Daily Survey: Imposter Syndrome
June 7 - 10, 2022 - 1000 US Adult Citizens

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1. Success Due to Luck
How many, if any at all, of your successes in life have been a result of luck or chance?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
All	5%	5%	4%	9%	6%	3%	1%	3%	13%	2%	10%
Most	17%	21%	13%	19%	30%	12%	8%	16%	14%	21%	27%
Few	47%	47%	47%	50%	33%	48%	57%	51%	33%	39%	48%
None	21%	18%	23%	9%	19%	26%	25%	21%	29%	16%	11%
Don't know	11%	8%	13%	14%	11%	10%	9%	10%	11%	21%	4%
Totals	101%	99%	100%	101%	99%	99%	100%	101%	100%	99%	100%
Unweighted N	(998)	(460)	(538)	(216)	(208)	(330)	(244)	(724)	(118)	(87)	(69)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
All	5%	6%	4%	4%	5%	2%	5%	4%	5%	4%	3%	6%	4%
Most	17%	25%	14%	11%	21%	9%	15%	17%	26%	25%	16%	11%	22%
Few	47%	47%	44%	52%	50%	51%	43%	49%	49%	48%	46%	46%	48%
None	21%	15%	22%	26%	15%	30%	24%	20%	16%	14%	22%	26%	17%
Don't know	11%	7%	16%	7%	9%	8%	13%	10%	4%	9%	12%	13%	9%
Totals	101%	100%	100%	100%	100%	100%	100%	100%	100%	100%	99%	102%	100%
Unweighted N	(998)	(342)	(410)	(246)	(380)	(341)	(360)	(276)	(226)	(182)	(184)	(401)	(231)

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2. Criticism
Do you think that other people criticize you more or less than you criticize yourself, or is it about the same?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Other people criticize me more than I criticize myself	11%	13%	10%	13%	18%	7%	10%	9%	20%	17%	12%
Other people criticize me about the same amount as I criticize myself	18%	22%	13%	19%	23%	16%	14%	18%	15%	11%	30%
I criticize myself more than other people criticize me	53%	49%	57%	54%	45%	59%	53%	59%	41%	38%	43%
Don't know	18%	16%	19%	14%	14%	19%	23%	14%	24%	34%	14%
Totals	100%	100%	99%	100%	100%	101%	100%	100%	100%	100%	99%
Unweighted N	(996)	(460)	(536)	(217)	(206)	(330)	(243)	(724)	(117)	(86)	(69)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Other people criticize me more than I criticize myself	11%	17%	9%	8%	11%	8%	10%	14%	12%	9%	12%	12%	12%
Other people criticize me about the same amount as I criticize myself	18%	18%	17%	19%	17%	16%	17%	17%	23%	26%	19%	14%	18%
I criticize myself more than other people criticize me	53%	49%	53%	59%	57%	59%	52%	54%	54%	48%	52%	54%	56%

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| | Total | Party ID | | | 2020 Vote | | Family Income (3 category) | | | Census Region | | | |
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Don't know	18%	16%	21%	14%	15%	17%	21%	16%	12%	17%	18%	20%	14%
Totals	100%	100%	100%	100%	100%	100%	100%	101%	101%	100%	101%	100%	100%
Unweighted N	(996)	(341)	(408)	(247)	(378)	(341)	(359)	(275)	(225)	(181)	(183)	(402)	(230)

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3. Expectations

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

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very high	27%	27%	27%	30%	20%	26%	35%	27%	40%	16%	29%
Somewhat high	43%	43%	43%	38%	41%	43%	49%	46%	37%	37%	41%
Somewhat low	17%	17%	17%	13%	21%	19%	11%	16%	13%	20%	20%
Very low	5%	6%	4%	5%	10%	4%	2%	6%	3%	5%	3%
Don't know	8%	7%	9%	14%	9%	8%	2%	6%	7%	23%	8%
Totals	100%	100%	100%	100%	101%	100%	99%	101%	100%	101%	101%
Unweighted N	(997)	(460)	(537)	(216)	(208)	(329)	(244)	(723)	(118)	(87)	(69)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Very high	27%	30%	28%	23%	32%	31%	22%	30%	31%	24%	22%	29%	31%
Somewhat high	43%	41%	41%	49%	45%	46%	38%	49%	44%	41%	49%	40%	44%
Somewhat low	17%	19%	14%	18%	14%	15%	23%	14%	14%	22%	18%	16%	12%
Very low	5%	5%	5%	4%	5%	3%	7%	2%	6%	6%	3%	6%	5%
Don't know	8%	5%	12%	6%	5%	5%	11%	5%	4%	7%	8%	9%	8%
Totals	100%	100%	100%	100%	101%	100%	101%	100%	99%	100%	100%	100%	100%
Unweighted N	(997)	(341)	(409)	(247)	(379)	(340)	(359)	(275)	(226)	(182)	(183)	(401)	(231)

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4. Exaggeration of Achievements

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

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
I tend to exaggerate my achievements	10%	14%	6%	16%	18%	6%	2%	8%	17%	13%	11%
I tend to downplay my achievements	38%	42%	35%	40%	33%	43%	34%	42%	31%	20%	42%
Neither	44%	38%	50%	28%	36%	47%	63%	45%	46%	42%	33%
Don't know	8%	7%	9%	17%	13%	4%	0%	4%	7%	26%	14%
Totals	100%	101%	100%	101%	100%	100%	99%	99%	101%	101%	100%
Unweighted N	(993)	(457)	(536)	(212)	(207)	(330)	(244)	(721)	(118)	(86)	(68)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
I tend to exaggerate my achievements	10%	13%	7%	11%	8%	7%	10%	9%	14%	10%	7%	9%	15%
I tend to downplay my achievements	38%	37%	36%	43%	42%	42%	32%	43%	41%	40%	41%	36%	36%
Neither	44%	44%	46%	41%	45%	46%	49%	42%	38%	43%	46%	44%	42%
Don't know	8%	6%	12%	5%	5%	4%	9%	6%	6%	8%	5%	11%	7%
Totals	100%	100%	101%	100%	100%	99%	100%	100%	99%	101%	99%	100%	100%
Unweighted N	(993)	(339)	(409)	(245)	(379)	(337)	(358)	(274)	(225)	(181)	(183)	(399)	(230)

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

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
Very difficult	10%	10%	10%	13%	14%	10%	3%	11%	7%	6%	12%
Somewhat difficult	38%	37%	40%	34%	34%	42%	43%	42%	25%	36%	34%
Somewhat easy	31%	35%	27%	24%	29%	32%	37%	31%	32%	23%	36%
Very easy	13%	11%	15%	14%	14%	11%	12%	10%	28%	12%	9%
Don't know	8%	8%	9%	15%	10%	6%	4%	6%	8%	23%	9%
Totals	100%	101%	101%	100%	101%	101%	99%	100%	100%	100%	100%
Unweighted N	(998)	(460)	(538)	(216)	(208)	(330)	(244)	(724)	(118)	(87)	(69)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
Very difficult	10%	9%	12%	8%	10%	9%	11%	11%	8%	8%	12%	11%	9%
Somewhat difficult	38%	40%	35%	42%	41%	43%	36%	40%	39%	41%	36%	34%	45%
Somewhat easy	31%	33%	29%	29%	32%	30%	26%	33%	38%	31%	32%	31%	29%
Very easy	13%	13%	11%	15%	13%	13%	16%	10%	11%	12%	14%	13%	10%
Don't know	8%	4%	13%	6%	4%	5%	11%	7%	3%	8%	5%	11%	7%
Totals	100%	99%	100%	100%	100%	100%	100%	101%	99%	100%	99%	100%	100%
Unweighted N	(998)	(342)	(409)	(247)	(380)	(340)	(359)	(276)	(226)	(182)	(184)	(401)	(231)

6. Success Due to Luck (1)
Thinking about your peers, do you think that they are more or less intelligent than you are?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
They are more intelligent than me	17%	15%	18%	22%	24%	12%	10%	15%	18%	20%	23%
They are less intelligent than me	20%	22%	18%	30%	21%	15%	16%	19%	23%	21%	16%
Neither	52%	51%	52%	33%	44%	59%	67%	56%	48%	36%	47%
Don't know	12%	12%	12%	15%	11%	14%	7%	10%	12%	23%	15%
Totals	101%	100%	100%	100%	100%	100%	100%	100%	101%	100%	101%
Unweighted N	(995)	(459)	(536)	(216)	(206)	(329)	(244)	(722)	(118)	(86)	(69)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
They are more intelligent than me	17%	19%	14%	19%	16%	13%	20%	15%	17%	20%	17%	15%	17%
They are less intelligent than me	20%	25%	18%	16%	23%	15%	17%	18%	27%	21%	20%	18%	22%
Neither	52%	47%	53%	56%	53%	61%	48%	57%	49%	51%	50%	54%	50%
Don't know	12%	9%	15%	10%	8%	10%	15%	10%	7%	7%	13%	14%	11%
Totals	101%	100%	100%	101%	100%	99%	100%	100%	100%	99%	100%	101%	100%
Unweighted N	(995)	(342)	(407)	(246)	(380)	(339)	(357)	(276)	(225)	(181)	(183)	(401)	(230)

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7. Capabilities
Do you think that other people think you are more or less capable than you are?

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
People think I am more capable than I am	30%	29%	32%	30%	32%	29%	32%	31%	34%	21%	33%
People think I am less capable than I am	20%	20%	19%	29%	28%	13%	10%	19%	23%	18%	22%
Neither	33%	37%	30%	18%	25%	41%	46%	35%	25%	33%	32%
Don't know	17%	14%	19%	23%	15%	18%	11%	15%	19%	27%	13%
Totals	100%	100%	100%	100%	100%	101%	99%	100%	101%	99%	100%
Unweighted N	(990)	(454)	(536)	(214)	(206)	(328)	(242)	(720)	(116)	(86)	(68)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
People think I am more capable than I am	30%	38%	23%	34%	35%	28%	32%	30%	32%	30%	26%	31%	33%
People think I am less capable than I am	20%	19%	22%	16%	18%	17%	24%	17%	21%	22%	22%	17%	19%
Neither	33%	32%	31%	39%	33%	43%	24%	38%	39%	36%	33%	34%	32%
Don't know	17%	11%	24%	11%	14%	12%	20%	15%	8%	12%	18%	18%	16%
Totals	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	99%	100%	100%
Unweighted N	(990)	(338)	(406)	(246)	(375)	(339)	(357)	(273)	(224)	(178)	(183)	(399)	(230)

8A. Imposter Grid — Imposter Grid – Even if I meet 99% of my goals, I still feel like a failure
For each of the following statements, please say whether you think it applies to you:

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
This applies to me	22%	23%	21%	32%	36%	15%	8%	21%	26%	24%	22%
This does not apply to me	67%	66%	69%	50%	48%	79%	87%	71%	63%	56%	64%
Don't know	10%	11%	10%	18%	16%	6%	5%	8%	12%	20%	14%
Totals	99%	100%	100%	100%	100%	100%	100%	100%	101%	100%	100%
Unweighted N	(989)	(457)	(532)	(214)	(203)	(329)	(243)	(719)	(117)	(85)	(68)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
This applies to me	22%	23%	25%	16%	22%	17%	23%	20%	27%	19%	25%	20%	25%
This does not apply to me	67%	65%	62%	79%	67%	80%	65%	72%	67%	70%	66%	71%	61%
Don't know	10%	11%	13%	5%	11%	3%	12%	9%	6%	11%	9%	9%	14%
Totals	99%	99%	100%	100%	100%	100%	100%	101%	100%	100%	100%	100%	100%
Unweighted N	(989)	(340)	(403)	(246)	(379)	(338)	(353)	(276)	(223)	(180)	(183)	(396)	(230)

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8B. Imposter Grid — Imposter Grid – I would prefer to struggle alone rather than ask for help
For each of the following statements, please say whether you think it applies to you:

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
This applies to me	46%	49%	43%	46%	49%	49%	39%	49%	37%	44%	39%
This does not apply to me	43%	41%	45%	39%	36%	44%	55%	43%	48%	37%	46%
Don't know	10%	9%	11%	15%	15%	7%	6%	7%	15%	19%	15%
Totals	99%	99%	99%	100%	100%	100%	100%	99%	100%	100%	100%
Unweighted N	(986)	(456)	(530)	(216)	(203)	(328)	(239)	(715)	(117)	(86)	(68)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
This applies to me	46%	47%	44%	48%	45%	45%	51%	43%	45%	45%	46%	46%	48%
This does not apply to me	43%	47%	40%	46%	48%	48%	38%	47%	49%	48%	44%	43%	41%
Don't know	10%	6%	16%	6%	8%	7%	11%	10%	6%	7%	10%	12%	12%
Totals	99%	100%	100%	100%	101%	100%	100%	100%	100%	100%	100%	101%	101%
Unweighted N	(986)	(337)	(403)	(246)	(376)	(337)	(354)	(272)	(224)	(181)	(182)	(395)	(228)

8C. Imposter Grid — Imposter Grid – If I have to work hard to accomplish something, I feel like I'm not good enough
For each of the following statements, please say whether you think it applies to you:

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
This applies to me	23%	26%	21%	35%	38%	14%	9%	20%	27%	35%	25%
This does not apply to me	65%	63%	67%	46%	51%	76%	85%	70%	59%	48%	67%
Don't know	11%	11%	12%	18%	11%	10%	6%	10%	14%	17%	8%
Totals	99%	100%	100%	99%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(978)	(452)	(526)	(216)	(202)	(321)	(239)	(710)	(118)	(85)	(65)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
This applies to me	23%	28%	22%	19%	18%	22%	25%	20%	30%	30%	19%	22%	24%
This does not apply to me	65%	64%	63%	71%	72%	69%	62%	70%	62%	64%	72%	64%	62%
Don't know	11%	8%	15%	10%	10%	8%	13%	10%	8%	6%	9%	14%	14%
Totals	99%	100%	100%	100%	100%	99%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(978)	(338)	(400)	(240)	(378)	(333)	(348)	(272)	(223)	(181)	(178)	(391)	(228)

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8D. Imposter Grid — Imposter Grid – I wouldn't speak up and ask a question, because I am afraid of looking unintelligent if I don't already know the answer

For each of the following statements, please say whether you think it applies to you:

		Gender		Age (4 category)				Race (4 category)			
	Total	Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
This applies to me	26%	25%	27%	42%	36%	18%	14%	25%	31%	25%	32%
This does not apply to me	66%	68%	64%	46%	52%	78%	83%	69%	62%	56%	60%
Don't know	8%	6%	9%	12%	12%	4%	3%	5%	7%	18%	8%
Totals	100%	99%	100%	100%	100%	100%	100%	99%	100%	99%	100%
Unweighted N	(989)	(455)	(534)	(215)	(208)	(326)	(240)	(716)	(118)	(87)	(68)

		Party ID			2020 Vote		Family Income (3 category)			Census Region			
	Total	Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
This applies to me	26%	26%	25%	29%	22%	21%	30%	22%	31%	28%	27%	25%	27%
This does not apply to me	66%	68%	65%	66%	73%	74%	60%	71%	66%	66%	67%	67%	64%
Don't know	8%	6%	10%	5%	5%	4%	9%	6%	2%	6%	7%	7%	10%
Totals	100%	100%	100%	100%	100%	99%	99%	99%	99%	100%	101%	99%	101%
Unweighted N	(989)	(340)	(406)	(243)	(379)	(336)	(355)	(273)	(224)	(180)	(184)	(396)	(229)

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8E. Imposter Grid — Imposter Grid – I feel stressed when I am not succeeding in every aspect of my life
For each of the following statements, please say whether you think it applies to you:

	Total	Gender		Age (4 category)				Race (4 category)			
		Male	Female	18-29	30-44	45-64	65+	White	Black	Hispanic	Other
This applies to me	40%	37%	42%	60%	45%	33%	24%	39%	39%	45%	41%
This does not apply to me	50%	53%	46%	25%	43%	57%	70%	51%	52%	38%	49%
Don't know	11%	10%	12%	15%	12%	11%	5%	10%	9%	16%	10%
Totals	101%	100%	100%	100%	100%	101%	99%	100%	100%	99%	100%
Unweighted N	(984)	(455)	(529)	(216)	(203)	(324)	(241)	(715)	(118)	(84)	(67)

	Total	Party ID			2020 Vote		Family Income (3 category)			Census Region			
		Dem	Ind	Rep	Biden	Trump	< $50K	$50-100K	$100K+	Northeast	Midwest	South	West
This applies to me	40%	39%	41%	39%	38%	37%	43%	39%	40%	43%	34%	43%	37%
This does not apply to me	50%	52%	45%	54%	54%	56%	45%	53%	53%	46%	54%	47%	53%
Don't know	11%	9%	14%	7%	8%	7%	12%	8%	7%	11%	12%	10%	10%
Totals	101%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Unweighted N	(984)	(338)	(402)	(244)	(377)	(334)	(353)	(272)	(223)	(181)	(181)	(394)	(228)

Daily Survey: Imposter Syndrome
June 7 - 10, 2022 - 1000 US Adult Citizens

Interviewing Dates	June 7 - 10, 2022
Target population	U.S. Citizens, aged 18 and over.
Sampling method	Respondents were selected from YouGov's opt-in Internet panel using sample matching. A random sample (stratified by gender, age, race, education, geographic region, and voter registration) was selected from the 2018 American Community Study. Voter registration was imputed from the November 2018 Current Population Survey Registration and Voting Supplement.
Weighting	The sample was weighted based on gender, age, race, education, news interest, and 2020 Presidential vote (or non-vote). The weights range from 0.295 to 4.621, with a mean of one and a standard deviation of 0.427.
Number of respondents	1000
Margin of error	± 3.4% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	70 questions not reported.