

Impostor Syndrome Test

Name: _____ Date: _____ dd / mm / yyyy

This is the Clance Impostor Phenomenon Scale. This test will help you determine if you are experiencing impostor syndrome and to what extent it may be affecting you. Answer each question honestly based on how you typically feel. For each statement, select the number that best corresponds to your experience: 1 = Not at all true, 2 = Rarely true, 3 = Sometimes true, 4 = Often true, 5 = Very true

1. I have often succeeded on a test or task even though I was afraid that I would not do well before I undertook the task.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2. I can give the impression that I'm more competent than I really am.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

3. I avoid evaluations if possible and have a dread of others evaluating me.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

4. When people praise me for something I've accomplished, I'm afraid I won't be able to live up to their expectations of me in the future.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

5. I sometimes think I obtained my present position or gained my present success because I happened to be in the right place at the right time or knew the right people.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

6. I'm afraid people important to me may find out that I'm not as capable as they think I am.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

7. I tend to remember the incidents in which I have not done my best more than those times I have done my best.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

8. I rarely do a project or task as well as I'd like to do it.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

9. I feel or believe that my success in my life or in my job has been the result of some kind of error.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

10. It's hard for me to accept compliments or praise about my intelligence or accomplishments.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

11. At times, I feel my success has been due to some kind of luck.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

12. I'm disappointed at times in my present accomplishments and think I should have accomplished much more.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

13. Sometimes I'm afraid others will discover how much knowledge or ability I really lack.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

14. I'm often afraid that I may fail at a new assignment or undertaking even though I generally do well at what I attempt.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

15. When I've succeeded at something and received recognition for my accomplishments, I have doubts that I can keep repeating that success.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

16. If I receive a great deal of praise and recognition for something I've accomplished, I tend to discount the importance of what I've done.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

17. I often compare my ability to those around me and think they may be more intelligent than I am.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

18. I often worry about not succeeding with a project or examination, even though others around me have considerable confidence that I will do well.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

19. If I'm going to receive a promotion or gain recognition of some kind, I hesitate to tell others until it is an accomplished fact.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

20. I feel bad and discouraged if I'm not the best or at least very special in situations that involve achievement.

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

Total score: _____

Add up the total score for the 20 questions. The scoring ranges are: 40 or less: Few impostor characteristics, 41-60: Moderate impostor experiences, 61-80: Frequent impostor feelings, 81+: Intense and persistent impostor experiences. The higher the score, the more frequently and intensely impostor syndrome may be interfering with the respondent's life. A score in the moderate to intense range indicates a need for a professional intervention for managing or overcoming impostor syndrome.