

Appendix 1

In using the term Imposter Phenomenon we note that the concept is referred to in the literature by several overlapping terms, including imposter syndrome, perceived fraudulence, and imposter experience. We use imposter phenomenon throughout this commentary because it reflects the original terminology introduced by Clance and Imes (1978) and avoids the clinical connotations of syndrome, which can imply a diagnosable disorder rather than a common psychological experience.

Appendix 2

Given the sensitive and personal nature of imposter phenomenon, to initiate the commentary the lead author designed a short, open-ended survey to enable co-authors to share their experiences safely and in their own words. The survey invited reflections on triggers, impacts, and strategies for navigating imposter feelings, with contributors (i.e. co-authors) free to write as much or as little as they felt comfortable. Only the lead author had access to the responses, which were treated confidentially and coded inductively to identify themes and anonymise individual accounts. This thematic synthesis formed the basis of the paper, which was subsequently refined through iterative discussion and collaborative writing among the full author group.

References

Clance, P. R., & Imes, S. A. (1978). The imposter phenomenon in high achieving women: Dynamics and therapeutic intervention. *Psychotherapy: Theory, Research & Practice*, 15(3), 241–247.