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Parenting Styles and the Impostor Phenomenon: The Mediating Role of Self-Efficacy

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DiFazio, Alexandra, "Parenting Styles and the Impostor Phenomenon: The Mediating Role of Self-Efficacy" (2022). *UWill Discover Conference*. 5.

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Does Self-Efficacy Mediate the Relationship Between Parenting Styles and the Impostor Phenomenon?



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The Impostor Phenomenon



People Who...

- Are objectively successful
- Feel like a fraud
- Have self-doubt
- Believe they are “tricking” the people around them
- Attribute their success to external factors or chance

Parenting Styles

Overprotection



High Levels

- Intrusion of ...
- Privacy
 - Autonomy
 - Independence

Care

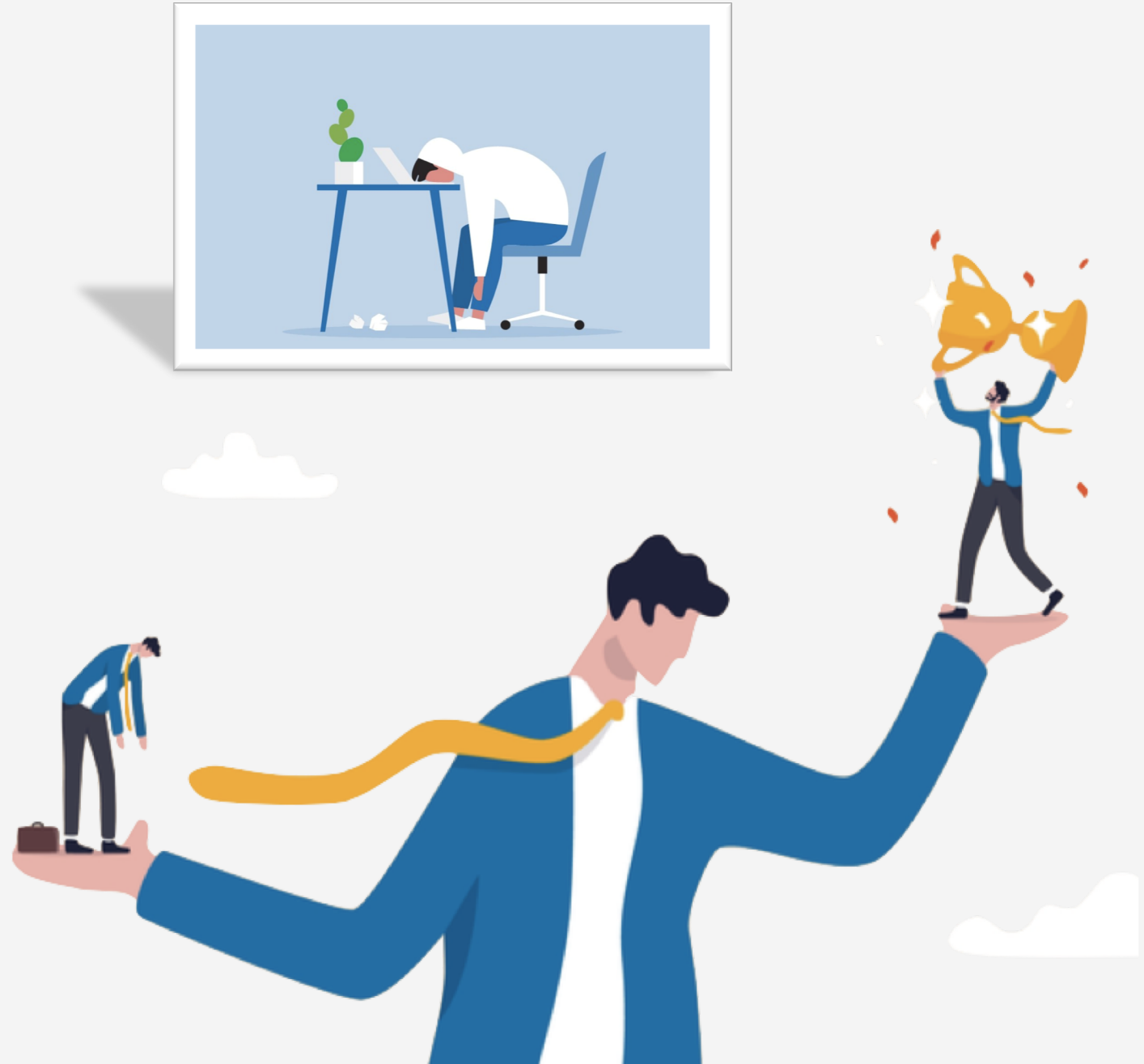
High Levels

- Showing ...
- Empathy
 - Affection
 - Warmth



Self-Efficacy

A person's
belief in their
behavioural
ability to achieve
something



Proposed Mediation

Mother/Father
Overprotection



Mother/Father
Care



Self-Efficacy



Impostor
Phenomenon

How was this studied?



77 psychology students

Online Survey

Parenting
Styles

General
Self-
Efficacy

Impostor
Phenomenon

Results



Was there mediation?

yes no

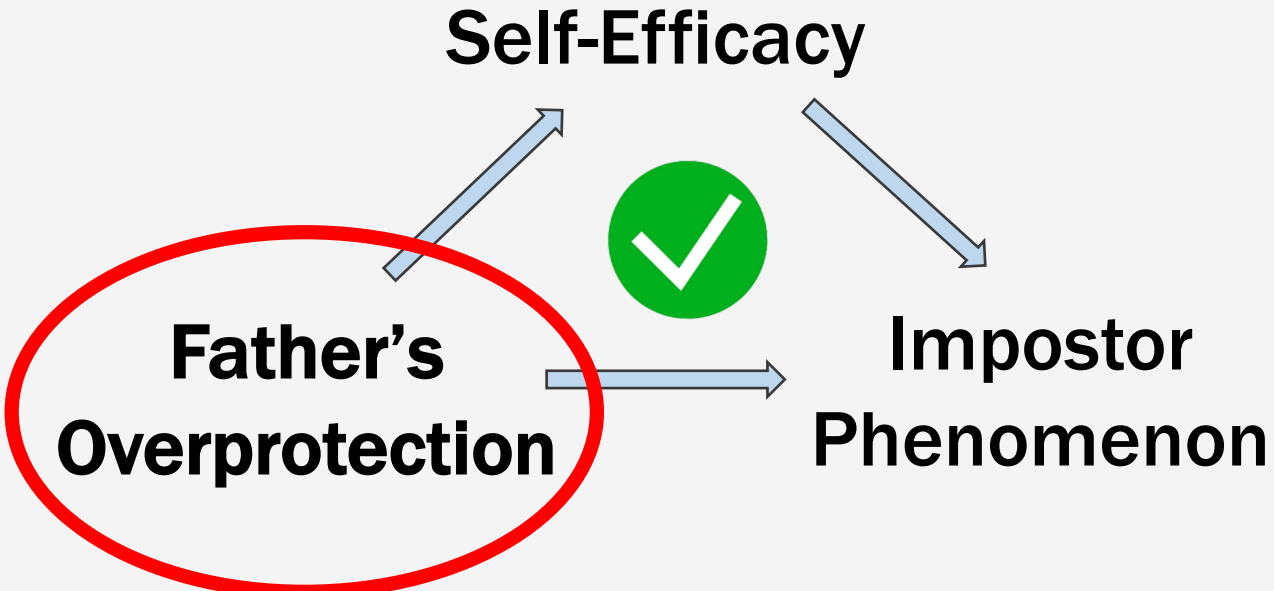
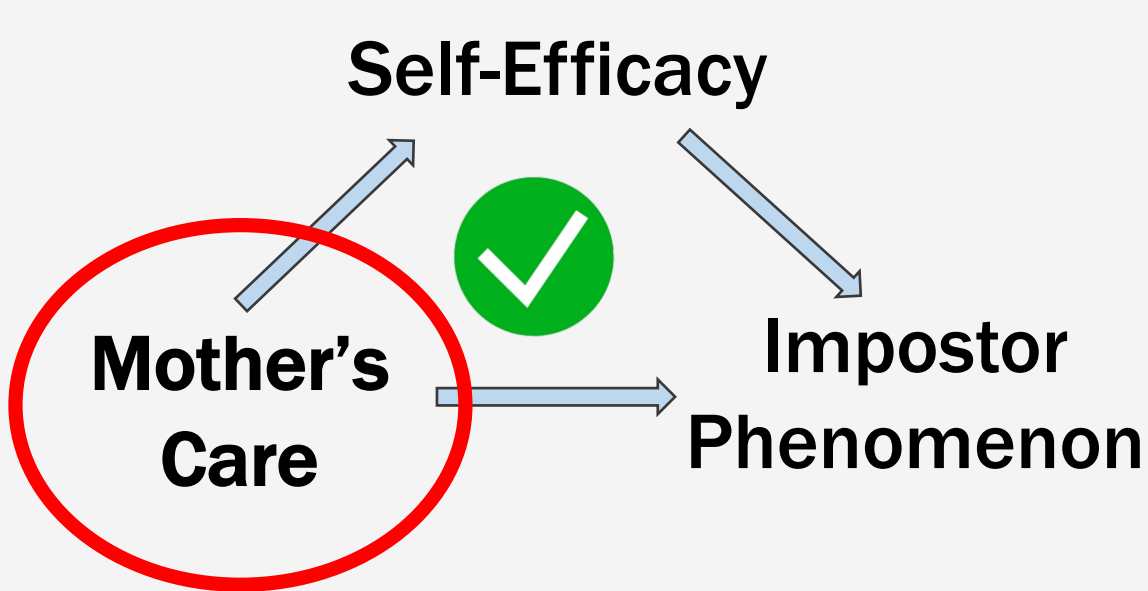
It's complicated ...



Partial Mediation

Indirect Effect

Competitive

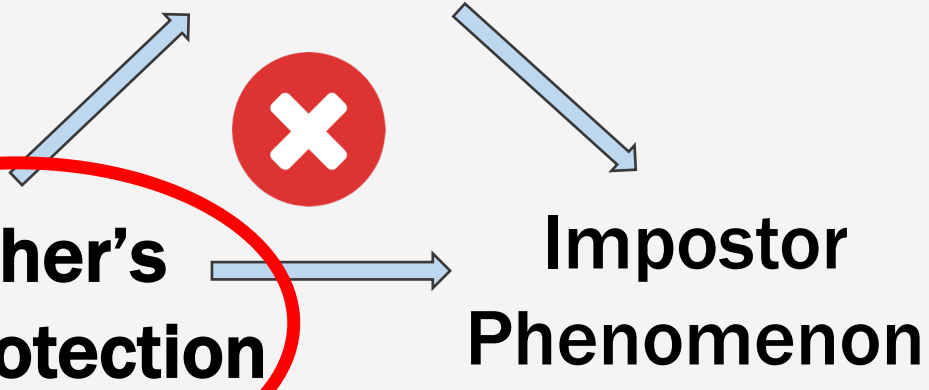


No Mediation

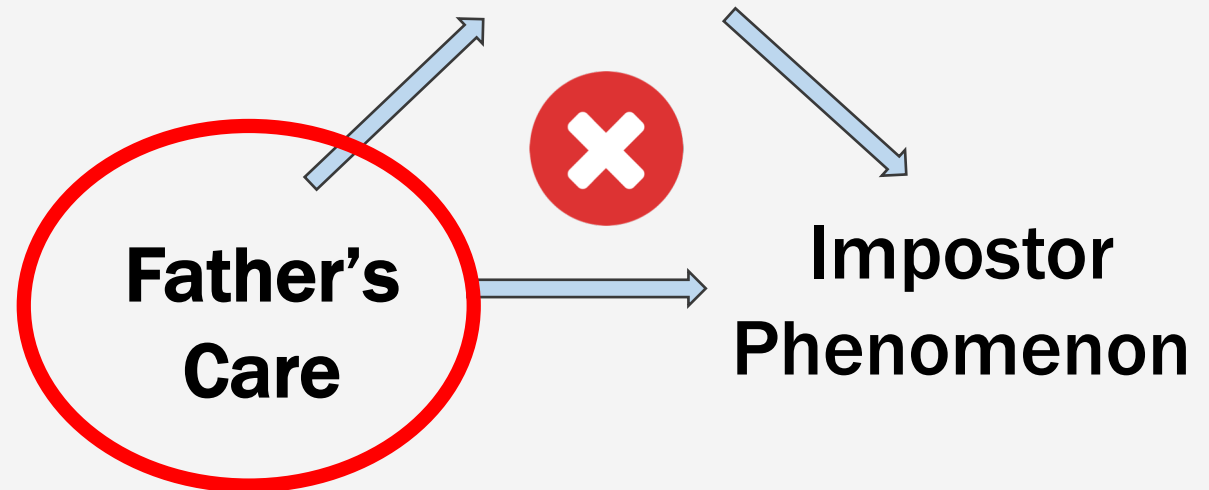
Direct Only

No Effect

Self-Efficacy



Self-Efficacy



**What does
this all mean
for the
Impostor
Phenomenon?**

Self-Efficacy Mediates...

- **Mother Care**
- **Father Overprotection**





Thank you 😊

Questions?