



# Focus Group Analysis for Remediating Factors of IP Scores

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### OBJECTIVES

- Imposter phenomenon (IP) is associated with high performing individuals who present with self-criticism, achievement pressures, fraudulent ideals, and negative emotions.
- IP is linked with the Clance IP Scale (CIPS), but finding literature on dealing with IP feelings is difficult.
- The objective was to identify interventions to reduce the impact of IP in pharmacy students.

### METHODS

- Students were given the CIPS
- Those completing the scale, were invited to participate in focus groups.
- At the focus group, students were given the CIP, information on IP, and participated in focus groups utilizing the Delphi method.
- Thematic analysis was used to group similar data.
- Descriptive statistics described the themes.

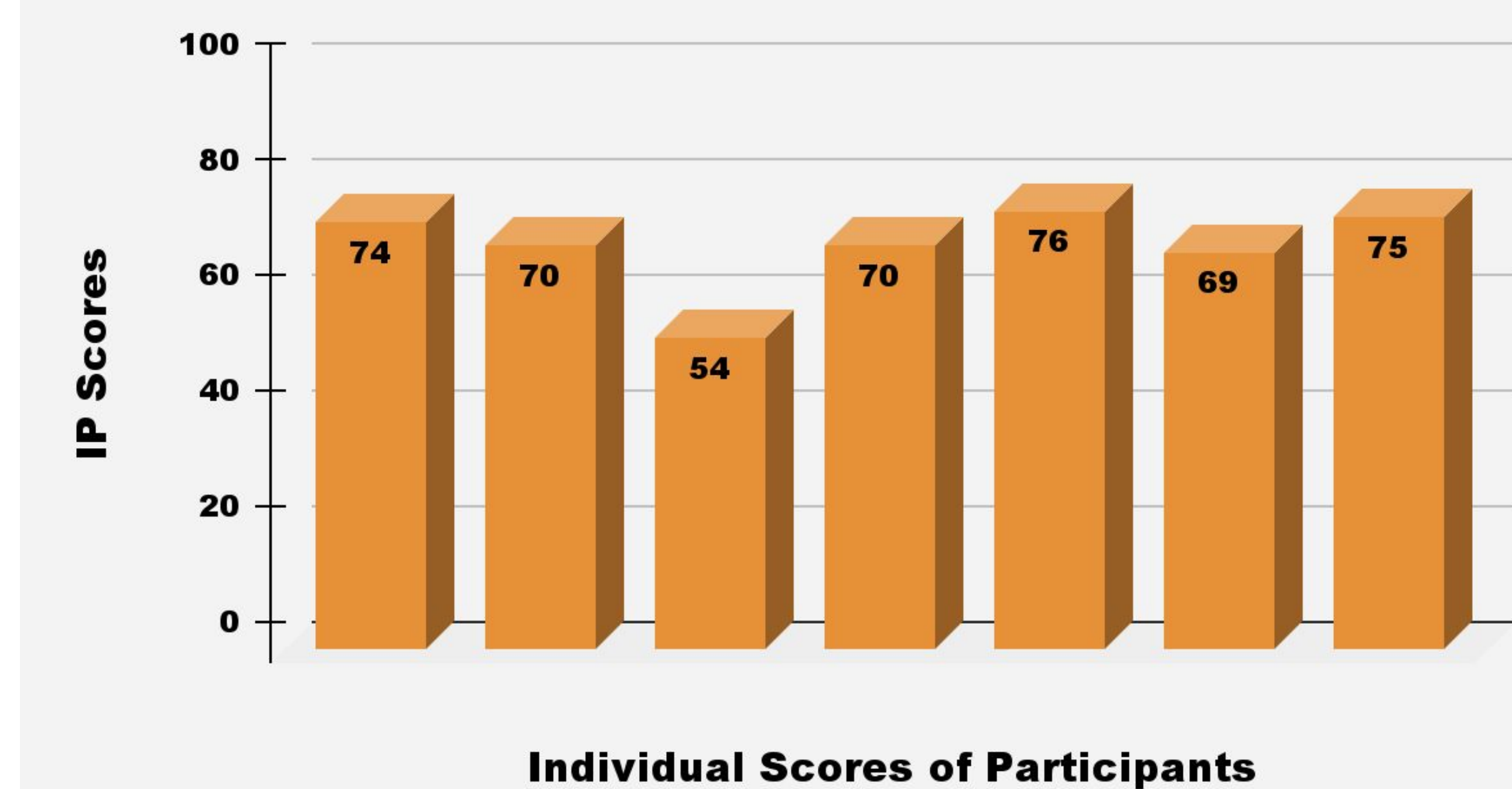
When faced with feelings of IP, students recommended removal of self from stressor, self-gratification, and talking to their support system.



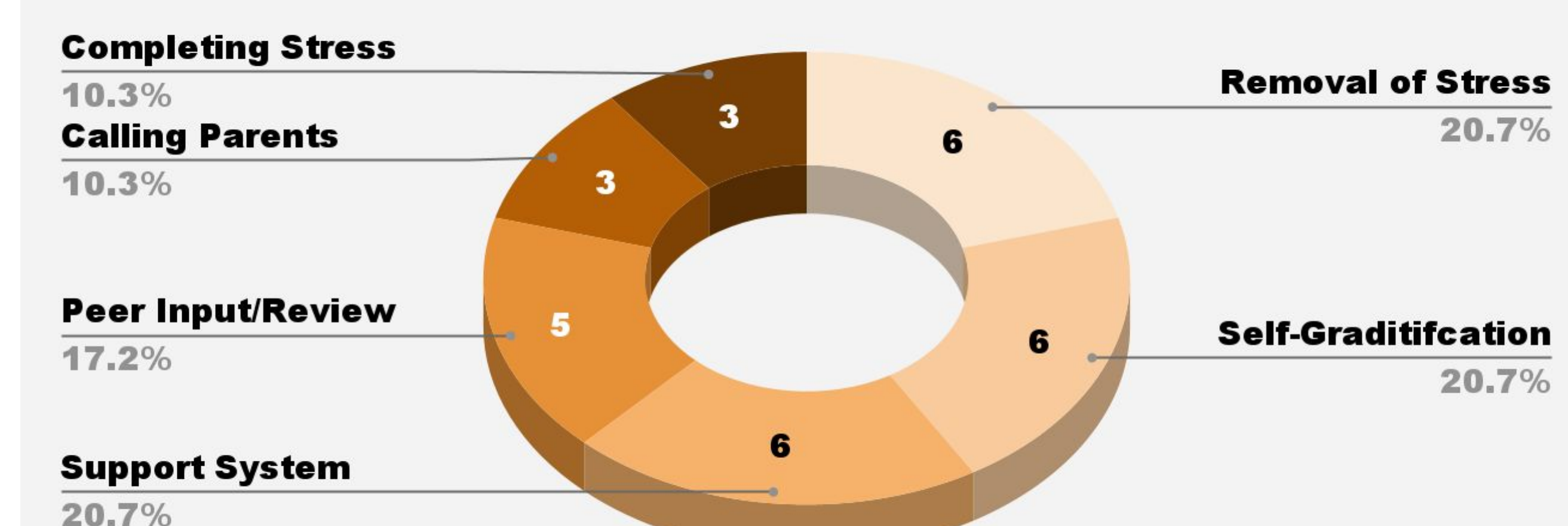
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### RESULTS

#### Individual Participants Performance on CIPS



#### Student Recommendations on Feelings of IP



### CONCLUSION

- Data suggests IP impacts people of all backgrounds.
- These focus groups suggested removal of stress, a strong support system, and self-gratification could result in reduced feelings of IP.
- Future directions include exploring the implementation of such interventions and evaluating the IP impact.