

# **The Impact of Pharmacy Experience on Imposter Phenomenon in Pharmacy Students**

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## **Abstract**

### **Introduction**

Imposter Phenomenon (IP) is described as 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.

The purpose of this study is to determine if there is correlation between rotation/work experience and Imposter Phenomenon to work towards knowing how and when to help mitigate imposter feelings.

### **Methods**

Data for this descriptive quantitative survey was collected through surveys from pharmacy students at Southern Illinois University Edwardsville School of Pharmacy. Students were sent a pre- and post-survey before and after their scheduled rotations to determine their level of feelings of IP.

### **Results**

The P1/P2 students showed a trend towards Frequent feelings of IP with a decrease of Few, Moderate, and Intense feelings. P4 students had a decrease in only the Moderate feelings category. It is important to note the significant decline in responses in the post-survey compared to the pre-survey.

### **Discussion**

The results of the study show a direct correlation between Imposter Phenomenon and pharmacy experience. There tends to be more feelings of IP with the more rotation experience students have.

### **Conclusion**

Overall, this is a good study design from the perspective of universities to see the rates of IP in their students. The university/faculty could use this data to combat this prevalent issue, and to alert their students that they might eventually have these feelings. The first step in solving an issue is to see who it is affecting, when, and why.