Surveying the relationship between resiliency and imposter syndrome
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ABSTRACT
Imposter syndrome is a psychological disorder in which people assign their success to luck and do not deserve themselves to success, however, they behave in such a way that they are considered as intelligent and deserved to. On the other hand, resiliency, is positive behavioral patterns and practical competencies that an individual shows in stressful situations when faced with plights. This study examined the relationship between resiliency and imposter syndrome. The statistical population of this research includes those who were addicted during the years 2013-14 in the western parts of Mazandaran province which 150 people selected as a sample through stratified random sampling method. Research tool includes Clans’s Imposter Scale (1985) and Conner-Davidson Resilience scale (1988). The results show that there is a significant negative and inverse relationship between imposter syndromes and resiliency. People with imposter syndrome are unable in internalizing their success despite external evidence of the success and the less the resiliency, the more imposter and vice versa.

Keywords Resiliency; Imposter Syndrome; Psychological Disorders; Behavioral Pattern.

INTRODUCTION
For the first time on clinical activities in universities, Clanve & Imes (1978) are faced with clients who despite achieving higher levels of employment and education, they do not enjoy their success and are located the vicious cycle of negative emotions about the success. This vicious cycle is dissatisfaction of one’s success and feelings of fraud and skepticism about one’s success (Switzter, Moss, 2003, Ewing, Richardson, James Myers, Russel, September, Micky, Bold, 2001).

The term imposter has been stated in two forms of Imposter and Impsotor in the last edition of Oxford Advanced Dictionary and means a person who is not innocent and real and show faces of other than what they really are, and Clans Oimez (1978) mentioned this term as imposter phenomenon, Harvey (1990, cited from Harvey and Klantez, 1995) and Koli Golian and Streenburgh (2000) introduced imposter as a personality structure. According to Koli Golian and Streenburgh (2000). Perceived fraud is scientifically a more understandable term than imposter and means a person who is not real and innocent. They suggested that this subjective experience of fraud is classified as a class of personality disorders with inclusive mental disorder. It is not a phenomenon, but a kind of self-perception or self-referential ideations with cognitive and emotional components. Ames believes that imposter is a kind of personality trait in progressive people who are working hard and are concern to perform their assigned works as best as possible.

On the other hand, resiliency is defined as the process of ability or the consequences of successful adaptation despite challenging and threatening conditions (Garmezi and Masten, 1991) and not only includes the invincibility in anxiety states, but also a higher potential for recovering horrible accidents (Garmezi, 1991). The term resiliency can be defined as coming out of difficult situations or to modify it. In fact, resiliency is one’s capacity to stay healthy and resistance against difficult and risky situations which not only the individual overcomes the difficult conditions but he/she will become stronger. So resiliency means be successful, live and enhance oneself in difficult conditions with risk factors. The condition itself is not created unless the person is placed in the difficult and unpleasant position to do maximum effort for discovering and utilizing the protective factors (individual and environmental) to get rid of it or damage less in their internal and external, which has existed potentially (Kazemi, 2004). Resiliency arises combined stressful situations considering the inherent ability of individuals to respond survival and normal growth in the presence of stressful situations. The concept of resiliency is a welcome and hopeful solution, because the result of bad conditions of childhood hardships can be potentially devastating and disappointing.

There is clear evidence of an association between unpleasant and hard life events in childhood with the incidence of mental disorders in later life. Among these disorders, depression, substance abuse and automation can be named (Kazemi, 2004).
In their study (Raisi and Salehi, 1989) identified Imposter Syndrome as a set of feelings of inadequacy with psychological symptoms such as high and permanent anxiety, low self-esteem, conflict between inferiority and superiority, negative self-concept and fear of being identified.

Esmaelkhani, Fereshteh (2005) concluded in his study that there is a high negative correlation between self-esteem and imposter. Resiliency is not only to resist against damages or threatening situations, but the resilient person is an active participant and builder of one’s surroundings. Resiliency is one’s ability to make a balance of mental-spiritual life against dangerous conditions (Connor and Davidson, 2003). It is a restoration that is along with positive emotional and cognitive consequences (Rutter, 1999; Garmez, 1991; Leary).

Basak Nejad (2005) in this research showed that there is a positive correlation between the variables of fear of success, perfectionism, fear of negative evaluation and Imposter syndrome and there is a negative correlation between self-esteem and imposter syndrome.

Kaselman and Self & Selz (2011) indicates in his findings that imposter have a strong desire for self-criticism. Want and Klaint man (2006) showed in his studies that extreme support of parents along with lack of care and intimacy in the family is the best predictors of impostor.

By describing the phenomenon of success anxiety in women, Sasen (2006) maintains that women estimate their ability less than men and make plans for the future to preserve their feminine identity, resulting in the refusal to participate in competitive environments with men.

In his findings on a group of men and women students, Kumar & Jagciniski have been concluded that imposter fears are related to development goals. They indicated that imposters have a special attitudinal approach for intelligence, ability and choosing objectives. In his research findings on women Olympic athletes, Luding (2005) concluded that fear of success was reported in men and women Olympic athletes, but fear of success in women, more than male Olympic athlete will lead to reduced successful performance. In his view, female athletes are often looking for a suitable opportunity to begin their sport activities without worrying about the responsibilities of wife and children and they can do this relaxingly that they perform all assigned responsibilities and their children of spouse are satisfied, otherwise feelings of guilt reduces their ability.

Cozzarelli, Mijor (2005) and Longford and Clans (1993) and Taping Kimel (1985) showed in their studies that there is no difference in imposter score between men and women and men may also encounter barriers to progress, but the manner of its expression is different between men and women.

Dinnel, Hopkins and Thomson (2004) refers the set of behaviors of failure avoidance in his study. In this category, behaviors such as a valuable self-support, self-handicapping, negligence, pretension fears and defense pessimism.

In his research findings in a group of the university students, Thomson (2004) uses the term pretension fears that is part of a series of behaviors to avoid failure. He believes that these people suffer from anxiety and fear that people know that intelligence and abilities that they show is not real and genuine.

Imez (1985), Young (2003) and Tampson (1996) concluded in their research findings that imposters have a high expectation from themselves and features such as escaping from the responsibilities of success, the feeling of shame and guilt to succeed, the desire to resign and show poor assessment of personal abilities. Various researchers (Young, 2003; Frouhan, 2002; Kavingtono Emlich, 1985, and Taping and Kamil, 1985) suggest that the imposter is a psychological characteristics that despite the apparent success and external developments, the affected person believes that they are cheater and others are wrong about them. Wick (2002) describes that imposter men and women believe in inherent intelligence, i.e. they consider intelligence as a fixed entity. This causes they try to reach progress, but after a while, they consider efforts as an irrational thing. He believes that belief in inherent or immutable intelligence as maladaptive attitude that exists in the belief of imposters.

Leary et al (2000) concluded on his research findings that imposter are afraid of recognizing their real abilities. Accordingly, imposter can be divided into two parts: imposters who believe that other conceive of them worthier than what they really are and imposters who falsely confirm that others think they more deserved.

Therefore, it is tried to examine the relationship between predictor variable (mental resiliency) and criterion variable (imposter syndrome) in this study.

The main research question: Is there a relationship between resiliency and Imposter Syndrome?

**METHOD**

This research is a correlation study. The statistical population in this study are those who have an addiction who were introduced by Welfare in western cities of Mazandaran province and the statistical samples consists of 150 people who have an addiction. Stepwise random method was used in this study. Given the nature and objectives of the research, as well as theoretical and practical considerations, the sampling method in stratified random sampling method is used. In this study, three following questionnaires to collect required data have been used:
A. Clans’s imposter phenomenon scale: three scales have generally been used so far to assess imposter syndrome, which imposter phenomenon scale (Harvey and Katz, 1995), Clans’s imposter phenomenon scale (Clans and Imez, 1985) and scale of perceived fraud (Kouligian and Sturnburgh, 2000) are among these measures.

B. Connor Davidson resiliency scale (2003): With a review of research literature from 1979 to 1999, they prepared resiliency field. Psychometric properties of scale were studied in six groups, namely the general population, those referred to the primary care section, psychiatry outpatients, and patients with post-traumatic stress disorder. In this study, to describe data, the descriptive statistics such as mean frequency and standard deviation were used. Inferential statistics was also used to test the hypothesis.

RESULTS

In this sector to analyze the data, the descriptive statistics and inferential statistics were used. In the descriptive statistics, the average standard deviation, charting and in inferential statistics, Pearson correlation test and multiple regression were used to investigate the relationship between predictor variables on criterion variables.

Table 1: SD Mean of resiliency variables, Imposter Syndrome

<table>
<thead>
<tr>
<th>Variable</th>
<th>n</th>
<th>M</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resiliency</td>
<td>150</td>
<td>53/33</td>
<td>20/30</td>
</tr>
<tr>
<td>Imposter Syndrome (Imposter)</td>
<td>150</td>
<td>42/18</td>
<td>12/29</td>
</tr>
</tbody>
</table>

Hypothesis: There is a relationship between resiliency and Imposter Syndrome.

Table 2: correlations between resiliency variables and Imposter Syndrome

<table>
<thead>
<tr>
<th>variable</th>
<th>n</th>
<th>p</th>
<th>r</th>
<th>df</th>
<th>β</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resiliency with Imposter Syndrome</td>
<td>150</td>
<td>0/014</td>
<td>-0/201</td>
<td>148</td>
<td>0/065</td>
</tr>
</tbody>
</table>

05 p< *

Results of Table (2) shows that there is statistically a significant difference between resiliency and Imposter Syndrome (r=-0.201, P<0.05), but this relationship is negative, i.e. by increasing the resiliency score, Imposter Syndrome will decrease, because significance level of P=0.014 is smaller than P=0.00505. Therefore, the correlation coefficient calculated is statistically significant at the level of 0.05. Also, the standardized β value related to resiliency variable is -0.201. This number indicates that the variable of resiliency directly related to Imposter Syndrome and resiliency variable predicts -0.201 changes of criterion variable of Imposter syndrome. If a unit change in the criterion variables of Imposter Syndrome is observed, the variable of resiliency predictor is changed to -0.201, that is to say, by increasing resiliency, Imposter Syndrome variable will be decreased.

DISCUSSION AND CONCLUSION

As observed, there is a negative relationship between resiliency and imposter that shows the relationship between the two variables, i.e. the amount of imposter will be decreased by increasing resiliency and vice versa, so null hypothesis is rejected and research hypothesis is accepted.

No research was found on the relationship between two variables, but these findings are consistent with similar foreign studies like Kumar and Jagasinsky (2006), Henning and Shiv (1998), Chrisman et al. (1995), Bermez et al. (1994). And Internal Research such as Ismail Khani (2005) and Basaknejad (2005).

In explaining these results, it can be said that people with high resiliency are usually humorous and resilient, while imposter people are always impatient and sensitive to criticism. On the other hand, people with high resiliency have objectives and perseverance and are hopeful to their lives. But imposters feel guilt and shame permanently, which these attributes are inconsistent which each other. People with high resiliency have tact to get help and can attract others’ support. This is while imposter people are afraid of being identified and negatively evaluated by others and afraid that other people discover they lack ability and knowledge which these features are inconsistent with each other and in conflict to one another.

Resilient people have the ability to solve their problems and try to adapt themselves with the problems, but imposter people are afraid of failure and future and are always impatient. Another feature of resilient people is that they are independent and are always trying to accept the realities of their lives, but imposter people are perfectionist and believe that they can have more progress. In general, all these attributes suggest that the characteristics of these two variables are inconsistent and in conflict with each other.

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