

Abstract

The present study was conducted to explore and understand the Impostor Phenomenon in professionals in Pakistan. Impostor Syndrome also known as Impostor Phenomenon is a psychological pattern of thinking in which an individual doubts their skills and talents and have a consistent fear of being exposed as a fraud. The concept of Impostor is relatively unexplored in Pakistan, especially among professionals. The purpose of this study was to better understand and explore the Impostor Syndrome in working individuals in Pakistan and what their beliefs regarding the concept are. The study wanted to study Impostor in both the genders and develop an understanding of what factors can lead to Impostor and how it can affect individuals. For this purpose, a qualitative research design was used. A number of four participants were selected for the study including males (n=2) and females (n=2). All four participants were taken from four different professions including Professor, CEO, Doctor, and a Clinical Psychologist. A semi-structured interview was used in order to collect the data from the participants and an Inductive Thematic Analysis was conducted in order to analyse the data and find the themes from the existing data. A number of four different themes were found from the data which were Pressure, Emotional Distress, Family, and Personality. The findings of this study can be used to further understand the concept of Impostor in future and individuals can be guided in order to cope with it.