods
- Followed up by an anonymous Qualtrics survey

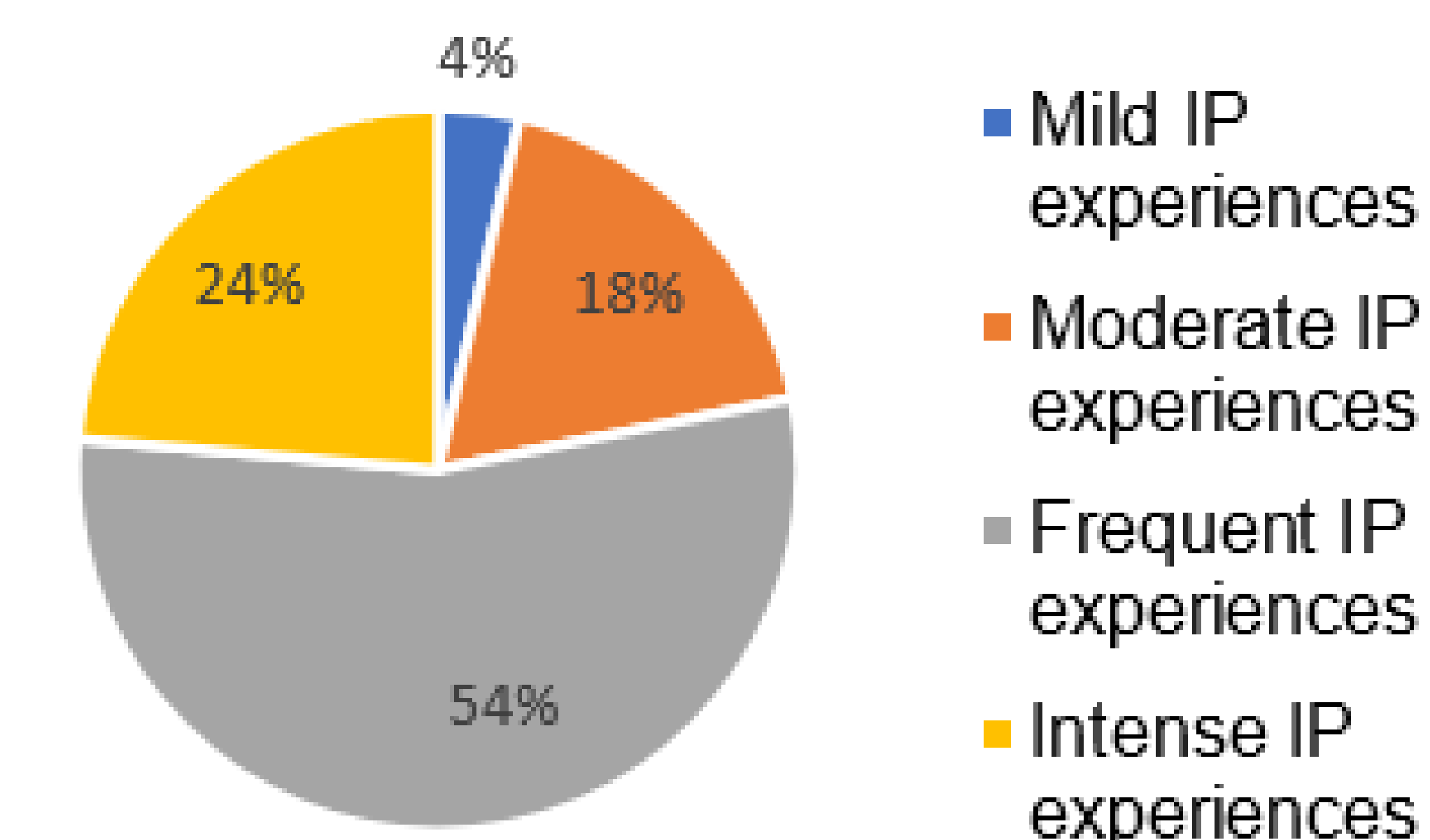
## Results

	# Of Students	% Of total
Pharmacy Student	55	100.00%
First Year (P1)	26	47.27%
Second Year (P2)	24	43.64%
Third Year (P3)	5	9.09%

Gender	# Of Students	% Of total
Female	40	72.73%
Male	15	27.27%

- 78% of students had at least frequent IP experiences
- Females more likely to have intense IP experiences
- No differences in CIPS score between P1-P3
- After the workshop, all students stated they better understand IS and strategies to manage it

### CIPS Score



- 75% of students were likely or very likely to implement at least one change
- The most common methods are, practicing breaking habits of IS (69%) and reducing social media use (58%)

## Discussion

- Overall, the workshop was well received
- Higher female participation may be due to higher IP feelings in female student population
- Unable to identify trend of CIPS score between pharmacy years
- Adapting workshop for future
  - Finding successful peers in the fields suffering from IS
  - Details into how to identify IS in oneself

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