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Impostorism and anxiety contribute to burnout among resident physicians

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Appendix

Appendix

Demographic Information

What gender do you identify with?

- Female
 Male
 Prefer not to say

How old are you currently?

- < 20
 20-24
 25-29
 30-34
 35-39
 40+

What is your marital status?

- Single
 Married
 Committed partnership
 Other

If other, state: _____

What do you consider to be your most prominent source of support currently? Please rank the top three.

	Partner	Friends	Classmate s/co-resid ents	Family	Faculty/m entor	Resources from school/ho spital including social work	Other	None
Ranked #1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ranked #2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ranked #3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If other, state: _____

If other, state: _____

If other, state: _____

How do you feel about your current level of support?

- I feel well supported
 I have some support and it is adequate
 I have some support and it is NOT adequate
 I do not feel supported at all



Residency Related Questions

Which training program are you in?	<input type="radio"/> Family medicine <input type="radio"/> General surgery <input type="radio"/> Paediatric medicine <input type="radio"/> Anaesthesia
What is your current year in training?	<input type="radio"/> PGY1 <input type="radio"/> PGY2 <input type="radio"/> PGY3 <input type="radio"/> PGY4 <input type="radio"/> PGY5 or above but NOT final year of training <input type="radio"/> PGY5 or above and in final year of training
How many hours do you currently work on average per week in hospital/clinic?	<input type="radio"/> < 20 <input type="radio"/> 20-40 <input type="radio"/> 41-60 <input type="radio"/> 61-80 <input type="radio"/> 81-100 <input type="radio"/> >100
How many hours do you currently work on average per week outside of the hospital/clinic (e.g., moonlighting, studying, etc.)?	<input type="radio"/> < 20 <input type="radio"/> 20-40 <input type="radio"/> 41-60 <input type="radio"/> 61-80 <input type="radio"/> 81-100 <input type="radio"/> >100
Did you complete your medical training in a Canadian medical school?	<input type="radio"/> Yes <input type="radio"/> No
Was your current training program your first choice?	<input type="radio"/> Yes <input type="radio"/> No
Was your current training location your first choice?	<input type="radio"/> Yes <input type="radio"/> No
Did you couples match?	<input type="radio"/> Yes, and matched to the same location as my partner <input type="radio"/> Yes, and did not match to the same location with my partner <input type="radio"/> No <input type="radio"/> Not applicable
If you moved for residency, are you closer or farther away from your family than when you were in medical school?	<input type="radio"/> Closer <input type="radio"/> Farther away <input type="radio"/> No significant change

General Academic Achievement

Did you present an abstract or publication within the last 12 months?	<input type="radio"/> Yes - at a local meeting, including departmental <input type="radio"/> Yes - at a national meeting <input type="radio"/> Yes - at an international meeting <input type="radio"/> No
Did you submit one or more peer-reviewed manuscripts last year?	<input type="radio"/> Yes <input type="radio"/> No



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What was your most recent in-training exam result?

- 1 - 30%
- 31 - 50%
- 51 - 70%
- 71 - 90%
- 91 - 100%
- Did not take exam
- Don't know



Clance Impostor Phenomenon Scale

For each question, please select the answer that best indicates how true the statement is of you. It's best to give the first response that enters your mind rather than dwelling on each statement and thinking about it over and over.

	Not at all true	Rarely	Sometimes	Often	Very true
I have often succeeded on a test or task even though I was afraid that I would not do well before I undertook the task.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can give the impression that I'm more competent than I really am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I avoid evaluations if possible and have a dread of others evaluating me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When people praise me for something I've accomplished, I'm afraid I won't be able to live up to their expectations of me in the future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I sometimes think I obtained my present position or gained my present success because I happened to be in the right place at the right time or knew the right people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm afraid people important to me may find out that I'm not as capable as they think I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I tend to remember the incidents in which I have not done my best more than those times I have done my best.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I rarely do a project or task as well as I'd like to do it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sometimes I feel or believe that my success in my life or in my job has been the result of some kind of error.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It's hard for me to accept compliments or praise about my intelligence or accomplishments.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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At times, I feel my success has been due to some kind of luck.

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I'm disappointed at times in my present accomplishments and think I should have accomplished much more.

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Sometimes I'm afraid others will discover how much knowledge or ability I really lack.

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I'm often afraid that I may fail at a new assignment or undertaking even though I generally do well at what I attempt

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When I've succeeded at something and received recognition for my accomplishments, I have doubts that I can keep repeating that success

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If I receive a great deal of praise and recognition for something I've accomplished, I tend to discount the importance of what I've done

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I often compare my ability to those around me and think they may be more intelligent than I am

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I often worry about not succeeding with a project or examination, even though others around me have considerable confidence that I will do well

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If I'm going to receive a promotion or gain recognition of some kind, I hesitate to tell others until it is an accomplished fact

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I feel bad and discouraged if I'm not "the best" or at least "very special" in situations that involve achievement

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Impostor Scale Score:

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Maslach Burnout Index

On the following page is 22 statements of job-related feelings. Please read each statement carefully and decide if you ever feel this way about your job.

If you have never had this feeling, select the button under the 'Never' column. If you have had this feeling, indicate how often you feel it by selecting the phrase that best describes how frequently you feel that way.

	Never	A few times a year or less	Once a month or less	A few times a month	Once a week	A few times a week	Every day
I feel used up at the end of a work day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that I am at the end of my rope	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel emotionally drained from my work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel frustrated by my job	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel bummed out from my work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel I am working too much on my job	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Working with people directly puts too much stress on me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Working with people all day is really a strain for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel tired when I get up in the morning and have to face another day on the job	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel very energetic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel exhilarated after working closely with my recipients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can easily create a relaxed atmosphere with my recipients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel I'm positively influencing other people's lives through my work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I deal very effectively with the problems of my recipients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can easily understand how recipients feel about things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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In my work, I deal with emotional problems very calmly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have accomplished many worthwhile things in this job	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have the feeling some recipients blame me for their problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have the feeling some recipients as if they were impersonal objects	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've become more callous toward people since I took this job	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't really care what happens to some recipients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worry that this job is hardening me emotionally	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section A: Emotional Exhaustion Score: _____

Section B: Personal Accomplishments Score: _____

Section C: Depersonalization Score: _____

Peer Review Only

General Anxiety Disorder (GAD-7)

Over the last 2 weeks, how often have you been bothered by any of the following problems?

	Not at all	Several days	More than half the days	Nearly every day
Feeling nervous, anxious or on edge?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Not being able to stop or control worrying?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Worrying too much about different things?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble relaxing?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being so restless that it is hard to sit still?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Becoming easily annoyed or irritable?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling afraid as if something awful might happen?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you checked off any problem in the last 7 questions, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

- Not difficult at all
- Somewhat difficult
- Very difficult
- Extremely difficult

GAD-7 Score: _____

View Only