

Imposter Phenomenon in Undergraduate Nursing Students

What Impostor Syndrome Feels Like



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New nursing graduates often quit within the first year, citing that they feel less adept and incapable more than ever despite their rigorous nursing education and practice. The Imposter Phenomenon (IP) in nursing students has little research completed even with the obvious growing need. An IP test was created to measure the levels of imposterism. Test results depicts that nursing students lack the confidence needed to be effective as a nurse which creates inner turmoil leading to mental health issues like anxiety, depression, over/underachieving, perfectionism, and neuroticism. Methods to prevent IP are awareness, workshops, practice, and self-reflection. Simple solutions for the prevention and treatment will have potential enduring effects for an invaluable profession.