YOUR ANSWERS. YOUR PERSPECTIVE.

Impostor

Personal everyday reflection

A wholly fictional example. The values illustrate a report and say nothing about you.

ANSWERED: 24 / 24 | 4 PROFILE AREAS

1

Performance doubts

You describe a noticeable tendency towards doubting your ability despite completed tasks and giving knowledge gaps substantial weight. This pattern stands out in your responses; it is not a comparison with other people.

2

Success attribution

You describe a noticeable tendency towards attributing success to circumstances and discounting your contribution or praise. This pattern stands out in your responses; it is not a comparison with other people. Some responses differ substantially from this direction.

3

Individual responses matter

Success attribution: Scored responses range from 2 to 5/5 (items 10 & 11).

Your first small step

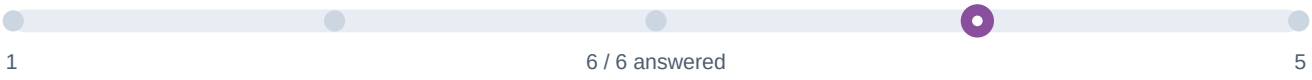
Explain a success using several causes: your contribution, help, circumstances and chance. Which cause do you usually overlook?

02 / YOUR REPORT

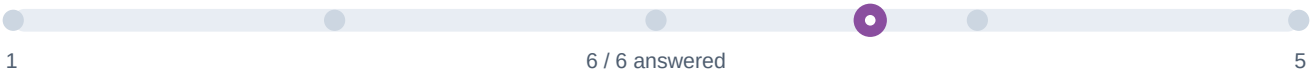
Your profile at a glance

Each dot shows an area response average on a scale of 1 to 5. Only your own responses are compared.

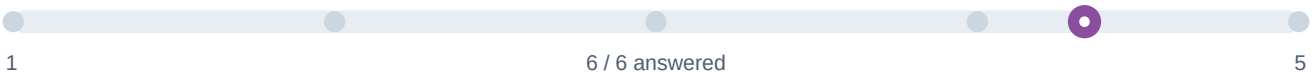
Performance doubts 4.0 / 5



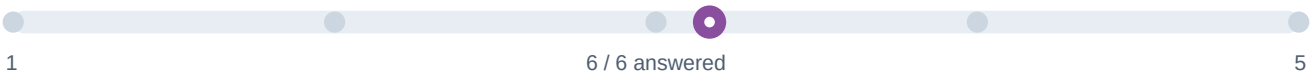
Success attribution 3.7 / 5



Visibility 4.3 / 5



Overpreparation 3.2 / 5



How to read the chart

1 = low, 3 = midpoint, 5 = high agreement in the scored direction. Higher is not automatically better. The midpoint is not the average of other people; small differences are not necessarily meaningful.

No area value is shown if fewer than 80% of its items are answered. This is a display rule for incomplete data, not a performance or health threshold.

03 / YOUR REPORT

Connecting your responses

Observations from your responses, not fixed characteristics.

You can see whether ability doubts, discounting success, concerns about visibility or extra checking stand out. This describes doubts and approaches, not actual competence or an established syndrome.

Your result in words

Performance doubts: You describe a noticeable tendency towards doubting your ability despite completed tasks and giving knowledge gaps substantial weight. This pattern stands out in your responses; it is not a comparison with other people.

Success attribution: You describe a noticeable tendency towards attributing success to circumstances and discounting your contribution or praise. This pattern stands out in your responses; it is not a comparison with other people.

Success attribution: take a closer look

The average combines different responses. These two items show why one number alone does not capture your whole perspective:

Item 10: When I am selected for an opportunity, I suspect chance rather than a relevant contribution of my own. | Mostly untrue

Item 11: When I receive support, I can still name my own contribution to the outcome. | Not at all true

Consider a possible everyday situation

Explain a success using several causes: your contribution, help, circumstances and chance. Which cause do you usually overlook?

04 / YOUR REPORT

Performance doubts

Trace your responses and connect them with everyday situations.

This area describes doubts about your abilities despite existing experience. It cannot determine how competent you actually are.

Your response value **4.0 / 5**



1 6 / 6 answered 5

What this means in practice

You describe a noticeable tendency towards doubting your ability despite completed tasks and giving knowledge gaps substantial weight. This pattern stands out in your responses; it is not a comparison with other people.

Scale direction: fewer reported performance doubts / more reported performance doubts.

Two concrete responses

Item 3: I suspect that others rate my abilities more highly than they really are.

Your response: Partly true

Item 5: I can have a gap in my knowledge and still consider myself broadly capable of a task.

Your response: Not at all true (reverse-scored in the calculation)

> **A prompt for further reflection**
>
> Note a specific task you completed: what did you contribute yourself, and what help also mattered?

When does this fit me - and when does it not?

05 / YOUR REPORT

Success attribution

Trace your responses and connect them with everyday situations.

This area concerns how much credit you give your own contribution compared with luck, support or easy conditions. Acknowledging support is not itself a problem.

Your response value **3.7 / 5**



1 6 / 6 answered 5

What this means in practice

You describe a noticeable tendency towards attributing success to circumstances and discounting your contribution or praise. This pattern stands out in your responses; it is not a comparison with other people.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: less discounting of your contribution / more discounting of your contribution.

Two concrete responses

Item 10: When I am selected for an opportunity, I suspect chance rather than a relevant contribution of my own.

Your response: Mostly untrue

Item 11: When I receive support, I can still name my own contribution to the outcome.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

Explain a success using several causes: your contribution, help, circumstances and chance. Which cause do you usually overlook?

06 / YOUR REPORT

Visibility

Trace your responses and connect them with everyday situations.

This area explores situations in which other people see your work or knowledge. It does not establish a diagnosis of social anxiety.

Your response value **4.3 / 5**



1 6 / 6 answered 5

What this means in practice

You describe a noticeable tendency towards holding back questions or drafts because perceived shortcomings might become visible. This pattern stands out in your responses; it is not a comparison with other people.

Scale direction: less concern about visible performance / more concern about visible performance.

Two concrete responses

Item 17: I can openly say that I need to look something up.

Your response: Partly true (reverse-scored in the calculation)

Item 16: After a visible mistake, I spend a long time thinking about how others now see me.

Your response: Very true

A prompt for further reflection

What small question or unfinished idea could you openly share in a dependable setting?

When does this fit me - and when does it not?

07 / YOUR REPORT

Overpreparation

Trace your responses and connect them with everyday situations.

This area explores how much extra preparation and checking you use to settle doubts. It does not judge your diligence or the quality of your work.

Your response value **3.2 / 5**



1 6 / 6 answered 5

What this means in practice

Your result does not show a clear direction for checking and preparing beyond requirements or delaying a start because of high standards. Check individual responses: partial agreement and opposing answers can produce the same average.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Scale direction: less additional reassurance through preparation / more additional reassurance through preparation.

Two concrete responses

Item 19: I continue preparing even after the requirements have been met.

Your response: Mostly untrue

Item 24: I can take a break without first having to earn it through faultless performance.

Your response: Not at all true (reverse-scored in the calculation)

A prompt for further reflection

How could you recognise before starting that a task is sufficiently complete? Choose a specific, checkable criterion.

08 / YOUR REPORT

Your values clearly explained

Performance doubts

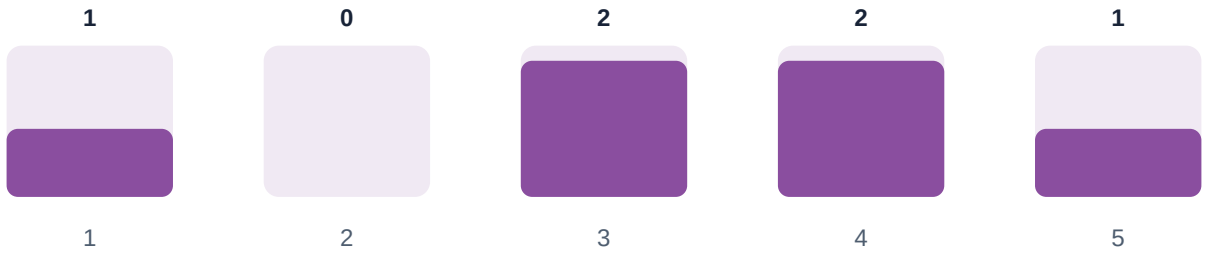
Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

For reverse-scored statements, 1 becomes 5, 2 becomes 4 and vice versa; 3 stays 3. This aligns values with the stated scale direction. Your selected response remains unchanged in the appendix.

Calculated from your actual responses

4 + 5 + 3 + 4 + 5 + 3 = 24. 24 / 6 = 4.0 / 5.

The distribution of your selected responses



The columns count your selected response positions 1 to 5 before any reverse scoring. The same average can come from very different responses.

For the wording, response averages below 2.5 are described as lower agreement, above 3.5 as higher agreement, and those between as middle agreement. These are editorial response-scale bands, not scientifically validated cutoffs. Identical averages can arise from different responses.

A profile without a ranking

We assign no population rank or fixed type. The scales describe responses to particular statements. Choose your own priorities; a high or low value does not require change.

09 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

Starting point: Success attribution. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

This week: explore a perspective

Explain a success using several causes: your contribution, help, circumstances and chance. Which cause do you usually overlook?

3

Afterwards: decide for yourself

What fits you and what does not? Record one insight and decide whether to keep anything. You do not need a higher score or another purchase.

My situation and what matters to me:

My optional idea and a suitable time:

What I would like to take from this:

10 / YOUR REPORT

Method and limitations

What the report is based on

Original reflection questions about impostor experiences, not the Clance scale or a validated measurement instrument. The common phrase “impostor syndrome” refers here to a pattern of experience, not an established diagnosis. The summary describes your responses only; it measures neither competence nor the probability of a condition.

Your responses are summarised according to the fixed rules explained here. Examples refer to the item numbers shown. No automated detection or assessment of a medical condition takes place.

Keeping the limitations in mind

Screening and self-reflection do not replace a medical or psychological assessment. Original reflection questions are not clinically validated. Each test page explains its method and limitations.

A profile does not cover every aspect of a person. It is a snapshot of your responses. Important relationship, career or other life decisions should not depend on it alone.

> **If you would like support**
>
> If symptoms are affecting you, seek support from a qualified health professional. In immediate danger, contact your local emergency services or nearest emergency department. Help information is available without an email address or payment.

Open general support information

Questionnaire version: 2026-10-29.26 | Report format: 2026-10-29.28

APPENDIX / YOUR REPORT

Your responses in full

Every scored response remains traceable. Skipped items are explicitly identified.

1 **Even after completing a task well, I wonder whether I am truly up to the demands.**
Performance doubts | Mostly true

2 **When I do not know something immediately, I quickly doubt my overall suitability for the task.**
Performance doubts | Very true

3 **I suspect that others rate my abilities more highly than they really are.**
Performance doubts | Partly true

4 **I compare my uncertain inner experience with other people's confident appearance.**
Performance doubts | Mostly true

5 **I can have a gap in my knowledge and still consider myself broadly capable of a task.**
Performance doubts | Not at all true | reverse-scored

6 **I can name specific experiences that I rely on when approaching a new task.**
Performance doubts | Partly true | reverse-scored

7 **When something goes well, I first think of favourable circumstances and only later of my own contribution.**
Success attribution | Partly true

8 **Praise feels less credible to me when the person giving it likes me.**
Success attribution | Very true

9 **I tend to attribute mistakes to myself and successes to circumstances.**
Success attribution | Mostly true

10 **When I am selected for an opportunity, I suspect chance rather than a relevant contribution of my own.**
Success attribution | Mostly untrue

11 **When I receive support, I can still name my own contribution to the outcome.**
Success attribution | Not at all true | reverse-scored

12 **I can consider specific praise and accept it when it fits my performance.**
Success attribution | Partly true | reverse-scored

13 **I hold back a question because it could reveal a gap in my knowledge.**
Visibility | Very true

Your responses in full / CONTINUED

14 **When I present my work, I expect others to discover a fundamental flaw.**
Visibility | Mostly true

15 **I avoid a new opportunity because it would put my past good results to the test.**
Visibility | Very true

16 **After a visible mistake, I spend a long time thinking about how others now see me.**
Visibility | Very true

17 **I can openly say that I need to look something up.**
Visibility | Partly true | reverse-scored

18 **I can show a draft even though it is not finished yet.**
Visibility | Mostly untrue | reverse-scored

19 **I continue preparing even after the requirements have been met.**
Overpreparation | Mostly untrue

20 **I check a result several times because I do not trust my first check.**
Overpreparation | Partly true

21 **I set stricter standards for myself as soon as I achieve a goal.**
Overpreparation | Mostly true

22 **I delay starting when I fear that I will not be able to complete the task very well.**
Overpreparation | Partly true

23 **I can decide before a task how much effort is appropriate.**
Overpreparation | Mostly true | reverse-scored

24 **I can take a break without first having to earn it through faultless performance.**
Overpreparation | Not at all true | reverse-scored