

Daily Survey: Imposter Syndrome



Sample 1000 U.S. Adult Citizens
Conducted June 7 - 10, 2022
Margin of Error ±3.4%

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

All	5%
Most	17%
Few	47%
None	21%
Don't know	11%

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

Other people criticize me more than I criticize myself	11%
Other people criticize me about the same amount as I criticize myself	18%
I criticize myself more than other people criticize me	53%
Don't know	18%

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

Very high	27%
Somewhat high	43%
Somewhat low	17%
Very low	5%
Don't know	8%

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

I tend to exaggerate my achievements	10%
I tend to downplay my achievements	38%
Neither	44%
Don't know	8%

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

Very difficult	10%
Somewhat difficult	38%
Somewhat easy	31%
Very easy	13%
Don't know	8%

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

They are more intelligent than me	17%
They are less intelligent than me	20%
Neither	52%
Don't know	12%

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

People think I am more capable than I am	30%
People think I am less capable than I am	20%
Neither	33%
Don't know	17%

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

	This applies to me	This does not apply to me	Don't know
Imposter Grid – Even if I meet 99% of my goals, I still feel like a failure	22%	67%	10%
Imposter Grid – I would prefer to struggle alone rather than ask for help	46%	43%	10%
Imposter Grid – If I have to work hard to accomplish something, I feel like I'm not good enough	23%	65%	11%
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	26%	66%	8%
Imposter Grid – I feel stressed when I am not succeeding in every aspect of my life	40%	50%	11%

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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.