

Impostor Phenomenon Among U.S. Chiropractic Students

Informed Consent

Project Title: Impostor Phenomenon Among U.S. Chiropractic Students

For Research Conducted at: Palmer College of Chiropractic

Principal Investigators: Kelly Kimball, BS; Christopher Roecker, DC, MS; Katie Hoyt, MOL

We invite you to take part in a research study. This form states what you will do during the study. It tells you the risks and benefits of the research. It also tells you about your rights as a research participant.

WHAT IS THE PURPOSE OF THIS STUDY?

The purpose of this research study is to describe the extent to which the impostor phenomenon is present in doctor of chiropractic students.

WHO IS ELIGIBLE TO TAKE PART IN THIS STUDY?

Students actively enrolled in a Doctor of Chiropractic program at Palmer College of Chiropractic's Davenport, IA or San Jose, CA campus.

HOW LONG WILL THIS SURVEY TAKE?

Approximately five minutes.

WHO IS FUNDING THIS STUDY?

This study is not funded.

HOW MANY PEOPLE WILL BE IN THE STUDY?

We expect several hundred students to participate.

WHAT WILL HAPPEN DURING THIS STUDY?

If you decide to join this study, you will be asked to fill out a survey including the Clance Impostor Phenomenon Scale and demographic questions. The survey should take about five minutes to complete.

IS BEING IN THIS STUDY VOLUNTARY?

Yes. Your participation in this study is entirely voluntary. You can refuse to take part in this study. You can quit at any time without any penalty.

IS THERE ANY COST TO PARTICIPATE?

There is no cost to participate in this study.

WHAT ARE THE RISKS OF BEING IN THIS STUDY?

This survey asks questions about self-confidence/self-doubt. It is possible that the questions asked

may cause psychological distress in some individuals. This survey is entirely voluntary, and you can quit at any time without consequence. There is additional information about the topic of this study available to participants via the links provided at the end of the survey.

WHAT ARE THE BENEFITS OF THIS STUDY?

There is no direct benefit; however, completion of this survey allows you to enter into a drawing to win one of three \$25 Amazon gift cards.

WHAT IS MY ALTERNATIVE TO PARTICIPATION?

The alternative is to choose not to fill out this survey.

WHAT ABOUT MY CONFIDENTIALITY?

All of your responses to this survey are confidential and important. Study data will be kept in digital format and stored on a password-protected computer and in a password-protected database. All team members will have access to de-identified data, while Dr. Zac Shannon alone will have access to the identifiable data.

WHAT IF I HAVE FURTHER QUESTIONS?

If you have any questions about your rights as a research participant, please contact Ronnie Firth, DC, DACBR with the Palmer College of Chiropractic IRB at firth_r@palmer.edu or 563-884-5843. If you have any questions regarding the survey or this research project in general, please contact the principal investigator, Kelly Kimball, at kelly.kimball@palmer.edu or 860-655-7331.

You are welcome to print a copy of this document for your records.

1. I agree to the above statement and give my consent to participate in this study.

Yes

No

Clance IP Scale

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

2. 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.

1	2	3	4	5
not at all true	rarely	sometimes	often	very true
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. I can give the impression that I'm more competent than I really am.

1	2	3	4	5
not at all true	rarely	sometimes	often	very true
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. I avoid evaluations if possible and have a dread of others evaluating me.

1	2	3	4	5
not at all true	rarely	sometimes	often	very true
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. 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.

1	2	3	4	5
not at all true	rarely	sometimes	often	very true
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. 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.

1	2	3	4	5
not at all true	rarely	sometimes	often	very true
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7. I'm afraid people important to me may find out that I'm not as capable as they think I am.

1	2	3	4	5
not at all true	rarely	sometimes	often	very true
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. I tend to remember the incidents in which I have not done my best more than those times I have done my best.

1 2 3 4 5
not at all true rarely sometimes often very true

9. I rarely do a project or task as well as I'd like to do it.

1 2 3 4 5
not at all true rarely sometimes often very true

10. Sometimes I feel or believe that my success in my life or in my job has been the result of some kind of error.

1 2 3 4 5
not at all true rarely sometimes often very true

11. It's hard for me to accept compliments or praise about my intelligence or accomplishments.

1 2 3 4 5
not at all true rarely sometimes often very true

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

1 2 3 4 5
not at all true rarely sometimes often very true

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

1 2 3 4 5
not at all true rarely sometimes often very true

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

1 2 3 4 5
not at all true rarely sometimes often very true

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

1 not at all true 2 rarely 3 sometimes 4 often 5 very true

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

1 not at all true 2 rarely 3 sometimes 4 often 5 very true

17. 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.

1 not at all true 2 rarely 3 sometimes 4 often 5 very true

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

1 not at all true 2 rarely 3 sometimes 4 often 5 very true

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

1 not at all true 2 rarely 3 sometimes 4 often 5 very true

20. 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.

1 not at all true 2 rarely 3 sometimes 4 often 5 very true

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

1 not at all true 2 rarely 3 sometimes 4 often 5 very true

Demographic Information

22. What is your age?

- 18 to 24
- 25 to 34
- 35 to 44
- 45 to 54
- 55 to 64
- 65 to 74
- 75 or older

23. Which race/ethnicity best describes you? (Please choose only one.)

- White or Caucasian
- Black or African American
- Hispanic or Latino
- Asian or Asian American
- American Indian or Alaska Native
- Native Hawaiian or other Pacific Islander
- Other

24. What is your gender?

- Female
- Male
- Prefer not to answer
- Prefer to self-describe

25. Are you married?

- Yes
- No

26. Is chiropractic your first career?

- Yes
- No

27. Which Palmer campus do you attend?

- Davenport, Iowa
- San Jose, California

28. Which trimester/quarter are you most aligned with in the program?

29. Are you currently off campus at a preceptorship or participating in a DoD/VA clerkship?

- Yes, I am at an off-campus preceptorship
- Yes, I am participating in a DoD/VA clerkship
- No, I am currently on campus

Thank you for participating!

Additional Information

- [Impostor Phenomenon and Graduate Students](#)
- [How to Overcome Impostor Phenomenon](#)
- [Impostor Phenomenon: What to Do When You Feel Like a Fraud](#)
- [TED Talks Relating to Impostor Phenomenon](#)

If you are experiencing psychological distress and/or would like to speak with a counselor, support is available through Palmer's Student Academic Support Center at your campus.

30. Would you like to be entered into a raffle for one of three \$25 Amazon gift cards?

- No.
- Yes. My email address is: