

# PROPOSAL FOR PREVENTING IMPOSTER SYNDROME AMONG MEDICAL ONCOLOGISTS

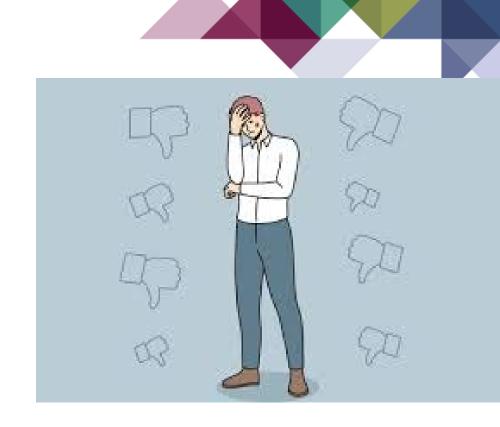
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## INTRODUCTION

**Definition of Imposter Syndrome (IS):** A psychological pattern where individuals doubt their accomplishments and fear being exposed as a 'fraud.'

Relevance to Oncologists: High-achieving professionals like oncologists may be particularly susceptible to IS, leading to increased burnout and decreased job satisfaction.





# Medical Oncologists with Imposter Syndrome Suffer from Burnout Alkan et al has found that:

Prevalence: 29.3% of participants had high Imposter Syndrome scores (ISS).

#### Correlations:

- Positive correlation between high ISS and Emotional Exhaustion (r=0.54, p<0.001) and Depersonalization (r=0.48, p<0.001).
- Negative correlation between ISS and Personal Accomplishment (r=-0.41, p<0.001).

#### Risk Factors for High ISS:

- Univariate analysis: Younger age, **female gender**, unmarried, no children.
- Multivariate analysis: Female gender significantly associated with high ISS (OR:1.85, p=0.009).





### PROPOSED STRATEGIES FOR PREVENTION

Awareness and Education Programs: Workshops, seminars, and curriculum integration.

**Mentorship and Peer Support Networks** 

Promote a Positive Work Environment Recognition, feedback, and team-building

Personal Development and Resilience Training Resilience, self-care, and mindfulness.

Organizational Policy Changes Work-life balance, mental health days, and support access.



