

# PRODUCTIVELY WORKING THROUGH IMPOSTOR SYNDROME

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## OVERVIEW OF EMMA'S DISSERTATION STUDY

Phase I: Survey	Phase II: Case Studies	Data Analysis
Survey Section 1: Collected demographic information	Informed Consent Interview	Survey Data: Initial coding (Section 3); Data stratification (Section 1 & 2); Data reduction (Section 1 & 2)
Survey Section 2: Collected Clance Impostor Phenomenon Scale score	Co-researching	Case Study Data: Initial coding; In vivo coding; 'Constellation coding'
Survey Section 3: Collected short answers to questions about impostor feelings relationship to writing & mentoring	Four case studies consisting of 2-3 sixty-minute video-recorded interviews; Impostor phenomenon responses; Memos; Reflections, Writing Samples; Frequent Communication	Member checks

The [Clance Impostor Phenomenon Scale](#) helps individuals determine whether or not they have IP characteristics and, if so, to what extent they are suffering. The link can be found on your handout.

### PRODUCTIVELY WORKING THROUGH THE IMPOSTOR PHENOMENON

- IDENTIFY
  - a. Reflection
- SHARE
  - b. Support Structures
- PLAN
  - c. Self-Efficacy
  - d. Attribution
  - e. Metacognition
  - f. Self-Regulation

## **MORE RESOURCES**

**Call 911** if you or someone you know is in immediate danger or go to the nearest emergency room.

### **National Suicide Prevention Lifeline**

- Call 1-800-273-TALK (8255); En Español 1-888-628-9454**
- The Lifeline is a free, confidential crisis hotline that is available to everyone 24 hours a day, seven days a week. The Lifeline connects callers to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals. People who are deaf, hard of hearing, or have hearing loss can contact Lifeline via TTY at 1-800-799-4889.

### **Crisis Text Line**

- Text “HELLO” to 741741**
- The Crisis Text hotline is available 24 hours a day, seven days a week throughout the U.S. The Crisis Text Line serves anyone, in any type of crisis, connecting them with a crisis counselor who can provide support and information.

### **[Mental Health America](#)**

- This site offers free worksheets, mental health screening tools, resources, and mental health spaces for community-building.

### **[Mind Tools Impostor Syndrome Toolkit](#)**

- This site offers free tools for you to assist in working through your impostor feelings.

### **[Dr. Pauline Clance, Ph.D., Impostor Phenomenon Resources](#)**

- This is the website of the clinical psychologist who coined “the impostor phenomenon”. The site includes the impostor phenomenon scale and a long list of publications on the topic.