

Impostor Phenomenon Short Scale - IPSS-3

A novel short scale measuring the Impostor Phenomenon (IP)

The *Impostor Phenomenon Short Scale* (IPSS-3) is an age and context-neutral IP short scale applicable in large-scale social surveys and long-term longitudinal assessments, e.g., initiated in childhood or adolescence. Due to the short and simple item formulation, the IPSS-3 is a particularly time-efficient instrument that can be administered and analyzed in about one minute and is suitable regardless, e.g., of educational level.

Items and scale of the IPSS-3

English	German
1 Although I am often successful, I am afraid of failing again at every request.	Obwohl ich oft erfolgreich bin, habe ich bei jeder Anforderung erneut Angst zu versagen.
2 Sometimes I fear others will notice how much knowledge and skills I actually lack.	Manchmal befürchte ich, dass andere merken, wie viel Wissen und Fähigkeiten mir in Wirklichkeit fehlen.
3 I often fear not being able to meet the expectations of others, even though I have already achieved a lot.	Ich befürchte oft, die Erwartungen anderer nicht erfüllen zu können, auch wenn ich bereits viel erreicht habe.
response categories	
(1) not applies at all	(1) trifft überhaupt nicht zu
(2) mostly not applies	(2) trifft größtenteils nicht zu
(3) rather not applies	(3) trifft kaum zu
(4) applies a bit	(4) trifft ein wenig zu
(5) applies mostly	(5) trifft größtenteils zu
(6) applies completely	(6) trifft voll und ganz zu

The IPSS-3 was developed by psychologists and sociologists at Goethe University Frankfurt (Germany) based on the established *Impostor-Selbstkonzept-Fragebogen - ISF*.¹ The scale was created in a multi-stage development process: First, data from the validation study of the original 15-item ISF (n=1736) was utilized to calculate potentials for item reduction maintaining good quality criteria. Results indicated a reduction to 5 items. Out of 455 possible combinations the best five items were determined. Next, the items were reviewed and linguistically simplified to reduce respondent burden using an evaluation scheme for items for large-scale longitudinal studies. Finally, the *IPSS-3* as a modified and further reduced version was tested in a pretest in November 2022 (n=330), showing similar quality criteria as the preceding 5-item version.

Citation

Jansen (2022): Impostor Phenomenon Short Scale, IPSS-3. Faculty of Social Sciences, Goethe University Frankfurt, www.fb03.uni-frankfurt.de/131514894/Jansen_2022_IPSS_3.pdf.

¹ Rohrmann, Sonja; Leonhardt, Mona; Klug, Kristina (2020): ISF Impostor-Selbstkonzept-Fragebogen. Wien: Hogrefe.