

# YouGov Survey Results

## Impostor Syndrome

Sample size: 2271 adults in GB

Fieldwork: 3rd - 4th March 2022



Total	Gender		Age				
	Male	Female	18-24	25-34	35-44	45-54	55+

How many, if any at all, of your successes in life have been a result of luck or chance?

Unweighted base	2271	1042	1229	211	360	381	377	942
<b>Base: All GB adults</b>	2271	1101	1170	252	364	384	376	894
All or almost all of my successes have been down to luck or chance	4%	5%	4%	4%	2%	5%	7%	4%
Most of my successes have been down to luck or chance	8%	10%	7%	14%	10%	11%	5%	6%
Some of my successes have been down to luck or chance	35%	37%	33%	34%	41%	36%	36%	31%
Not very many of my successes have been down to luck or chance	20%	18%	21%	18%	19%	18%	20%	21%
None of my successes have been down to luck or chance	15%	15%	15%	8%	9%	11%	14%	22%
Don't know	18%	15%	20%	22%	19%	20%	18%	15%

Do you think that other people criticise you more or less than you criticise yourself, or is it about the same?

Unweighted base	2271	1042	1229	211	360	381	377	942
<b>Base: All GB adults</b>	2271	1101	1170	252	364	384	376	894
Other people criticise me more than I criticise myself	5%	7%	4%	6%	5%	6%	6%	5%
Other people criticise me about the same amount as I criticise myself	15%	18%	13%	19%	15%	18%	11%	15%
I criticise myself more than other people criticise me	57%	51%	62%	59%	61%	56%	62%	52%
Don't know	23%	25%	20%	16%	19%	21%	22%	27%

Generally speaking, do you have high or low expectations of yourself?

Unweighted base	2271	1042	1229	211	360	381	377	942
<b>Base: All GB adults</b>	2271	1101	1170	252	364	384	376	894
I have very high expectations of myself	18%	17%	18%	24%	24%	17%	15%	15%
I have somewhat high expectations of myself	40%	42%	38%	33%	39%	41%	38%	43%
I have somewhat low expectations of myself	22%	20%	24%	18%	19%	21%	25%	24%
I have very low expectations of myself	9%	8%	9%	10%	9%	8%	12%	7%
Don't know	12%	12%	11%	15%	10%	12%	10%	12%

When talking to others, do you tend to exaggerate your achievements or downplay them?

Unweighted base	2271	1042	1229	211	360	381	377	942
<b>Base: All GB adults</b>	2271	1101	1170	252	364	384	376	894
I tend to exaggerate my achievements	6%	7%	5%	9%	7%	7%	5%	5%
I tend to downplay my achievements	56%	55%	58%	55%	59%	61%	60%	53%
None of these	30%	30%	30%	20%	21%	24%	30%	39%
Don't know	8%	8%	8%	16%	13%	9%	5%	4%

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Total	Social Grade		Region							
	ABC1	C2DE	North	Midlands	East	London	South	England (NET)	Wales	Scotland

How many, if any at all, of your successes in life have been a result of luck or chance?

Unweighted base	2271	1372	899	530	372	235	311	519	1967	99	205
<b>Base: All GB adults</b>	2271	1294	977	543	375	233	307	505	1962	111	198
All or almost all of my successes have been down to luck or chance	4%	3%	6%	5%	6%	3%	2%	4%	4%	3%	6%
Most of my successes have been down to luck or chance	8%	9%	8%	9%	9%	8%	8%	9%	9%	9%	7%
Some of my successes have been down to luck or chance	35%	41%	26%	31%	32%	39%	39%	37%	35%	33%	33%
Not very many of my successes have been down to luck or chance	20%	21%	18%	21%	20%	22%	16%	21%	20%	21%	20%
None of my successes have been down to luck or chance	15%	12%	19%	17%	13%	13%	16%	13%	15%	18%	17%
Don't know	18%	14%	23%	18%	21%	17%	19%	16%	18%	16%	17%

Do you think that other people criticise you more or less than you criticise yourself, or is it about the same?

Unweighted base	2271	1372	899	530	372	235	311	519	1967	99	205
<b>Base: All GB adults</b>	2271	1294	977	543	375	233	307	505	1962	111	198
Other people criticise me more than I criticise myself	5%	5%	6%	5%	5%	6%	5%	5%	5%	9%	5%
Other people criticise me about the same amount as I criticise myself	15%	15%	15%	14%	16%	13%	17%	16%	15%	14%	14%
I criticise myself more than other people criticise me	57%	60%	53%	59%	57%	55%	53%	57%	57%	54%	58%
Don't know	23%	20%	26%	22%	21%	26%	24%	21%	22%	23%	23%

Generally speaking, do you have high or low expectations of yourself?

Unweighted base	2271	1372	899	530	372	235	311	519	1967	99	205
<b>Base: All GB adults</b>	2271	1294	977	543	375	233	307	505	1962	111	198
I have very high expectations of myself	18%	21%	14%	19%	16%	15%	18%	20%	18%	17%	16%
I have somewhat high expectations of myself	40%	44%	35%	36%	39%	39%	45%	41%	40%	45%	42%
I have somewhat low expectations of myself	22%	20%	25%	24%	24%	26%	17%	20%	22%	20%	21%
I have very low expectations of myself	9%	7%	11%	10%	11%	7%	5%	9%	9%	9%	7%
Don't know	12%	9%	15%	11%	10%	14%	16%	10%	12%	10%	14%

When talking to others, do you tend to exaggerate your achievements or downplay them?

Unweighted base	2271	1372	899	530	372	235	311	519	1967	99	205
<b>Base: All GB adults</b>	2271	1294	977	543	375	233	307	505	1962	111	198
I tend to exaggerate my achievements	6%	7%	5%	5%	5%	4%	8%	6%	6%	7%	6%
I tend to downplay my achievements	56%	60%	51%	54%	57%	60%	50%	60%	57%	61%	53%
None of these	30%	27%	34%	33%	29%	28%	34%	26%	30%	23%	33%
Don't know	8%	7%	9%	8%	9%	8%	7%	7%	8%	9%	8%

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Sample size: 2271 adults in GB

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Total	Gender		Age				
	Male	Female	18-24	25-34	35-44	45-54	55+

Do you find it difficult or easy to accept compliments and praise from other people?

Unweighted base	2271	1042	1229	211	360	381	377	942
<b>Base: All GB adults</b>	2271	1101	1170	252	364	384	376	894
Very difficult	16%	12%	19%	16%	22%	19%	18%	11%
Somewhat difficult	50%	47%	53%	47%	49%	47%	51%	52%
Somewhat easy	21%	25%	17%	19%	16%	21%	20%	24%
Very easy	5%	7%	3%	3%	4%	5%	4%	6%
Don't know	8%	9%	8%	15%	8%	8%	7%	7%

Thinking about your peers, do you think that they are generally more or less intelligent than you are?

Unweighted base	2271	1042	1229	211	360	381	377	942
<b>Base: All GB adults</b>	2271	1101	1170	252	364	384	376	894
They are generally more intelligent than me	20%	18%	21%	28%	23%	22%	18%	16%
They are generally less intelligent than me	26%	32%	21%	29%	30%	28%	27%	24%
None of these	35%	32%	39%	17%	27%	28%	37%	46%
Don't know	19%	19%	19%	26%	21%	22%	18%	14%

Do you think that other people think you are generally more or less capable than you are?

Unweighted base	2271	1042	1229	211	360	381	377	942
<b>Base: All GB adults</b>	2271	1101	1170	252	364	384	376	894
People generally think I am more capable than I am	34%	34%	35%	38%	29%	33%	34%	36%
People generally think I am less capable than I am	21%	22%	21%	30%	27%	25%	19%	16%
None of these	23%	23%	23%	10%	23%	17%	26%	28%
Don't know	21%	21%	21%	22%	22%	25%	21%	19%

For each of the following statements, please say whether you think they apply to you, nor not

Even if I meet 99% of my goals, I still feel like a failure

Unweighted base	2271	1042	1229	211	360	381	377	942
<b>Base: All GB adults</b>	2271	1101	1170	252	364	384	376	894
This applies to me	24%	22%	26%	36%	35%	30%	24%	14%
This does not apply to me	65%	67%	62%	44%	49%	55%	67%	79%
Don't know	11%	11%	11%	20%	15%	14%	8%	7%

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Total	Social Grade		Region							
	ABC1	C2DE	North	Midlands	East	London	South	England (NET)	Wales	Scotland

Do you find it difficult or easy to accept compliments and praise from other people?

Unweighted base	2271	1372	899	530	372	235	311	519	1967	99	205
<b>Base: All GB adults</b>	2271	1294	977	543	375	233	307	505	1962	111	198
Very difficult	16%	15%	17%	18%	14%	17%	10%	18%	16%	17%	14%
Somewhat difficult	50%	53%	47%	50%	52%	49%	49%	49%	50%	57%	52%
Somewhat easy	21%	21%	20%	22%	19%	18%	26%	19%	21%	19%	23%
Very easy	5%	4%	6%	4%	5%	3%	6%	6%	5%	2%	5%
Don't know	8%	7%	11%	7%	10%	13%	9%	8%	9%	4%	7%

Thinking about your peers, do you think that they are generally more or less intelligent than you are?

Unweighted base	2271	1372	899	530	372	235	311	519	1967	99	205
<b>Base: All GB adults</b>	2271	1294	977	543	375	233	307	505	1962	111	198
They are generally more intelligent than me	20%	18%	21%	20%	17%	23%	19%	20%	20%	26%	16%
They are generally less intelligent than me	26%	30%	22%	27%	26%	24%	27%	28%	27%	25%	25%
None of these	35%	35%	35%	37%	36%	32%	33%	35%	35%	29%	40%
Don't know	19%	16%	21%	17%	20%	20%	21%	17%	18%	20%	19%

Do you think that other people think you are generally more or less capable than you are?

Unweighted base	2271	1372	899	530	372	235	311	519	1967	99	205
<b>Base: All GB adults</b>	2271	1294	977	543	375	233	307	505	1962	111	198
People generally think I am more capable than I am	34%	35%	33%	36%	35%	34%	35%	33%	35%	30%	34%
People generally think I am less capable than I am	21%	22%	20%	21%	23%	23%	22%	23%	22%	22%	15%
None of these	23%	24%	22%	23%	22%	19%	23%	24%	22%	22%	31%
Don't know	21%	18%	25%	20%	21%	24%	20%	21%	21%	27%	20%

For each of the following statements, please say whether you think they apply to you, nor not

Even if I meet 99% of my goals, I still feel like a failure

Unweighted base	2271	1372	899	530	372	235	311	519	1967	99	205
<b>Base: All GB adults</b>	2271	1294	977	543	375	233	307	505	1962	111	198
This applies to me	24%	24%	24%	25%	27%	20%	23%	26%	24%	28%	19%
This does not apply to me	65%	65%	64%	64%	63%	68%	67%	61%	64%	60%	73%
Don't know	11%	10%	12%	12%	10%	12%	10%	13%	12%	12%	8%

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Total	Gender		Age				
	Male	Female	18-24	25-34	35-44	45-54	55+

### I would prefer to struggle alone rather than ask for help

Unweighted base	2271	1042	1229	211	360	381	377	942
<b>Base: All GB adults</b>	<b>2271</b>	<b>1101</b>	<b>1170</b>	<b>252</b>	<b>364</b>	<b>384</b>	<b>376</b>	<b>894</b>
This applies to me	47%	48%	47%	47%	48%	48%	48%	46%
This does not apply to me	41%	40%	42%	34%	38%	39%	43%	45%
Don't know	11%	12%	11%	19%	14%	12%	8%	9%

### If I have to work hard to accomplish something, I feel like I'm not good enough

Unweighted base	2271	1042	1229	211	360	381	377	942
<b>Base: All GB adults</b>	<b>2271</b>	<b>1101</b>	<b>1170</b>	<b>252</b>	<b>364</b>	<b>384</b>	<b>376</b>	<b>894</b>
This applies to me	22%	20%	24%	35%	26%	28%	23%	14%
This does not apply to me	64%	65%	63%	46%	57%	58%	65%	75%
Don't know	14%	14%	13%	19%	17%	15%	12%	11%

### I wouldn't speak up and ask a question, because I am afraid of looking unintelligent if I don't already know the answer

Unweighted base	2271	1042	1229	211	360	381	377	942
<b>Base: All GB adults</b>	<b>2271</b>	<b>1101</b>	<b>1170</b>	<b>252</b>	<b>364</b>	<b>384</b>	<b>376</b>	<b>894</b>
This applies to me	31%	27%	35%	46%	34%	34%	30%	25%
This does not apply to me	59%	63%	55%	37%	53%	52%	61%	69%
Don't know	10%	10%	10%	17%	13%	14%	8%	7%

### I feel stressed when I am not succeeding in every aspect of my life

Unweighted base	2271	1042	1229	211	360	381	377	942
<b>Base: All GB adults</b>	<b>2271</b>	<b>1101</b>	<b>1170</b>	<b>252</b>	<b>364</b>	<b>384</b>	<b>376</b>	<b>894</b>
This applies to me	39%	37%	41%	58%	57%	44%	39%	25%
This does not apply to me	50%	52%	49%	27%	30%	42%	54%	67%
Don't know	11%	11%	10%	15%	13%	14%	8%	8%

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Total	Social Grade		Region								
	ABC1	C2DE	North	Midlands	East	London	South	England (NET)	Wales	Scotland	
<b>I would prefer to struggle alone rather than ask for help</b>											
Unweighted base	2271	1372	899	530	372	235	311	519	1967	99	205
<b>Base: All GB adults</b>	<b>2271</b>	<b>1294</b>	<b>977</b>	<b>543</b>	<b>375</b>	<b>233</b>	<b>307</b>	<b>505</b>	<b>1962</b>	<b>111</b>	<b>198</b>
This applies to me	47%	45%	50%	47%	50%	45%	49%	46%	47%	43%	50%
This does not apply to me	41%	45%	37%	43%	38%	42%	41%	42%	41%	45%	40%
Don't know	11%	10%	13%	11%	11%	13%	10%	12%	11%	12%	10%
<b>If I have to work hard to accomplish something, I feel like I'm not good enough</b>											
Unweighted base	2271	1372	899	530	372	235	311	519	1967	99	205
<b>Base: All GB adults</b>	<b>2271</b>	<b>1294</b>	<b>977</b>	<b>543</b>	<b>375</b>	<b>233</b>	<b>307</b>	<b>505</b>	<b>1962</b>	<b>111</b>	<b>198</b>
This applies to me	22%	21%	24%	24%	24%	23%	19%	21%	22%	28%	15%
This does not apply to me	64%	67%	61%	61%	63%	65%	68%	64%	64%	58%	74%
Don't know	14%	12%	16%	15%	13%	12%	13%	15%	14%	15%	11%
<b>I wouldn't speak up and ask a question, because I am afraid of looking unintelligent if I don't already know the answer</b>											
Unweighted base	2271	1372	899	530	372	235	311	519	1967	99	205
<b>Base: All GB adults</b>	<b>2271</b>	<b>1294</b>	<b>977</b>	<b>543</b>	<b>375</b>	<b>233</b>	<b>307</b>	<b>505</b>	<b>1962</b>	<b>111</b>	<b>198</b>
This applies to me	31%	30%	32%	31%	34%	31%	33%	28%	31%	26%	31%
This does not apply to me	59%	62%	54%	58%	55%	59%	57%	62%	59%	66%	58%
Don't know	10%	8%	13%	10%	11%	9%	11%	10%	10%	7%	11%
<b>I feel stressed when I am not succeeding in every aspect of my life</b>											
Unweighted base	2271	1372	899	530	372	235	311	519	1967	99	205
<b>Base: All GB adults</b>	<b>2271</b>	<b>1294</b>	<b>977</b>	<b>543</b>	<b>375</b>	<b>233</b>	<b>307</b>	<b>505</b>	<b>1962</b>	<b>111</b>	<b>198</b>
This applies to me	39%	41%	37%	39%	41%	35%	36%	42%	39%	43%	35%
This does not apply to me	50%	50%	50%	50%	49%	55%	51%	48%	50%	45%	55%
Don't know	11%	9%	13%	10%	10%	10%	13%	11%	11%	12%	10%

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## Impostor Syndrome

Sample size: 2271 adults in GB

Fieldwork: 3rd - 4th March 2022



Total	Gender		Age				
	Male	Female	18-24	25-34	35-44	45-54	55+

### How many panelists picked each number of impostor syndrome responses

	Unweighted base	2271	1042	1229	211	360	381	377	942
<b>Base</b>	2271	1101	1170	252	364	384	376	894	
No Impostor Syndrome Traits	0%	0%	0%	0%	1%	0%	0%	0%	
One Impostor Syndrome Traits	11%	12%	9%	7%	8%	10%	10%	14%	
Two Impostor Syndrome Traits	18%	20%	16%	13%	15%	17%	21%	21%	
Three Impostor Syndrome Traits	23%	22%	24%	19%	25%	21%	24%	25%	
Four Impostor Syndrome Traits	25%	23%	26%	28%	29%	23%	24%	23%	
Five Impostor Syndrome Traits	13%	11%	15%	15%	12%	18%	15%	11%	
Six Impostor Syndrome Traits	3%	4%	3%	6%	4%	4%	2%	2%	
Seven Impostor Syndrome Traits	0%	0%	1%	0%	0%	-	1%	0%	

### How many panelists picked each number of impostor syndrome archetypes

	Unweighted base	2271	1042	1229	211	360	381	377	942
<b>Base</b>	2271	1101	1170	252	364	384	376	894	
No Impostor Syndrome archetypes	19%	21%	17%	7%	10%	14%	21%	27%	
One Impostor Syndrome archetypes	24%	25%	23%	16%	21%	19%	25%	29%	
Two Impostor Syndrome archetypes	18%	18%	19%	18%	19%	22%	19%	17%	
Three Impostor Syndrome archetypes	14%	14%	14%	22%	19%	16%	12%	10%	
Four Impostor Syndrome archetypes	9%	8%	11%	18%	13%	9%	12%	5%	
Five Impostor Syndrome archetypes	5%	4%	5%	6%	7%	8%	4%	3%	

Cell Contents (Column Percentages)

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Total	Social Grade		Region							
	ABC1	C2DE	North	Midlands	East	London	South	England (NET)	Wales	Scotland

### How many panelists picked each number of impostor syndrome responses

	Unweighted base	2271	1372	899	530	372	235	311	519	1967	99	205
<b>Base</b>		2271	1294	977	543	375	233	307	505	1962	111	198
No Impostor Syndrome Traits		0%	0%	0%	1%	0%	0%	0%	0%	0%	0%	0%
One Impostor Syndrome Traits		11%	10%	12%	13%	13%	10%	11%	8%	11%	10%	10%
Two Impostor Syndrome Traits		18%	16%	21%	18%	18%	15%	21%	17%	18%	19%	21%
Three Impostor Syndrome Traits		23%	24%	23%	21%	21%	25%	24%	26%	23%	27%	25%
Four Impostor Syndrome Traits		25%	28%	20%	25%	24%	28%	25%	25%	25%	24%	19%
Five Impostor Syndrome Traits		13%	14%	12%	12%	14%	11%	11%	15%	13%	13%	16%
Six Impostor Syndrome Traits		3%	3%	3%	5%	4%	4%	2%	2%	3%	3%	2%
Seven Impostor Syndrome Traits		0%	0%	0%	0%	0%	-	-	1%	0%	2%	0%

### How many panelists picked each number of impostor syndrome archetypes

	Unweighted base	2271	1372	899	530	372	235	311	519	1967	99	205
<b>Base</b>		2271	1294	977	543	375	233	307	505	1962	111	198
No Impostor Syndrome archetypes		19%	20%	17%	19%	17%	18%	19%	18%	18%	18%	26%
One Impostor Syndrome archetypes		24%	24%	24%	22%	26%	27%	25%	25%	25%	19%	21%
Two Impostor Syndrome archetypes		18%	20%	16%	16%	19%	23%	19%	18%	18%	22%	17%
Three Impostor Syndrome archetypes		14%	14%	15%	16%	12%	11%	16%	13%	14%	15%	15%
Four Impostor Syndrome archetypes		9%	9%	10%	10%	11%	6%	9%	10%	10%	9%	7%
Five Impostor Syndrome archetypes		5%	4%	5%	5%	7%	5%	3%	4%	5%	5%	4%

Cell Contents (C)