

**Impostor Phenomenon and Perceived Parental  
Psychological Control: Mediating role of Narcissism  
and Perfectionism**

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Impostor Phenomenon and Perceived Parental Psychological Control: Mediating role  
of Narcissism and Perfectionism'

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*Tez onay sayfası*



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## ABSTRACT

Impostor Phenomenon and Perceived Parental Psychological Control: Mediating role  
of Narcissism and Perfectionism

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The aim of the current study was to investigate the mediating roles of perfectionism and narcissism in the relationship between impostor phenomenon and perceived parental psychological control. Data was collected from 180 undergraduate students in Istanbul and participants ( $M_{age}= 21$  years old,  $SD= 2.62$ , range=18-29 years old). Impostorism Scale (IS), Psychological Control Scale-Youth Self Report (PCS-YSR), The Short Form of The Five-Factor Narcissism Inventory (FFNI-SF) and Frost Multidimensional Perfectionism Scale (FMPS) were used as measurement instruments.

Results of the current study revealed that, perfectionism and vulnerable narcissism were significant mediators in the relationship between perceived parental psychological control from father and impostor phenomenon. Also, regression analyses showed that perceived parental psychological control from father, dimensions of perfectionism including concern over mistakes, doubt about action, parental expectations and parental criticism and vulnerable narcissism predicted impostor phenomenon. Additionally, a moderated mediation analysis revealed that perceived parental psychological control from father and impostor phenomenon was not moderated by participants' university entrance rankings. Results of the study are discussed regarding the prior studies. The strengths and limitations of the study were listed and suggestions for further researches were set forth.

*Keywords:* Impostor phenomenon, parental psychological control, perfectionism, vulnerable narcissism, grandiose narcissism

## ÖZ

### SAHTEKARLIK FENOMENİ VE EBEVEYNDEN ALGILANAN PSİKOLOJİK KONTROL: MÜKEMMELİYETÇİLİK VE NARSİSİZMİN ARACI ROLÜ

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Bu çalışmanın amacı, sahtekarlık fenomeni ve ebeveynden algılanan psikolojik kontrol arasındaki ilişkide mükemmeliyetçilik ve narsisizmin aracı rolünü incelemektir. Çalışmaya İstanbul'da yaşayan 180 üniversite öğrencisi katılmıştır. ( $\bar{X} = 21$ ,  $S = 2.62$ , yaş aralığı = 18-29). Veri toplama aracı olarak Sahtekarlık Ölçeği, Ergenin Ebeveynden Algıladığı Psikolojik Kontrol Ölçeği, Frost Çok Boyutlu Mükemmeliyetçilik Ölçeği ve Beş Faktör Narsisizm Ölçeği-Kısa Form kullanılmıştır.

Bu çalışmanın sonuçları, mükemmeliyetçilik ve kırılğan narsisizmin babadan algılanan ebeveyn psikolojik kontrolü ile sahtekarlık fenomeni arasındaki ilişkide önemli aracı değişkenler olduğunu ortaya koymuştur. Ayrıca regresyon analizleri babadan algılanan ebeveyn psikolojik kontrol, mükemmeliyetçilik (hata yapma

endişesi, yaptığından emin olamama, ailesel beklentiler, aileden eleştiri) ve kırılğan narsisizmin sahtekarlık fenomeni için anlamlı yordayıcılar olduğu bulunmuştur. Bunlara ek olarak, mükemmeliyetçilik sahtekarlık fenomeni ve babadan algılanan psikolojik kontrol ilişkisi arasında anlamlı aracı değişken olarak bulunmuş olup cinsiyet değişkeni anlamlı bir kovaryans olmadığı ortaya çıkmıştır. Ayrıca, sahtekarlık fenomeni ve babadan algılanan psikolojik kontrol arasındaki ilişkide kırılğan narsisizmin anlamlı bir aracı rolü olduğu bulunmuştur. Ayrıca bu ilişkide cinsiyet değişkeninin anlamlı bir kovaryans olmadığı ortaya çıkmıştır. Son olarak moderatörlü aracı değişken analizi yapılmıştır. Sonuçlara göre, katılımcıların üniversiteye giriş sıralamalarının anlamlı bir moderatör olmadığı ortaya çıkmıştır. Çalışmanın sonuçları önceki çalışmalar ışığında güçlü yönleri ve sınırlılıkları listelenmiş ve ileride yapılacak araştırmalar için öneriler sunulmuştur.

Anahtar Kelimeler: Sahtekarlık fenomeni, psikolojik kontrol, mükemmeliyetçilik, narsisizm, kırılğan narsisizm, büyüklenmeci narsisizm



*To my mother, father, brother  
and Sütlaç ...*

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## CHAPTER 1

### INTRODUCTION

#### 1.1. Impostor Phenomenon

The construct ‘impostor phenomenon’, which was first introduced by Clance & Imes (1978), is described as a tendency to attribute one’s accomplishment to external circumstances rather than internal experiences. Impostors experience a feeling of being ‘phony’ which leads them believe their successes arise from having been lucky or manipulating others’ opinions but not result from a true ability (Clance & Imes, 1978). They experience difficulties in internalizing a sense of competency which leads them to have a fear that they cannot maintain their success (Langford & Clance, 1993). Besides, they fear that others will realize that they are not as successful as they seem to be, thus they feel insecure about themselves (Clance & O’Toole, 1987).

Impostor phenomenon was initially thought to be experienced by high achieving female individuals (Clance & Imes, 1978). Notably, Clance and Imes’ work, with 150 highly successful women from a wide range of occupations such as law, social work, medicine, faculty members, and graduate and undergraduate students in clinical settings, reveals that what all these high achieving women have in common is their belief that they do not deserve the degrees, high scores or

professional recognition they have accomplished and believe that they did not belong the positions they have. They were afraid of being discovered that they are not that successful, intelligent and talented (Clance & O'Toole, 1987). Moreover, when these individuals receive a compliment or positive feedback, they do not believe them reformulate them in their mind in that way: 'The institution does not have very high standards if they think I'm good'. However, when they receive any negative feedback, they easily accept and internalize it and will remember them as an evidence of their failure (Clance & O'Toole, 1987). Besides, they are having tremendous amount of fear of failure, and in case of failure, they feel humiliated. This is why, they make a great effort to avoid any mistakes or failures (Clance & O'Toole, 1987).

Later researchers investigated impostor phenomenon with male participants and revealed that this pattern is affecting not only female professionals but also males (Imes, 1979). However, there are still contradictory findings on this issue. For instance, while some studies have revealed that women are more prone to experience impostor feelings than men (Jöstl, Bergsmann, Lüftenegger, Schober & Spiel, 2015; Young 2011), other studies have shown that both men and women are experiencing impostor feelings equally, but symptoms are manifested differently (Henning & Shaw 1998; Bernard et al., 2002). Moreover, Gravois (2007) revealed that 70% of individuals struggle with impostor phenomenon at least one period of their lifetime. In addition, Harvey (1982) stated that impostor feelings are so prevalent that impostor phenomenon can be experienced by anyone who cannot internalize their success meaning it is actually not limited to high achieving individuals. Overall, it seems that impostor syndrome can be experienced by everyone regardless of individuals' status or gender, (Harvey & Katz, 1985).

Individuals with impostor feelings are aware that others see them as competent and successful, but they strongly believe that these praises are falsely earned (Clance, 1985; Sakulku & Alexander, 2011).. Thus, they reckon that they should maintain this maladaptive image of themselves. In addition this belief is reinforced by others since others perceive imposters as successful, they are charged with more important responsibilities but because they cannot internalize their past successes, they maintain a huge amount of fear of being a failure even though they are asked to complete familiar or similar work (Kets de Vries, 2005; Sakulku & Alexander, 2011).

According to Clance (1985) impostor phenomenon consists of six potential features which are; the impostor cycle, the urge to be special, Superman/Superwomen aspects, fear of failure, denial of competence and discounting praise, and lastly fear and guilt about success. Clance (1985) also stated that all these characteristics are not necessarily to be experienced by the impostors. However, at least two of these characteristics should be presented in order to conclude someone has impostor tendencies.

### **1.1.1. The Impostor Cycle**

The impostor cycle was found to be the most important feature of the impostor phenomenon (Clance, 1985). The Impostor cycle is activated with an achievement-related task. A person experiencing impostor fears, struggles with anxiety-related symptoms in the face of these tasks (Clance & Imes, 1978). In order to deal with these symptoms, the impostor has two options which are over-preparation and procrastination (Thompson, Foreman & Martin, 2000). After completing the task, they experience feelings of relief and accomplishment for a

short period of time, but these feelings are not permanent. Even though they receive a compliment about their performance, they never believe that the success arises from their ability because these messages do not reflect what they think about their performance (Clance, 1985). On the other hand, if they initially procrastinate followed by frenzied preparation, they reckon that their success due to luck. In addition, when they are assigned to a new achievement-related task, they experience tremendous amount of anxiety, and this cycle is repeated (Sakulku & Alexander, 2011).

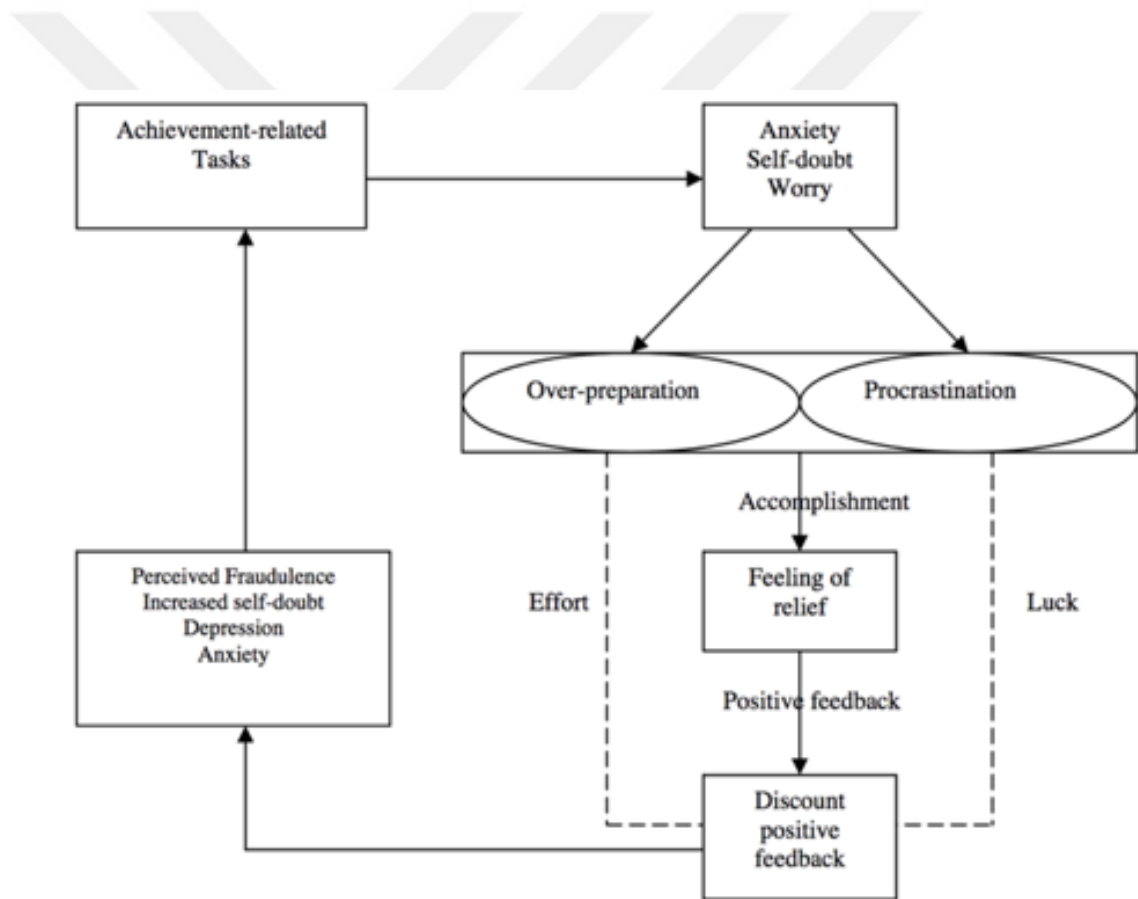


Figure 1.1. Diagram showing the Impostor Cycle based on Clance (1985).

Excessive hard working is one of the important patterns of the Impostor cycle. This is not problematic until it starts interfering with other priorities. However,

in the case of an impostor it is almost impossible not to interfere (Clance, 1985). Although impostors are aware of this overworking pattern, it is almost impossible for them to break this cycle since they believe that if they do not follow the same working pattern, they will fail the task (Sakulku & Alexander, 2011). This repetition of working pattern leads to repetition of success and reinforces the feeling of phoniness rather than weakening the links of the impostor cycle (Clance & Imes, 1978).

### **1.1.2. The Need to be Special, to be the very Best**

Compared with non-impostors, impostors inwardly need to be the very best. According to Clance's (1985) observations, impostors are the most successful students during the school years. When they enter in university, impostors notice that they are not the only exceptional one, and their abilities are not that unique, and they are surrounded by other talented people. This is why, they underrate their performances and abilities and believe that they are not a success until they are the very best (Sakulku & Alexander, 2011).

### **1.1.3. Superwomen/Superman Aspects**

XXXx According to Clance (1985) there is an interrelation between 'the need to be the very best' and superman/superwomen aspects. This feature of impostor phenomenon quite related to the perfectionism. Impostors cannot tolerate any mistakes and set unrealistically high standards for themselves (Imes & Clance, 1984). They tend to overgeneralize their failures and feel disappointed and overwhelmed whenever they do not meet their perfectionistic standards (Clance, 1985).

#### **1.1.4. Fear of Failure**

In the face of a new task, impostors experience high levels of anxiety because there is a possibility that might fail the task. As mentioned above, making mistakes and not meeting their standards triggers feelings of shame and humiliation (Clance, 1985). It is also asserted that fear of failure is the fuel of impostors. Therefore, by excessive hard working they try to reduce the possible failure (Clance, 1985).

#### **1.1.5. Denial of Competence and Discounting Praise**

One of the main struggles that impostors experience is internalizing their success. When compared to non-impostors, people with impostorism more frequently attribute their success to external factors and have difficulty accepting credit for their achievements (Thompson et al., 1998; Topping & Kimmel, 1985). Apart from discounting positive feedback, they are continuously in search for evidence to prove that they do not deserve praise (Clance, 1985). These self-deprecating behaviors can also be viewed as self-presentational strategies in order to protect themselves from any negative interpersonal consequence of failure (Leary, Patton, Orlando & Funk, 2000). Particularly, they tend to express lower performance expectations in occasions where their performance are seen by others (Leary, Patton, Orlando & Funk, 2000).

#### **1.1.6. Fear and Guilt about Success**

In a familial context where success is unusual, impostors may experience a feeling of loneliness and feel less connected to the members of the family (Clance, 1985). They believe that they are different from others and feel guilty about it and afraid about being rejected by them (Clance, 1985). For them, the more success

means the greater expectations from other people, and since they doubt about their ability to maintain the success, they fear that their phoniness will be revealed (Clance, 1985).

Apart from this conceptualization of impostor phenomenon described above, Kolligian and Sternberg (1991) brought a new understanding of this concept. They stated that impostor phenomenon consists of four dimensions which are fraudulent ideation, self-criticism, negative emotions and achievement pressure. They reckon that for a better understanding of this construct, the term 'perceived fraudulence' should be used because by using this term there is an additional emphasis to self-critical outlook, illusion of fraudulence and focus on impression management (Kolligan & Sternberg, 1991). Moreover, they draw attention to impression management and self-monitoring aspects by underlining perceived fraudulence.

Next, Leary et al. (2000) came up with another conceptualization. While they emphasize three components of traditional definition of the impostor phenomenon which are the sense of being fraud, problems on internalizing success and fear of being uncovered, they believe that these features are contradictory and there is a discrepancy between self-appraisals and reflected appraisals (McElwee & Yurak, 2007). The reactions of the impostors differ in the conditions depending on the reactions are public or private and the status of the others perceiving them higher or equal (Leary et al., (2000); McElwee & Yurak, 2007). In this respect, this conceptualization evokes a self-presentation features as well as emphasizing to the core feelings of inauthenticity (Leary et al., 2000). Apart from that, unlike other conceptualizations described before, Leary et al. (2000) adopted a unidimensional

definition and the feeling like a fraud is not restricted only to successful people but many individuals regardless of their success.

Waiting for or facing with achievement tasks are linked to negative feelings and beliefs like anxiety, depression and low self-esteem among people struggle with impostor syndrome (Chrisman et al., 1995). Studies investigating the relationship between impostorism and well-being revealed that the most debilitating effects stem from impostors' fear of negative evaluation (Clance & O'Toole, 1988; Thompson, Foreman & Martin, 2000). They experience a constant pressure to succeed accompanied by a dissatisfaction with life, hopelessness and depression (September et al., 2001; McGregor, Gee, & Posey, 2008). According to Leary, Patton, Orlando & Wagoner, (2000) impostors hold lower self-perceptions on ability when they are compared with non-impostors which may hinder them from achieving their true potential. Thus, Peteet, Montgomery, & Weekes, (2015) states that impostor fears impinge on academic studies of college students leading them to experience a feeling of inadequacy, avoid any kind of evaluative condition, and even prevent them from attending lectures. In addition, they have doubt about their own intelligence and struggle with increased test anxiety. Besides, those perceiving intelligence as a fixed entity are more prone to experience impostor fears (Kumar & Jagacinski, 2006). In addition, compared with non-impostors, they are more motivated to be successful in order to cope with the sense of self-doubt and prove that they competent and worthy (Topping, 1983). Cozzarelli & Major (1990) revealed that impostors experience more anxiety than non-impostor individuals and inclined to react more negatively to failures while overgeneralizing these failures to their self-concept.

According to Ross and Krukowski (2003), impostor phenomenon is a form of maladaptive personality style accompanying the sense of inferiority, fear and feeling of worthlessness. Several studies investigating the relationship between impostor phenomenon and personality revealed that impostor feelings are associated with three personality dimensions including Neuroticism, Conscientiousness and Introversion (Bernard, Dollinger, & Ramaniah, 2002; Chae, Piedmont, Estadt, & Wicks, 1995; Ross et al., 2001). Individuals high on Neuroticism and Introversion tend to experience higher levels of impostor feelings (Bernard, Dollinger, & Ramaniah, 2002). Besides, the positive correlations between impostorism, depression (McGregor et al., 2008) and the feeling of shame (Cowman & Ferrari, 2002) which are the facets of neuroticism, show the importance of neuroticism for impostor tendencies (Vergauwe et al., 2015). Moreover, Impostors have a fragile sense of self which leads them to seek for others approval to maintain and these impostor behaviors strengthen their unstable sense of self-worth (Langford & Clance, 1993).

Studies revealed that there are some characteristic family patterns which contribute to the development of impostorism related traits. For example, Langford and Clance (1993), stated that conflictual and non-supportive family patterns are associated with impostor feelings. Impostors are raised in families who give messages that points to the significance of the intellectual capabilities and allow them to learn what they earn are gained with little effort (Clance, 1985). In addition, these families give contradictive feedbacks about their children's abilities and their achievements, accompanied by a lack of positive reinforcement (Clance, 1985). In this respect, it can be stated that by working excessively hard, and impostor feelings might be to be supported by their closed ones in such family environment (Bussotti,

1990). Parker, Tupling and Brown (1979) stated that there are two parental behaviors which are related to impostor feelings: parental care/warmth and control/overprotection. Sonnak and Towell (2001) revealed that high levels of parental control/overprotection and low levels of parental care/warmth correlated with high levels of impostor feelings. Besides, these parental behaviors inhibit the development of autonomy of the child (Parker, Tupling & Brown 1979). These results are also consistent with Bussotti's (1990) findings that people with impostor feelings mostly come from families where there is restricted amount of cohesion and expressiveness and greater amount of parental control. Moreover, Want and Kleitman (2006) examined the mothers' and fathers' effects to impostor feelings separately and revealed that maternal behaviors have significant but indirect effects on impostor feelings, but paternal behaviors are stronger predictor of impostor feelings.

## **1.2. Perceived Parental Psychological Control**

Parental control plays an important role over the parenting attitudes. Based on prior explanations about parental control, it is defined as being intrusive, restricting, demanding and authoritative (Barber, 1996).

Parental psychological control can be defined as insensitive attempts to manage the child's psychological and emotional development through manipulation and exploitation of the parent-child bond (Barber, 1996). Parental psychological control differs from behavioral control. Psychologically controlling parents expect their children to meet their own personal needs and standards regardless of the child's own needs and values specifically by applying manipulative techniques such as guilt induction, shaming and love withdrawal (Barber, 1996). In order to control the child's behavior, parents exploit the love relationship between them and intrude

into the psychological and emotional development of the child (Becker, 1964). These controlling techniques have a detrimental effect on autonomy and increase the risk of having adjustment and internalizing problems in children and adolescents (Barber, 1996). Barber (1996) revealed that high levels of parental psychological control prevents the child from developing autonomy and increase the risk of having adjustment problems during childhood and adolescence. Besides, psychologically controlling parenting practices increase the risk of having psychological problems including depression and low self-esteem (Barber, 1996; Soenens, Vansteenkiste, Luyten, Duriez, & Goossens, 2005; Pettit & Laird, 2002).

During adolescence, individuals' need for autonomy and independence increase gradually since they desire to spend more time with friends and less time with parents (Keijsers & Poulin, 2013). Also, adolescents are unwilling to share their personal lives with their parents (Smetana et al., 2006) which in in turn leads to disagreements between parents and adolescents (Dietvorst et al., 2018). Studies showed that the more independent adolescents become, the more they experience psychological control from their parents, since parents who believe that they are losing the direct control over the child by applying behavioral control techniques, switch to psychologically controlling practices (Rogers, Padilla-Walker, McLean & Hurst, 2019).

Even though a gradual increase on autonomous functioning of individuals can be observed during the transition from adolescence to adulthood, parental attitudes continue to play a significant role (Padilla-Walker, Nelson, & Knapp, 2014). Throughout this period, parents are recommended to promote both autonomy and support when it's needed. More specifically, parents should let their adolescent to make their own decisions in accordance with their values and beliefs as well as being

reachable for them when they are asked for a help or an advice (Abaied & Emond, 2013). Studies revealed that limiting adolescents' autonomy causes detrimental effects for emerging adults as well as negative psychological outcomes and internalizing difficulties (Abaied & Emond, 2013). For example, Luyckx et al., (2007) stated that parental psychological control negatively influences identity formation during emerging adulthood. It is also discovered that fragile sense of identity and a lack of exploratory process on identity formation make vulnerable individuals against internalizing problems (Schwartz et al., 2015) as well as depression and anxiety (McLean & Syed, 2015). Ingoglia, Inguglia, Liga & Lo Coco (2016) investigated the relationship between parental psychological control, identity formation and internalizing symptoms with a sample of 495 Italian college students. The authors showed that there is a negative correlation between achievement oriented parental psychological control and identity as well as anxiety and depression. Although emerging adults feel higher autonomy than adolescence period when they shift to college life, they are still under a lot of pressure about academic performance created by parents -such as guilt inducing techniques when they perform lower than what is expected- which leads to negative consequences in terms of their psychological well-being. It is also stated that such these attitudes showed by parents make emerging adults more prone to anxiety related symptoms and fear of making any mistakes which also affects negatively to establish a healthy sense of identity (Soenens et al., 2005). In line with these findings, it can be said that perceived psychological control especially on academic performance might be related to a lack of healthy identity formation which might also create depressive and anxiety symptoms (Barber & Harmon, 2002). In contrast, parents who satisfy the

emerging adults' inner needs and emotions promote healthy identity formation and reduce the incidence of internalization problems (Blatt, 2004).

According to Soenens and Vansteenkiste (2010), apart from the child's need for autonomy, psychologically controlling parental actions negatively affect child's need for relatedness and competence. By frustrating these two basic needs of children and emerging adults, the incidence of the feelings of alienation and inadequacy increase. While the frustration of the need for relatedness results in feelings of loneliness and alienation which also promote insecurity about others love and care, the frustration of need for competence creates feelings of inferiority and inadequacy which deteriorate the ability to deal with challenges healthily (Soenens & Vansteenkiste, 2010). It was revealed that these three needs are highly related to well-being and behavioral adjustment for emerging adults (Reis et al., 2000). Besides, by negatively affecting the needs for autonomy and competency through parental psychological control was found to be related with self-critical perfectionism, setting unrealistically high standards accompanied by doubt about personal competence in adolescence (Soenens et al., 2005).

Although it is asserted that adolescents' well-being can be negatively affected by parental control, it is also speculated that this case cannot be generalized to every culture. For instance; studies conducted with more collectivistic cultures such as Asian cultures, indicated that these children do not take parental control as a negative parenting attitude and do not bothered by that (Stewart et al., 1998). In other words, these studies suggested that parental control might be a cultural issue and individuals born into more individualistic cultures are more likely to be affected negatively by parental control (Stewart et al., 2000).

### 1.3. Perfectionism

The construct 'perfectionism' can be described as striving for flawlessness, designation of unrealistically high standards for performance in combination with being excessively critical for one's own performance and overgeneralization of failure (Frost, Marten, Lahart, & Rosenblate, 1990).

According to Frost et al. (1990), perfectionism consists of six dimensions including; excessive concern over mistakes, high personal standards, high parental expectations, excessive parental criticism, doubts about action, order and organization. However, "concern over mistakes" and "doubt about action" found to be major dimensions of perfectionism which are linked with psychopathology (Frost et al., 1990). Moreover, by making any kind of mistake, they reckon that they are a failure and they will lose respect of others (Frost et al., 1997). They also consistently doubt about their performance and believe that they do not complete the work successfully and consistently feel like something is missing (Frost et al., 1997). High personal standards dimension of perfectionism, which is linked to feelings of efficacy and positive affect, is related to one's setting unrealistically high goals and use the results for self-evaluation (Frost et al., 1997). When it comes to the dimension of 'order and organization' an exaggerated wish for neatness, order and organization are emphasized. Although this desire brings along good organizational skills for individuals, it is revealed that people with perfectionistic tendencies invest huge amount of time for the organization phase which causes the work cannot be done in time (Frost et al., 1997). High parental expectations dimension is related to one's own perception about his/her parental expectations (Frost et al., 1997). It is stated that parents who put pressure and set high standards over their children's performance make children vulnerable to perfectionism as well as being shy and

anxious (Antony & Swinson, 1998). Apart from that, 'excessive parental criticism' is also found to be associated with parental expectations, social anxiety and fear of being evaluated by significant others (Antony & Swinson, 1998).

Studies revealed that these six dimensions of perfectionism can be distinguished as 'maladaptive evaluative concerns' and 'positive achievement striving'.XXXX. While excessive concern over mistakes, doubts about actions, parental expectations and parental criticism dimensions are related to maladaptive evaluative concerns, personal standards and organization dimensions was found to be associated with positive achievement striving (Frost et al., 1997; Frost & Steketee, 1997; DiBartolo, Li, Frost, 2007; Kawamura, Hunt, Frost & DiBartolo, 2001; Kawamura & Frost, 2004; Coles, Frost, Heimberg & Rhéaume, 2003). Besides, perfectionism was found to be associated with some adjustment difficulties such as feelings of failure, guilt, procrastination, shame and low self-esteem (Hamacheck, 1978) as well as psychopathologies including depression, anxiety and personality disorders (Enns, Cox, & Clara, 2005).

Perfectionism was found to be related with adaptive and maladaptive behavioral and psychological outcomes especially among university students (Newman, Strickler, O'Brien, Lui & Lynch, 2019). Curran & Hill (2017) found out that the expression of perfectionism among college students increased linearly from 1980 to 2016. Although perfectionism seen as a desirable trait among society (Stoeber & Hotham, 2013) studies showed that perfectionism creates a vulnerability to negative mental health outcomes for college students such as depression, anxiety, and eating disorders (Egan, Wade, & Shafran, 2012; Smith et al., 2018; Klibert et al., 2015; Stoeber et al., 2017). Ghosh & Roy (2017) conducted a study sampled with 150 Indian college students investigated the relationship between perfectionism and

academic procrastination. The results indicated that academic procrastination was positively correlated and predicted by the all three dimensions of perfectionism including self-oriented, other-oriented, and socially prescribed perfectionism. Besides, in the face of parental criticism and failing to meet parental expectations, students are more incline to experience fear of failure (Frost et al., 1990).

Perfectionism and impostor syndrome are defined as two personality traits which linked with a series of psychological difficulties that negatively affect individuals' psychological well-being (Dudau, 2014). In this respect, it seems crucial to investigate the relationship between these two constructs (Dudau, 2014).

According to Dudau (2014), there are several theoretical perspectives asserting the coexistence of these two personality traits besides of the overlapping components between these two. For instance, people with impostor syndrome and perfectionism believe that their performance is not good enough, they both set unrealistically high goals, detail oriented, fear of failure and never-ending wish to get greater results.

Apart from that it is stated that perfectionism can be seen as an inducing, increasing and maintaining factor to impostor feelings (Kets de Vries, 2005). Moreover, constant and relentless self-evaluation and criticism are found to be conjunct features between these two constructs (McGregor et al., 2008). In addition, individuals with impostor feelings are inclined to apply perfectionistic self-promotion strategies, they do not put themselves out with their imperfections since they cannot tolerate any mistakes (Hewitt et al., 2003). Excessive preparation or procrastination are two strategies that impostors apply when they are evaluated (Clance et al., 1995). These strategies can be associated with planfulness and organization dimensions of perfectionism (Dudau, 2014). There are several empirical studies which shed light on the link between impostors and perfectionism. For instance, Ferrari and Thompson

(2006) revealed that people with impostor feelings struggle with perfectionistic thoughts on imperfection, they basically strive for being perfect in order to gain others' approval. Besides, they experience especially self-evaluative perfectionism (Dudau, 2014). In addition, impostorism found to be associated with exaggerated perfectionistic concern over mistake and they are more prone to overestimate their mistakes. They experience exaggerated amount of fear of negative evaluation (Thompson et al., 2000). Henning and Shaw (1998) investigated the personality factors in the psychological adjustment difficulties among professional health students. The authors stated that impostor phenomenon and perfectionism are two personality factors that contribute to incidence of anxiety and depressive disorder. Therefore, they investigated the relationship between perfectionism, impostor feelings and psychological distress among university students. It was found that 27.5% of these students are struggling with psychiatric levels of distress. Besides, these variables were found to be strongly related with each other while perfectionism and impostor feelings were found to be as crucial predictors of psychological adjustment difficulties compared to demographic variables which linked with distress in this population.

#### **1.4. Narcissism**

Based on prior studies perfectionism seems one of the important factors underlying impostor syndrome but narcissism as a maladaptive personality variable can be another factor promoting impostor phenomenon.

According to American Psychiatric Association (APA) narcissistic personality disorder is “a pervasive pattern of grandiosity, need of admiration, and lack of empathy, beginning by early adulthood and present in a variety of contexts” (DSM-5; APA, 2013). Studies revealed that there are two subtypes of narcissism

labelled as grandiose and vulnerable (Miller & Campbell, 2008). While grandiose narcissism is characterized by the personality traits including grandiosity, aggression and dominance, vulnerable or hypersensitive narcissism implies on a defensive and insecure grandiosity which conceal feelings of inadequacy, incompetence and negative affect (Miller, Hoffman, Gaughan, Gentile, Maples & Campbell, 2011). People with vulnerable narcissism experience more internalizing problems and psychological distress whereas people with grandiose narcissism struggle with externalizing behaviors, specifically anger and aggression in the face of ego threats (Bushman & Baumeister, 1998). Vulnerable narcissistic people's idealized self is accompanied by struggles with doubt about self and shame. Besides, they tend to be socially withdrawn in the presence of perceived threats to ideal self-portrayal or absence of applause from others (Wright et al. 2010).

In a family environment where there is a restricted amount of support, communication and emotion accompanied by family conflict, impostors are insecure about their true self (Langford, 1990). Besides, parents who restrict the support for child's feelings and individual development may develop a 'false self' in order to receive approval (Bussotti, 1990). Since they have a strong need to please others, these individuals modify their behaviors and conform to their families' standards in order to get affection and positive feedback from their parents (Bussotti, 1990; Clance, 1985). In a family environment like this, the child experience feelings of shame, humiliation and inauthenticity (Clance, 1985). According to Kohut's (1984) narcissistic personality theory, parents provide a mirroring function to the child in order to develop a secure sense of self. This mirroring function occurs in an environment where the child's needs and emotions are responded and validated. A child living in that kind of atmosphere will develop a secure sense of self and stable

self-esteem. In the opposite family environment, as the impostors have (Clance, 1993), the child tries to live up to the parents' expectations which can be called as an 'idealized image'. By doing so, the child experiences self-alienation and develops 'false self'. A child whose parents provide the mirroring function will be able to internalize this function and can experience on his/her on. Therefore, they have a stable sense of self and self-esteem. When this process did not accomplish by the child, they become fragile in the face of criticism and feel ashamed and worthless. Besides, their self-esteem depends on the feedbacks they received (Kohut, 1984; Rothstein, 1980). In the light of this narcissistic dynamics, it can be stated that impostors' need for praise and achievement are related with feeling good about themselves as well as protecting themselves from a narcissistic injury (Clance, 1993). In this respect it can be stated that there might be a relationship between narcissism and impostor phenomenon. investigated this relationship with a sample of managers and revealed that narcissism was linked to impostor syndrome. Besides, Kaufmann et al., (2018) investigated the relationship between narcissism, authenticity and well-being. They revealed that both grandiose and vulnerable narcissism are related to impostor syndrome. They stated that people with vulnerable narcissism and impostor syndrome experience self-uncertainty and inauthenticity.

### **1.5. Aims and Importance of the Current Study**

Research has consistently suggested that psychological control, as an emotionally manipulative parenting practice, is associated with negative effects on adolescents' psychological development (Baumrind, 1971; Steinberg, 1990). Since mothers' and fathers' psychological control inhibit development of the adolescents' autonomy with forming a maladaptive emotional attachment between parent and

adolescent, the likelihood of having internalizing problems such as depression and anxiety disorders increases (Soenens et al., 2010). Studies also revealed that parental practices are important predictors of impostor feelings (Bussotti, 1990). More specifically, high levels of parental control found to be positively correlated with impostor feelings (Sonnak & Towell, 2001). Moreover, Bussotti (1990), states that low levels of cohesion and expressiveness and high levels of parental control within a family environment, increase the risk of child developing impostor feelings. Therefore, in the current study, to get a better understanding of impostor phenomenon, the predictive effect of parental psychological control from both father and mother will be investigated with a sample of Turkish undergraduate students.

Studies have revealed that parental psychological control is also related to perfectionism. To give an example; inconsistent and conditional approval of parents was found to be predictor factors for developing perfectionism (Hamachek, 1978). Also, parental tactics such as love withdrawal and being highly evaluative may lead children to develop perfectionism (Burns, 1980). Following this, parental psychological control might be an important predictor of perfectionism. The relationship between perfectionism and impostor phenomenon is highly intertwined, from one aspect perfectionism is a vulnerability factor to the development of impostor phenomenon (Kets de Vries, 2005; Sakulku & Alexander, 2011) but from another aspect individuals with impostor feelings tend to have perfectionistic cognitions (Ferrari & Thompson, 2006) also prone to apply perfectionistic self-presentation strategy which also associated with perfectionism (Hewitt et al., 2003). Therefore, in the light of these findings, in the current study, the mediator role of perfectionism between the parental psychological control and impostor phenomenon relationship will be examined.

In the current study, the mediator role of narcissism will also be considered. Since parenting is one of the contributors to the development of narcissism, parental psychological control is expected to be a significant predictor of narcissism (Mechanic & Barry, 2014). Horton, Bleau & Drwecki (2006) revealed the link between parental warmth and both grandiose and vulnerable narcissism. Besides, Cramer (2011) conducted a longitudinal study investigating parenting and narcissism. It was found out that unresponsive and demanding parenting practices contributes to maladaptive narcissism. More specifically, Cramer (2011) shows that low levels of parental warmth and high levels of parental control predict maladaptive narcissism. In addition, psychologically controlling parents who use emotionally manipulative tactics increase the likelihood of children developing both vulnerable and grandiose narcissism (Miller & Campbell, 2008).

Since vulnerable narcissism has been linked to internalizing problems including depression, low self-esteem, sensitivity to criticism and rejection (Ellison, Levy, Cain, Ansell, & Pincus, 2013; Pincus, Cain, & Wright, 2014), in the current study, vulnerabl narcissism is expected to play a role in predicting impostor phenomenon. Kaufman, Weiss, Miller & Campbell (2018) investigated the link between dimensions of narcissism and impostor phenomenon. They revealed significant positive correlation between impostor phenomenon and grandiose and vulnerable narcissism. Besides, they stated that individuals with grandiose or vulnerable narcissism are more vulnerable to develop psychological problems associated with fractured self-including self-alienation, weak sense of self and impostor phenomenon. Therefore, in the proposed study, the mediator role of both grandiose and vulnerable narcissism between the parental psychological control and impostor phenomenon relationship will be explored. In addition, with these proposed

hypotheses the mediator roles of narcissism and perfectionism can be compared to reach a better understanding of impostor phenomenon.

### **1.5.1. Hypotheses of the Current Study**

All hypotheses of the current study were pre-registered. <https://osf.io/t2ex3/>

1. Perceived parental psychological control will significantly predict impostor phenomenon.
2. Perfectionism will significantly predict impostor phenomenon.
3. Narcissism (grandiose/vulnerable) will significantly predict impostor phenomenon.
4. The relationship between impostor phenomenon and perceived parental psychological control will be mediated by perfectionism.
5. Narcissism (grandiose/vulnerable) will mediate the relationship between perceived parental psychological control and impostor phenomenon.

## **CHAPTER 2**

### **METHOD**

This chapter provides information about the demographic characteristics of the participants, materials and the procedure that was followed to conduct this study.

## 2.1. Participants

In order to estimate the sample size of the current study Kenny's (2017) power analysis was applied with regarding the manual prepared by Giner-Sorolla, Aberson, Bostyn, Carpenter, Contrique, Lewis, Soderberg (2020). For the proposed mediation hypothesis, a power analysis suggests that for an effect size of .27, power of .27, power of .8 and alpha level of .05, the minimum sample size required is 105. A total of 180 participants age between 18 to 29 years ( $M_{age} = 21$  years old,  $SD = 2.63$ , range=18-29 years old) from Istanbul are included in the study. Detailed demographic information about participants is presented in Table 2.1.

Table 2.1  
*Demographic Characteristics of the Sample*

	<i>N</i>	Percentage (%)
<b>Age Groups</b>		
From 18 to 25	166	92,2
From 25 to 29	14	6,7
Missing	1	0,6
<b>Gender</b>		
Woman	142	78,9
Man	37	21,1
<b>University Entrance Rankins</b>		
top 5.000	16	8,9
From 5.000 to 10.000	21	11,7
From 10.000 to 15.000	12	6,7
From 15.000 to 20.000	27	7,8
From 20.000 to 30.000	321	8,3
From 30.000 to 40.000	54	2,2
From 40.000 to 50.000	24	4,4
50.000+	117	50,0

## **2.2. Instruments**

### **2.2.1. Socio-Demographic Information Form**

All participants fulfilled a demographic information form (see Appendix A) on socio-demographic features (age, gender, university entrance rankings, university name, grade).

### **2.2.2. Impostorism Scale (IS)**

Impostorism Scale (IS) was developed by Leary, Patton, Orlando, and Funk, (2000). The scale is being used in order to assess impostor feelings in the general population. In order to get a better understanding of core theoretical assumptions of impostor phenomenon, three studies carried out (Leary et al., 2000). In order to measure impostor phenomenon, three multidimensional impostor phenomenon scales were examined including Impostor Phenomenon Scale which developed by Harvey and Katz (1985) which is a 14 item scale developed with graduate and undergraduate population, Clance Impostor phenomenon Scale (CIPS) developed by Clance (1985) which is a 20 item scale and Perceived Fraudulence Scale developed by Kolligan and Sternberg (1991) which is a 51 item scale. It is revealed that there are significant correlations between these measures. In detail, the correlation between CIPS and Perceived Fraudulence Scale was .86, the correlation between CIPS and Impostor Phenomenon Scale was .70, the correlation between Perceived Fraudulence Scale and Impostor Phenomenon Scale was .76. The Cronbach's alpha level for CIPS was found as .90. The Cronbach's alpha level for Impostor Phenomenon Scale was .72 and for Perceived Fraudulence Scale was .88 (Leary et al., 2000).

IS is a unidimensional measure which emphasized the fundamental aspect of impostorism as a feeling like a phony. It consists of 7 items rated on a 5-point Likert-scale, ranging from *1-not all characteristics* to *5-extremely characteristics*. The correlation between IS and CIPS was between the range of .70 and .80. Also, the Cronbach's alpha level of IP was .87 (Leary et al., 2000).

Akın et al. (2015) conducted Turkish adaptation of IS. The Cronbach's alpha for the Turkish version of the scale was calculated to be .89 (Akın et al., 2015). Finally, the Cronbach's alpha level for IS in the current study was .90.

### **2.2.3. Psychological Control Scale-Youth Self Report (PCS-YSR)**

The PCS-YSR was developed by Barber (1996) and then cross-culturally developed 8 new items added into the scale (Barber et al., 2007). The Scale was adapted to Turkish by Sayıl and Kindap (2010) in order to measure participants' perception on their parents' psychological control levels. It consists of 16 items and for each item participants asked to rate their fathers and mothers separately on a 4- point Likert scale ranging from *1- not like him/her*, to *4- a lot like him/her*. Totally, there are 32 items in the scale. The Cronbach's alpha for the Turkish version of the scale ranged between .73-.78 for mothers and .74-.78 for fathers. Although this scale was developed for adolescent population, it is also used for college students and the Cronbach's alpha level were found to range between .72 and .86 (Luyckx, Soenens, Vansteenkiste, Goossens, & Berzonsky, 2007). Besides, Kurt, Sayıl and Tepe (2013) used PCS-YSR for university student population, age range between 17-25 and the scale was found to be valid for this population with the Cronbach's alpha level of .88 for both mothers and fathers. In the current study, the

Cronbach's alpha level for perceived psychological control from mothers was .92, for fathers .94 and Cronbach's alpha level for perceived parental psychological control from both father and mother was .95.

#### **2.2.4. The Short Form of The Five-Factor Narcissism Inventory (FFNI-SF)**

The short form of the Five-Factor Narcissism Inventory (FFNI) which was developed by Glover et al., (2012) was adapted to Turkish by Eksi (2015) in order to assess personality components linked with narcissism. FFNI-SF consists of 60 items rated on a 5-point Likert-type scale ranging from *1-strongly disagree* to *5-strongly agree*. FFNI-SF consists of 15 five-factor traits including acclaim-seeking, arrogance, authoritativeness, distrust, entitlement, exhibitionism, exploitativeness, grandiose fantasies, indifference, lack of empathy, manipulativeness, need for admiration, reactive anger, shame, and thrill-seeking and has two domains as grandiose narcissism and vulnerable narcissism. FFNI-SF can also be used to assess both grandiose and vulnerable narcissism. By combining need for admiration, reactive anger and shame dimensions a vulnerable narcissism score can be calculated. Also, by combining the acclaim-seeking, arrogance, authoritativeness, distrust, entitlement, exhibitionism, exploitativeness, grandiose fantasies, indifference, lack of empathy, manipulativeness and thrill-seeking dimensions, a grandiose narcissism score can be obtained.

Alpha values for the subscales were .64 for acclaim-seeking, .60 for arrogance, .65 for authoritativeness, .57 for distrust, .74 for entitlement, .70 for exhibitionism, .79 for exploitativeness, .58 for grandiose fantasies, .74 for indifference, .69 for lack of empathy, .67 for manipulativeness, .56 for need for admiration, .63 for reactive anger, .76 for shame, and .75 for thrill-seeking. The

Cronbach's alpha value calculated for the overall scale was .87. In the current study, Narcissism was examined as grandiose and vulnerable narcissism. The Cronbach's alpha level for overall scale was .91, the Cronbach's alpha level for grandiose narcissism was .91 and the Cronbach's alpha level for vulnerable narcissism was .85.

### **2.2.5. Frost Multidimensional Perfectionism Scale (FMPS)**

The FMPS is one of the well-known instruments assessing perfectionism developed by Frost et al., (1990) and adapted to Turkish by Kağan (2011). FMPS consists of 35 items on a 5-point Likert-type scale ranging from 1-*strongly disagree* to 5-*strongly agree*. The Cronbach's alpha levels for the dimensions including concern over mistakes, doubt about action, personal standards, parental expectations, parental criticism and organization ranged between .64 to .94. The total Cronbach's alpha was calculated to be .91. Cronbach's alpha values for the sub-scales were .85 for concern over mistake, .79 for personal standards, .84 for parental expectations, .72 for parental criticism, .64 doubt about action, .94 for organization (Kağan, 2011). In the current study, The Cronbach's alpha level for the overall scale was .94. Besides, The Cronbach's alpha levels; for the concern over mistakes dimension was .89, for doubt about action dimension was .81, for personal standards dimension was .85, for parental expectation dimension .89, for parental criticism dimension .82, and finally for the order/organization dimension was .95.

### **2.3. Procedure**

The data was collected from undergraduate students between the ages of 18-29 via the snowball method. Participants participated to the study based on

volunteerism. Prior to the data collection, all participants provided with informed consent that included information about the study and the confidentiality. Data was collected online. All participants received the scales in the following order; Demographic Information Form, Impostorism Scale, Perceived Parental Psychological Control Scale, Frost Multidimensional Perfectionism Scale, The Short Form of The Five-Factor Narcissism Inventory. All scales were requested to be filled at the same time and take about 15-20 minutes to complete.



## **CHAPTER 3**

### **RESULTS**

In this section, firstly bivariate correlations will be explained. Secondly, descriptive statistics will be presented. Thirdly, multiple regression analyses will be conducted. Lastly, mediation analyses will be reported.

#### **3.1. Preliminary Analyses and Bivariate Correlations**

Pearson's correlation analysis was examined with the variables of the current study including perfectionism (doubt about action, concern over mistakes, personal standards, parental expectations, parental criticism and order/organization), narcissism (grandiose and vulnerable), perceived parental psychological control (from mothers and fathers), and impostor phenomenon (see Table 3.1).

The results showed that there was a significant positive relationship between impostor phenomenon and narcissism  $r(178) = .27, p < .01$ . Specifically, impostor phenomenon was found to be positively correlated with vulnerable narcissism  $r(178) = .43, p < .01$ . Besides, impostor phenomenon was found to be positively correlated with perfectionism  $r(178) = .42, p < .01$ . In detail, impostor phenomenon was positively correlated with both the concern over mistake dimension of perfectionism  $r(178) = .49, p < .01$  and doubt about action dimension  $r(178) = .45, p < .01$ . In addition, there was a significant positive correlation between impostor phenomenon and perceived parental psychological control  $r(178) = .53, p < .01$ . In detail, impostor phenomenon was positively correlated with both perceived parental psychological control from mother  $r(178) = .41, p < .01$  and father  $r(178) = .54, p < .01$ .

Table 3.1 *Bivariate Correlations among Variables*

Variable Name	1	2	3	4	5	6	7	8	9	10	11	12	13
<b>1.IP</b>													
<b>2.Narcissism</b>	.271**												
<b>3.Grandiose N</b>	.150*	.948**											
<b>4.Vulnerable N</b>	.429**	.522**	.225**										
<b>5.Perfectionism</b>	.421**	.520**	.427**	.450**									
<b>6.COM</b>	.494**	.468**	.321**	.574**	.815**								
<b>7.DAA</b>	.446**	.283**	.167*	.421**	.701**	.678**							
<b>8.PPCC</b>	.526**	.320**	.220**	.391**	.530**	.414**	.337**						
<b>9.PPCCM</b>	.411**	.308**	.308**	.353**	.471**	.357**	.295**	.318**					
<b>10.PPCCF</b>	.538**	.274**	.274**	.356**	.490**	.393**	.315**	.323**	.499**				
<b>11. PS</b>	.244**	.590**	.580**	.252**	.817**	.605**	.418**	.354**	.318**	.323**			
<b>12. PE</b>	.222**	.351**	.288*	.303**	.746**	.465**	.374**	.547**	.492**	.499**	.515**		
<b>13. PC</b>	.440**	.245**	.162*	.316**	.674**	.521**	.449**	.689**	.624**	.642**	.364**	.687**	
<b>14. Order</b>	.070	.219**	.212**	.101	.591**	.224**	.287**	.104	.096	.093	.447**	.315**	.165*

*Notes.* IP: Impostor Phenomenon, COM: Concern Over Mistakes, DAA: Doubt About Action, PPCC: Perceived Parental Psychological Control, PPCCM: Perceived Parental Psychological Control from Mother, PPCCF: Perceived Parental Psychological Control from Father, PS: Personal Standards, PE: Parental Expectations, PC: Parental Criticism.

### 3.2. Predicting Impostor Phenomenon from Narcissism (Vulnerable/Grandiose)

A linear regression analysis was performed to predict impostor phenomenon. Centered scores of vulnerable narcissism and grandiose narcissism were entered in the first step. While vulnerable narcissism ( $\beta = .416$ ,  $t(177) = 5.981$ ,  $p < .001$ ), [ $R^2 = .18$  (95% *CI* [1.79, 2.01]),  $F(2,177) = 20.32$ ,  $p < .001$ ] predicted impostor phenomenon, grandiose narcissism did not, as shown in Table 3.2.

Table 3.2  
Regression Analysis for Narcissism Predicting Total Score of IP

Variables	R	R <sup>2</sup>	$\Delta R^2$	F	B	SE	$\beta$
	.432	.187	.178	20.32**			
Vulnerable narcissism					.476	.080	.416**
Grandiose narcissism					.096	.119	.056

Notes. \* $p < .05$ , \*\* $p < .01$

Dependent Variable: Centered Score of Impostor Phenomenon

### 3.3. Predicting Impostor Phenomenon from Perceived Parental Psychological Control (from Mother and Father)

A linear regression analysis was performed to predict impostor phenomenon. Centered scores of perceived parental psychological control from mother and father were entered in the first step. Perceived parental psychological control from father ( $\beta = .468$ ,  $t(177) = 5.668$ ,  $p < .001$ ), [ $R^2 = .29$  (95% *CI*[1.79, 1.99]),  $F(2,177) = 37.33$ ,  $p < .001$ ] predicted impostor phenomenon. However, perceived parental psychological control from mother did not predict impostor phenomenon, as shown in Table 3.3.

Table 3.3  
*Regression Analysis for Perceived Parental Psychological Control Predicting Total Score of IP*

Variables	R	R <sup>2</sup>	ΔR <sup>2</sup>	F	B	SE	β
	.545	.297	.289	37.33**			
PPCF					.603	.106	.468**
PPCM					.152	.115	.109

Notes., \*\* $p < .01$

Dependent Variable: Centered Score of Impostor Phenomenon, PPCF: Perceived Parental Psychological Control from Father, PPCM: Perceived Parental Psychological Control from Mother

### 3.4. Predicting Impostor Phenomenon from Perfectionism (Concern over Mistakes/ Doubt about Action/Personal Standards/Parental Expectations/Parental Criticism/Order)

A linear regression analysis was performed to predict impostor phenomenon. Centered scores of Concern over Mistakes, Doubt about Action, Personal Standards, Parental Expectations, Parental Criticism, Order and Organization were entered in the first step. Concern Over Mistakes ( $\beta = .308$ ,  $t(173) = 3.028$ ,  $p < .05$ ), Doubt about Action ( $\beta = .172$ ,  $t(173) = 1.969$ ,  $p < .05$ ), Parental Expectations ( $\beta = -.213$ ,  $t(173) = -2.268$ ,  $p < .05$ ), and Parental Criticism ( $\beta = .361$ ,  $t(173) = 3.915$ ,  $p < .01$ ), [ $R^2 = .33$  (95% CI[-0.99, 0.99]),  $F(6,173) = 14.39$ ,  $p < .001$ ] predicted impostor phenomenon, but personal standards and order and organization were not significant predictors of impostor phenomenon, as shown in Table 3.4.

Table 3.4

*Regression Analysis for Perfectionism Predicting Total Score of IP*

Variables	R	R <sup>2</sup>	ΔR <sup>2</sup>	F	B	SE	β
	.577	.333	.310	14.389**			
COM					.258	.085	.308*
DDA					.137	.070	.172*
PE					-.152	.067	-.213*
PC					.296	.076	.361**
PS					-.019	.081	-.022
Order/organization					-.023	.055	-.030

Notes. \* $p < .05$ , \*\* $p < .01$

Dependent Variable: Centered Score of Impostor Phenomenon, COM: Concern Over Mistakes, PE: Parental Expectations, PC: Parental Criticism, PS: Personal Standards

### **3.5. Predicting Impostor Phenomenon from Perceived Parental Psychological Control (from Mother/Father), Perfectionism (Concern over Mistakes/ Doubt about Action/Personal Standards/Parental Expectations/Parental Criticism/Order) and Narcissism (Vulnerable/Grandiose)**

A linear regression analysis was conducted to predict impostor phenomenon with all proposed predictors to find out better predictors of impostor phenomenon and to continue the mediation hypotheses with the most parsimonious models. Centered scores of perceived parental psychological control from mothers and fathers, vulnerable and grandiose narcissism and concern over mistakes, doubt about action, parental expectations, parental criticism, personal standards and order/organisation was entered in the first step. Concern over mistakes ( $\beta = .225$ ,  $t(169) = 2.168$   $p < .01$ ), doubt about action ( $\beta = .167$ ,  $t(169) = 2.07$ ,  $p < .01$ ), parental expectations ( $\beta = -.266$ ,  $t(169) = -3.07$ ,  $p < .01$ ) and perceived parental psychological control from father ( $\beta = .383$ ,  $t(169) = 4.64$ ,  $p < .01$ ), [ $R^2 = .45$

(95% CI[1.80, 1.89]),  $F(10,169)= 14.02, p < .001$  predicted impostor phenomenon, as shown in Table 3.5 personal standards, parental criticism, order and organization, perceived parental psychological control from mother, vulnerable narcissism and grandiose narcissism were not significant predicting impostor phenomenon. For follow up mediation analyses, perceived parental control from father was considered as an independent variable, and for mediators only significant perfectionism subscores and vulnerable narcissism scores were taken into account for predicting impostor phenomenon.

Table 3.5.

*Regression Analysis for Variables Predicting Total Score of IP*

Predictor Variables	R	R <sup>2</sup>	ΔR <sup>2</sup>	F	B	SE	β
1.Step	.673	.454	.421	14.025**			
COM					.188	.087	.225*
DAA					.133	.064	.167*
PE					-.191	.062	-.266**
PPCF					.494	.106	.383**
PC					.107	.081	.130
PS					-.060	.087	-.067
Order					.004	.051	.006
PPCM					.076	.114	.054
Vulnerable N.					.139	.085	.122
Grandiose N.	.673	.454	.421	14.025**	.059	.122	.035

Notes. \* $p < .05$ , \*\* $p < .01$

Dependent Variable: Centered Score of Impostor Phenomenon, COM: Concern Over Mistakes, PE: Parental Expectations, PPCF: Perceived Parental Psychological Control From Father, PC: Parental Criticism, PS: Personal Standards, PPCM: Perceived Parental Psychological Control From Mother.

### 3.6. Vulnerable Narcissism as a Mediator of The Relationship between Perceived Parental Psychological Control from Father and Impostor Phenomenon

To test whether vulnerable narcissism mediates the relationship between perceived parental psychological control from father and impostor phenomenon, a mediation model using Model 4 of the Hayes (2012) PROCESS macro with bootstrapping procedure of 5.000 resamples was used. Results showed that perceived parental psychological control was a significant predictor of vulnerable narcissism ( $B = .401$   $p < .001$ ) and vulnerable narcissism was a significant predictor of impostor phenomenon ( $B = .310$   $p < .001$ ). Additionally an indirect significant effect of perceived parental psychological control from father on impostor phenomenon through vulnerable narcissism emerged ( $B = .693$ , 95%  $CI$  [.53, .85]). When entered together, the direct effect of perceived parental psychological control was still significant ( $B = .569$ , 95%  $CI$  [.40, .73]) indicating a partial mediation effect. Approximately 35% of the variance in impostor phenomenon was explained by perceived parental psychological control from father and vulnerable narcissism ( $R^2 = .35$  (95%  $CI$  [.40, .73]),  $F(2, 177) = 48.499$ ,  $p < .001$ ). Participants' gender was found as a non-significant covariate.

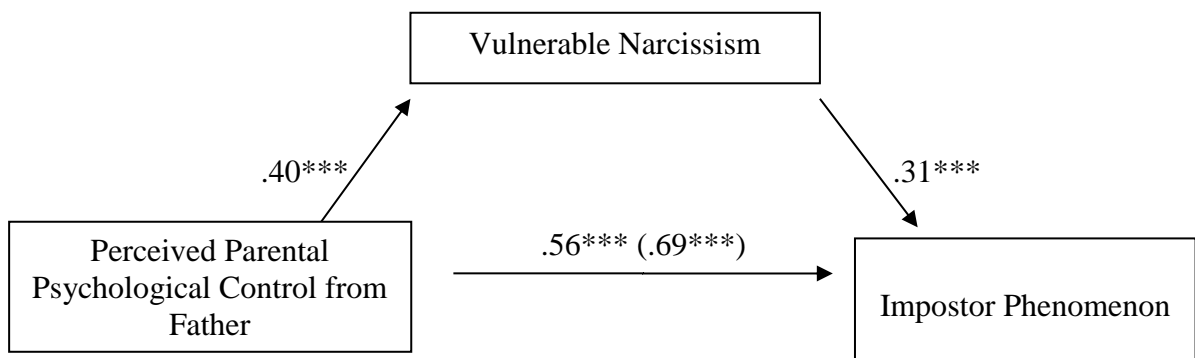


Figure 3.1. Mediation model among total participants with unstandardized regression coefficients for the relationship between perceived parental psychological control from father and impostor phenomenon mediated by vulnerable narcissism.

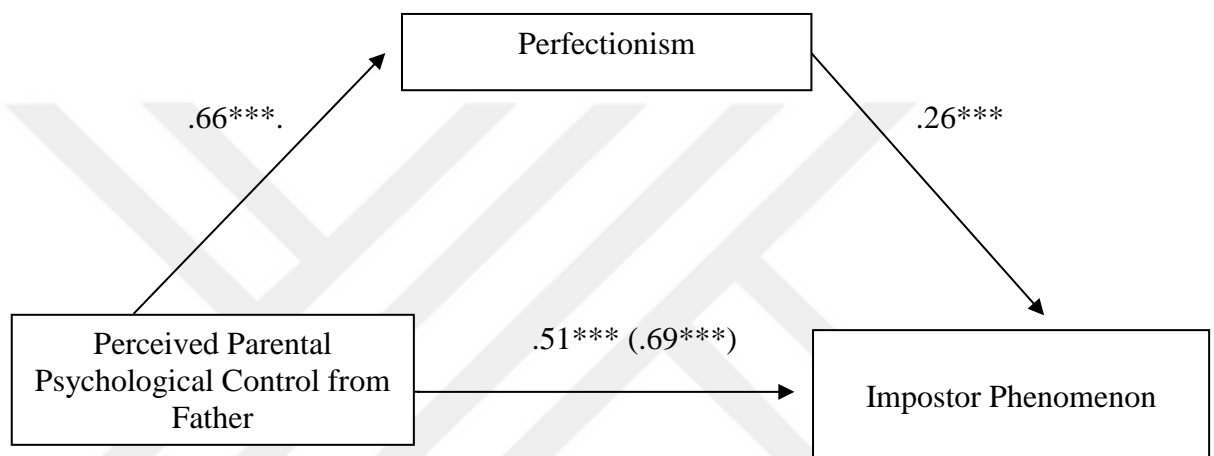
Notes. The unstandardized regression coefficient between parental psychological from father control and impostor phenomenon controlling for the impostor phenomenon is in parentheses.

\* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$

### **3.7. Perfectionism (Combined Dimensions of Concern over Mistakes/Doubt about Action/Parental Expectations) as a Mediator of The Relationship between Perceived Parental Psychological Control from Father and Impostor Phenomenon**

Perfectionism scores was calculated by an average score obtained from the sub-scales; Concern Over Mistakes, Doubt about Action, Parental Expectations as the rest of the perfectionism sub-scales were not significant. To test whether perfectionism mediates the relationship between perceived parental psychological control from father and impostor phenomenon, a mediation model using Model 4 of the Hayes (2012) PROCESS macro with bootstrapping procedure of 5.000 resamples was used. Results showed that perceived parental psychological control was a significant predictor of perfectionism ( $B = .669$   $p < .001$ ) and perfectionism was a significant predictor of impostor phenomenon ( $B = .265$   $p < .001$ ). Additionally, an indirect significant effect of perceived parental psychological control from father on impostor phenomenon through perfectionism emerged ( $B = .693$ , 95%  $CI$  [.53, .85]). When entered together, the direct effect of perceived parental psychological control was still significant ( $B = .515$ , 95%  $CI$  [.33, .69]) indicating a partial mediation effect. Approximately 34 % of the variance in impostor phenomenon was explained by perceived parental psychological control from father and perfectionism ( $R^2 = .34$

(95% *CI* [.49, .84]),  $F(2, 177) = 57.545, p < .001$ ). Participants' gender was not a significant covariate.



*Figure 3.2.* Mediation model among total participants with unstandardized regression coefficients for the relationship between perceived parental psychological control from father and impostor phenomenon mediated by perfectionism.

*Notes.* The unstandardized regression coefficient between discrepancy and depression controlling for the impostor phenomenon is in parentheses.

\* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$

### **3.8. Concern Over Mistakes, Doubt About Action and Parental Expectations as Mediators of The Relationship between Perceived Parental Psychological Control from Father and Impostor Phenomenon**

To test which perfectionism dimensions were better mediator on the link between perceived parental psychological control from father and impostor phenomenon, in this step all significant perfectionism sub-scores were put in the mediation analysis all together. With mediators' role of concern over mistakes, doubt about action and parental expectations the relationship between perceived parental

psychological control from father and impostor phenomenon, a mediation model using Model 4 of the Hayes (2012) PROCESS macro with bootstrapping procedure of 5.000 resamples was applied. Results showed that perceived parental psychological control was a significant predictor of concern over mistakes ( $B = .60$   $p < .001$ ), doubt about action ( $B = .51$   $p < .001$ ) and parental expectations ( $B = .89$   $p < .001$ ). Moreover, concern over mistakes ( $B = .23$   $p < .001$ ), doubt about action ( $B = .14$   $p < .001$ ) and parental expectations ( $B = -.15$   $p < .001$ ) significantly predicted impostor phenomenon. Additionally an indirect significant effect of perceived parental psychological control from father on impostor phenomenon through Concern over mistakes, doubt about action and parental expectations emerged ( $B = .61$ , 95%  $CI$  [.44, .85]). When entered together, the direct effect of perceived parental psychological control from father was still significant ( $B = .569$ , 95%  $CI$  [.40, .78]) indicating a partial mediation effect. Approximately 44 % of the variance in impostor phenomenon was explained by perceived parental psychological control from father, concern over mistakes, doubt about action and parental expectations ( $R^2 = .44$  (95%  $CI$  [.53, .85]),  $F(4, 175) = 33.04$ ,  $p < .001$ ).

### **3.9. Perfectionism and Vulnerable Narcissism as Mediators of The Relationship between Perceived Parental Psychological Control from Father and Impostor Phenomenon**

To test which mediator is stronger on the link between perceived parental psychological control from father and impostor phenomenon, perfectionism and vulnerable narcissism are included in one mediation analysis. With mediators' role of perfectionism and vulnerable narcissism the relationship between perceived parental psychological control from father and impostor phenomenon, a mediation model using Model 4 of the Hayes (2012) PROCESS macro with bootstrapping procedure

of 5.000 resamples was applied. Results indicated that perceived parental psychological control from father was a significant predictor of both perfectionism ( $B = .66, p < .001$ ), and vulnerable narcissism ( $B = .40, p < .001$ ). Furthermore, vulnerable narcissism ( $B = .22, p < .01$ ) and perfectionism ( $B = .17, p < .05$ ) significantly predicted impostor phenomenon. Additionally, an indirect significant effect of perceived parental psychological control from father on impostor phenomenon through vulnerable narcissism and perfectionism emerged ( $B = .48, 95\% CI [.31, .66]$ ). When entered together, the direct effect of perceived parental psychological control from father was still significant ( $B = .69, 95\% CI [.53, .85]$ ) indicating a partial mediation effect. Approximately 37 % of the variance in impostor phenomenon was explained by perceived parental psychological control from father, perfectionism and vulnerable narcissism ( $R^2 = .37, 95\% CI [-.95, .95]$ ),  $F(3, 176) = 35.12, p < .001$ ).

### **3.10. Perfectionism as a Mediator of The Relationship between Perceived Parental Psychological Control from Father and Impostor Phenomenon Across Participants' University Entrance Rankings**

This analysis was performed to explore the moderator role of university entrance rankings on the proposed mediation hypotheses. Since distribution of university entrance ranking were not equal across groups, as shown in Table 2.1, the ranking scores were converted to a categorical variable divided in two levels for having almost equal sample sizes of each (High-Ranking Group, N=90 and Low-Ranking Group, N=90). Before running the mediation analysis, Pearson correlation analysis was conducted and revealed that there is a significant correlation between variables when investigated separately based on university entrance rankings of the participants.

To test, whether perfectionism mediates the relationship between perceived parental psychological control from father and impostor phenomenon across university entrance rankings of the participants, a moderated mediation model using Model 7 of the Hayes (2012) PROCESS macro with a bootstrapping procedure of 5,000 resamples was used. Results showed that perceived parental psychological control from father was not a significant predictor of perfectionism, ( $B = .29, p = .26$ ). Also, university entrance rankings of the participants ( $B = .041, p = .70$ ) and the interaction term ( $B = .27, p = .13$ ) were not predicted perfectionism. Perfectionism was a significant predictor of impostor phenomenon, ( $B = .26, p < .001$ ). When entered together, the direct effect of perceived parental psychological control from father on impostor phenomenon was significant ( $B = .51, 95\% CI [.33, .69], p < .001$ ) together with a significant effect of perfectionism ( $B = .26, 95\% CI [.13, .39], p < .001$ ), Approximately 34% of the variance impostor phenomenon was explained by perfectionism and perceived parental psychological control from father,  $R^2 = .34, F(2, 177) = 47.34, p < .001$ .



## CHAPTER 4

### DISCUSSION

The current study aimed to investigate the mediating roles of perfectionism and narcissism in the relationship between impostor phenomenon and perceived parental psychological control among Turkish undergraduate students. Secondly, the predictive role of vulnerable and grandiose narcissism, dimensions of perfectionism and maternal and paternal parental psychological control on impostor phenomenon was investigated.

First of all, it was hypothesized that narcissism and perfectionism would mediate the relationship between perceived parental psychological control and impostor phenomenon. The results of the mediation analyses revealed that both vulnerable narcissism and perfectionism predicted impostor tendencies. Besides, the effect of gender was controlled in the current study and found out that gender was not a significant covariate. According to the results, perceived parental psychological control from father had a direct effect on vulnerable narcissism. Besides, vulnerable narcissism had a direct effect on impostor tendencies. The mediation analysis

indicated that perceived parental psychological control from father had an indirect effect on impostor phenomenon through vulnerable narcissism. More specifically, individuals with high levels of perceived parental psychological control from father are more likely to develop vulnerable narcissism and in turn increase the likelihood of individuals' developing impostor syndrome. The presence of impostor syndrome increases in the case of high levels of perceived parental psychological control from father. Besides, a partial mediating role of vulnerable narcissism was found in the relationship between perceived parental psychological control from father and impostor phenomenon meaning that the effect of vulnerable narcissism, as a partial mediator, was not found to be as strong as it was hypothesized. This finding pointed that vulnerable narcissism partially explained the potential for individuals to develop impostor tendencies.

Secondly, the results of the current study indicated that, perceived parental psychological control had a direct effect on perfectionism (Combined dimensions of concern over mistakes, doubt about action and parental expectations). Besides, perfectionism had a direct effect on impostor tendencies. The mediation analysis showed that perceived parental psychological control from father had an indirect effect on impostor phenomenon through perfectionism. In detail, individuals with high levels of perceived parental psychological control from father are more likely to develop perfectionism and in turn increase the likelihood of individuals' developing impostor syndrome. The presence of impostor syndrome increases in the case of high levels of perceived parental psychological control from father. Besides, a partial mediating role of perfectionism was found in the relationship between perceived parental psychological control from father and impostor phenomenon meaning that the effect of perfectionism, as a partial mediator, was not found to be as strong as it

was hypothesized. This finding pointed that perfectionism partially explained the potential for individuals to develop impostor tendencies. Besides, a further mediation analysis treating concern over mistakes, doubt about action and parental expectations dimensions of perfectionism as separate mediators indicated that concern over mistakes was the strongest mediator among them.

Thirdly, in order to show whether vulnerable narcissism or perfectionism (combined dimensions of concern over mistakes, doubt about actions and parental expectations) mediates the relationship between perceived parental psychological control from father and impostor phenomenon stronger, a mediation analysis was conducted. Results showed that, both perfectionism and vulnerable narcissism had a direct effect on impostor feelings. Besides, perceived parental psychological control from father had an indirect effect on impostor tendencies through vulnerable narcissism and perfectionism. In detail, individuals with high levels of perceived parental psychological control from father are more likely to develop vulnerable narcissism and perfectionism, in turn, increase the likelihood of individuals' developing impostor syndrome. The presence of impostor tendencies increases in the case of high levels of perceived psychological control from father. Also, a partial mediating role of vulnerable narcissism and perfectionism was found in the relationship between perceived parental psychological control from father and impostor phenomenon. Besides, compared to perfectionism, vulnerable narcissism slightly predicted impostor tendencies. However, perfectionism and vulnerable narcissism explained 37% of the variance in the impostor phenomenon and model with three dimensions of perfectionism explained 44% of the variance impostor phenomenon. Following this, more than vulnerable narcissism, perfectionism plays a bigger role in predicting impostor phenomenon.

According to Clance & Imes (1978), parenting practices are important factors that might cause impostor feelings. Prior studies revealed that higher levels of parental psychological control linked to higher scores in impostor syndrome (Sonnak & Towell, 2000; Want & Kleitman, 2006). According to the results of the current study, while perceived parental psychological control from father predicted impostor feelings, perceived parental psychological control from the mother did not. These results are consistent with previous studies. For instance; Want & Kleitman (2006), examined the relationship between impostor phenomenon and parenting styles with a sample of 115 Australian participants. They found out that high levels of paternal control/overprotection and low levels of paternal care/warmth predicted impostor symptoms. The important contribution of perceived parental psychological control to the development of impostor feelings, can be explained with attachment theory (Bowlby, 1977). Psychologically controlling father may try to actualize his narcissistic needs through his child's achievements. When a child is exposed such parenting attitudes including guilt induction, love withdrawal and criticism, may internalize their parents' wish for achievement to gain approval from their parents which results in a feeling of incompetency. Similarly, our results showed that not maternal but paternal control is more effective to develop impostor tendencies. This might be also related to the role of a father figure on the perceptions of success, for instance, being successful might be more rewarding when the father approves it. This might be related to a strong association between success and outcome while maternal care is less likely to be affected by the outcome, whether there is an achievement or failure, paternal care is more likely to be.

The result of the current study showed that vulnerable narcissism predicted impostor phenomenon whereas grandiose narcissism did not. Prior studies showed

that narcissism was related to impostor syndrome (Rohrman, Bechtoldt & Leonhardt, 2006). Besides, Kaufmann et al., (2018) revealed that both grandiose and vulnerable narcissism are significantly correlated to impostor syndrome. Although a significant correlation between grandiose narcissism and impostor phenomenon was found in the current study, grandiose narcissism did not predict impostor tendencies. One explanation why grandiose narcissism did not predict impostor phenomenon, but vulnerable narcissism did in our study, is that people with grandiose narcissism are more vulnerable to externalizing problems than internalizing problems such as anger and aggression (Bushman & Baumeister, 1998). Besides, people with vulnerable narcissism are more inclined to develop internalizing problems (Bushman & Baumeister, 1998). Since the impostor phenomenon is characterized as an internalizing problem (Langford & Clance, 1993), it could not be predicted by grandiose narcissism in our sample. Also, unlike people with vulnerable narcissism, people with grandiose narcissism tend to have higher levels of self-esteem (Rohmann, Neumann, Herner, & Bierhoff, 2012; Pincus, Ansell, Pimentel, Cain, Wright, & Levy, 2009) which may decrease their likelihood of developing impostor tendencies and this could be a reason why we did not find a predictive effect of grandiose narcissism on impostor tendencies.

According to our results, the dimensions of perfectionism including concern over mistakes, doubt about action, parental expectations and parental criticism predicted impostor phenomenon (maladaptive evaluative concerns) whereas personal standards and order and organization dimensions (positive achievement strivings) did not. In our study, the predicting effect of concern over mistakes and doubt about action on impostor feelings are consistent with prior studies. For instance, Rohrman et al. (2016) and Vergauwe et al. (2015) showed that there was a strong association

between impostor phenomenon and these two dimensions of perfectionism. Besides, these findings are consistent with the theoretical literature suggesting that individuals with impostor tendencies believe that their performance is not good enough, question their performance and experience fear of making any mistakes (Clance, 1987; Imes & Clance 1984; Thompson, Foreman, & Martin, 2000)). Eventhough, Panhause, Klug, Rohrmann (2020) showed that concern over mistakes, doubt about action, personal standards, parental expectations and parental criticism were significantly correlated with impostor feelings, authors reported that only concern over mistakes, doubt about action and personal standards (in a negative way) predicted impostor feelings, which is in line with findings of the present research. Also, order and organization dimensions of perfectionism did not predict impostor tendencies. Similarly, Dudau (2014) showed that maladaptive evaluative concerns were related to impostor tendencies, but positive achievements strivings including personal standards and organizations were not.

#### **4.1. Strengths and Limitations of the Study**

The results of the study should be interpreted considering following limitations and strengths. To the best of our knowledge, proposed study is the first that examines the relationship of parental psychological control including the separate roles of father and mother, narcissism, perfectionism and impostor phenomenon together. In addition, to our knowledge, there is no such study investigating impostor phenomenon sampled with Turkish participants. Therefore, this study provides an insight to the roots of impostor tendencies in Turkish culture. Moreover, In the proposed study, the sample size was noticeably strong to obtain the required effect size.

In the proposed research, one of the limitations refers to sample characteristics. Majority of the participants were female. Also, data was collected from university students. These characteristics of the study increase the generalizability of the findings. Another limitation is the use of self-report measures because these rely on self-observations as the only source of data.

Although the relationship between narcissism and impostor phenomenon can be established theoretically, the number of empirical studies examining this relationship is quite limited in the literature. Besides, there is no such study investigating the predictive role of narcissism on impostor phenomenon. Therefore, the current study contributes to the literature with a better understanding of the relationship between these two constructs.

In the literature, impostor phenomenon was mostly assessed by using Clance Impostor Phenomenon Scale (CIPS) which provides a cut-off point in order to distinguish clinically high levels of impostorism from non-clinical. Since there is no adaptation of CIPS into Turkish, we used Impostorism Scale (IS). IS does not provide a cut-off point which precludes to compare our results in accordance with clinical levels of impostorism. Furthermore, even though there is a strong correlation between these two scales, it is not possible to compare our results with prior studies. Therefore, the generalizability of the findings is questionable. Moreover, the current study does not provide a causal relationship. Even though the relationship between perceived parental control, narcissism, perfectionism and impostor phenomenon was found, it was not possible to say that which one of the variables precedes.

#### **4.2. Clinical Implications and Future Directions**

In the current study, the majority of participants were female. Therefore, the number of participants based on gender was not equally distributed. Although the effect of gender was controlled by covariate analysis, further researchers are recommended to investigate this study with an equal sample size in terms of gender. Li, Hughes & Thu (2014) showed that male and female participants may develop impostor feelings depending on different mechanisms through maternal and paternal family practices. Therefore, future studies are recommended to investigate this relationship with a gender-balanced sample.

In the literature, research on impostor phenomenon are based on cross-sectional designs. In order to see the predictive effect of parental psychological control on impostor feelings with respect to time, longitudinal research designs are needed as perceived parental control decreases in time (Barber, 1996). Besides, it is not possible to infer any causal relationship due to the cross-sectional design of the study. Longitudinal studies are needed to provide more information about the causality between variables included in the current study.

Although this study provides some insight to the relationship between narcissism and impostor tendencies, the relationship between these two constructs needs further investigation. Apart from parental control, low parental care/warmth was found to be a significant parenting practice which increase the likelihood of impostor feelings while high levels of parental care/warmth play protective role against impostor tendencies (Want & Kleitman, 2006; Li, Hughes, Thu, 2014). Also, low levels of parental care/warmth were one of the contributors to the development of narcissism according to psychoanalytic theory. Therefore, further studies should investigate the possible mediator role of narcissism on the relationship between parental care/warmth and impostor phenomenon. Besides, the role of self-esteem in

the relationship between narcissism and impostor phenomenon might be valuable. Sonnak & Towell, (2001), showed that low levels of self-esteem linked to impostor tendencies. In other words, high levels of self-esteem decrease the likelihood of developing impostor phenomenon. Besides, while grandiose narcissism was associated with increased levels of self-esteem, vulnerable narcissism was linked to decreased levels of self-esteem. In this respect, further studies are recommended to investigate the mediator role of self-esteem in the relationship between narcissism (grandiose/vulnerable) and impostor phenomenon. Moreover, investigating the role of self-esteem in the relationship between perceived parental psychological control, impostor phenomenon and perfectionism will be important. Previous studies revealed that both paternal and maternal psychological control predicts low levels of self-esteem (Bean, & Northrup, 2009; Bean, Bush, McKenry & Wilson, 2003). Also, Cokley et al., (2018) showed that self-esteem mediates the relationship between perfectionism and impostor phenomenon. Therefore, future studies are also recommended to investigate the effect of self-esteem on the relationship between perceived parental psychological control (from mother and father), perfectionism and impostor syndrome.



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## APPENDIX A

### BİLGİLENDİRİLMİŞ ONAM FORMU

Sayın Katılımcı,

Bu çalışma Bahçeşehir Üniversitesi Psikoloji Bölümü Öğretim Üyesi Dr. Beyza Tepe süpervizörlüğünde Klinik Psikoloji Yüksek Lisans öğrencisi Merve Karaman tarafından yürütülmektedir. Bu araştırmanın amacı bazı kişilik özellikler ile algılanan ebeveynlik arasındaki ilişkiyi incelemektir. Araştırma kapsamında sizden 15-20 dakika sürecek bir ölçek çalışmasına katılmanız istenmektedir. Bu çalışmaya katılmak tamamen gönüllülük esasına dayanmaktadır. Çalışmanın amacına ulaşması için sizden beklenen, bütün soruları eksiksiz, kimsenin baskısı veya telkini altında olmadan, size en uygun gelen cevapları içtenlikle verecek şekilde cevaplamanızdır.

Bu formu okuyup onaylamanız, araştırmaya katılmayı kabul ettiğiniz anlamına gelecektir. Ancak, çalışmaya katılmama veya katıldıktan sonra herhangi bir anda çalışmayı bırakma hakkına sahiptir. Bu çalışmadan elde edilecek bilgiler tamamen araştırma amacı ile kullanılacak olup kişisel bilgileriniz gizli tutulacaktır. Bireysel değerlendirmeler yapılmayacak; genel bulgulara ulaşılabilecektir. Araştırma hakkında sorularınız olması durumunda araştırmacıya aşağıdaki iletişim bilgileri üzerinden ulaşabilirsiniz. Katılımınız için teşekkür ederim.

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Araştırmadan önce verilmesi gereken bilgileri gösteren yukarıdaki metni okudum. Bu koşullarla söz konusu araştırmaya kendi rızamla hiçbir baskı ve zorlama olmaksızın katılmayı kabul ediyorum.

Katılımcının İmza

## APPENDIX B

### Bilgi Formu

1. Yaş: \_\_\_\_\_
2. Cinsiyet:  Kadın  Erkek
3. Okuduğu Üniversite: \_\_\_\_\_
4. Okuduğu Bölüm: \_\_\_\_\_
5. Üniversite Giriş Sıralamanız: \_\_\_\_\_
6. Anneniz; Hayatta ( ) Hayatta değil ( ) Öz ( ) Üvey ( )
7. Babanız; Hayatta ( ) Hayatta değil ( ) Öz ( ) Üvey ( )
8. Eğer anne babanız hayatta ise; ( ) Birlikte ( ) Ayrı
9. Ailenizin kaçınıcı çocuğusunuz: \_\_\_\_\_
10. Varsa kız kardeşlerinizin sayısı: \_\_\_\_\_
11. Varsa erkek kardeşlerinizin sayısı: \_\_\_\_\_

## APPENDIX C

### SAHTEKARLIK ÖLÇEĞİ

Aşağıda bazı ifadeler yer almaktadır. Her sorunun karşısında bulunan; (1) Bana hiç uygun değil (2) Bana uygun değil (3) Kararsızım (4) Bana uygun ve (5) Bana tamamen uygun anlamına gelmektedir. Lütfen her ifadeye tek yanıt veriniz ve kesinlikle boş bırakmayınız. Her bir ifadenin size ne kadar uyduğunu aşağıdaki ölçek üzerinde belirtiniz. Size uygun rakamı işaretleyiniz.

Bana hiç uygun değil    1    2    3    4    5    Bana tamamen uygun

1	Bazı zamanlar “gerçekte kim olduğumun” ortaya çıkmasından korkuyorum.	1	2	3	4	5
2	Kendimi sahtekâr gibi hissediyorum.	1	2	3	4	5
3	Benim için önemli olan insanların aslında onların düşündüğü kadar yetenekli olmadığımı anlamalarından korkuyorum.	1	2	3	4	5
4	Bazı durumlarda kendimi sahtekâr gibi hissediyorum.	1	2	3	4	5
5	Bazı zamanlar diğer insanların ne kadar bilgisiz ve beceriksiz olduğumu anlamalarından korkuyorum.	1	2	3	4	5
6	Bazı durumlarda kendimi “büyük bir taklitçi” gibi hissediyorum, yani diğer insanların düşündüğü kadar dürüst olmadığımı.	1	2	3	4	5
7	Bazı durumlarda bir sahtekâr gibi davranıyorum.	1	2	3	4	5

## APPENDIX D

## PSİKOLOJİK KONTROL ÖLÇEĞİ

ANNEM				Aşağıda anne ya da babanızın sizinle ilişkisinde söz konusu olabilecek bazı davranışları yer almaktadır. Lütfen bu davranışların anne ya da babanız için ne oranda geçerli olduğunu size uyan sayıyı daire içine alarak belirtiniz. Önce her bir ifadeyi anneniz için düşünün ve solda yer alan sütunlarda size uyan seçeneği işaretleyin, daha sonra her bir ifadeyi babanız için düşünün ve aynı şekilde sağ tarafta size uyan seçeneği işaretleyin.	BABAM			
Hiç yapmaz	Bazen yapar	Sıklıkla yapar	Her zaman yapar		Hiç yapmaz	Bazen yapar	Sıklıkla yapar	Her zaman yapar
1	2	3	4	1.Eğer onu utandıracak bir şey yaparsam, beni görmezden gelmeye çalıştığı olurdu.	1	2	3	4
1	2	3	4	2. Bazı şeyleri onun gibi düşünmediğimde bana soğuk davrandığı olurdu.	1	2	3	4
1	2	3	4	3. Yapmamam gerektiğini düşündüğü bir şeyi yaptığımda bana kendimi suçlu hissettirdiği olurdu.	1	2	3	4
1	2	3	4	4. Beni başkalarının (arkadaşlarımın) önünde utandırdığı olurdu.	1	2	3	4
1	2	3	4	5. Ailedeki problemler yüzünden beni suçladığı olurdu.	1	2	3	4
1	2	3	4	6. Eğer onu kıracak bir şey yaparsam, gönlünü alıncaya kadar benimle konuşmadığı olurdu.	1	2	3	4
1	2	3	4	7. Beni aşağılayıp, küçük düşürdüğü olurdu (aptal, işe yaramaz vb. olduğunu söylediği zamanlar).	1	2	3	4
1	2	3	4	8. Beni bir başkasıyla haksız yere karşılaştırdığı olurdu (kardeşimle ya da kendi çocukluğuyla).	1	2	3	4
1	2	3	4	9. Beni eleştirirken geçmişte yaptığım hataları dile getirdiği olurdu.	1	2	3	4
1	2	3	4	10. Bir birey olarak bana saygı duymadığı olurdu (konuşmama izin vermediği, diğerlerini bana tercih ettiği zamanlar).	1	2	3	4
1	2	3	4	11. Ben konuşurken sözümü kestiği olurdu.	1	2	3	4
1	2	3	4	12. Bazen odama izinsiz girip, çantamı ve eşyalarımı karıştırdığı olurdu.	1	2	3	4
1	2	3	4	13. Benden çok fazla şey beklediği olurdu (okulda başarılı olma, iyi insan olma vb.).	1	2	3	4
1	2	3	4	14. Ne zaman bir şey anlatmaya çalışsam konuyu değiştirdiği olurdu.	1	2	3	4
1	2	3	4	15. Beni yok saydığı olurdu (beni bırakıp yürüyüp gittiği, beni dikkate almadığı zamanlar).	1	2	3	4
1	2	3	4	16. Herhangi bir şey hakkındaki hislerimi ve düşüncelerimi değiştirmeye çalıştığı olurdu.	1	2	3	4

## APPENDIX E

### BEŞ FAKTÖRLÜ NARSİSİZM ÖLÇEĞİ- KISA FORM

Değerli Katılımcı,

Bu ölçek 60 maddeden oluşmaktadır. Her bir madde 1 ile 5 arası puanlanmaktadır. Lütfen her bir maddeyi dikkatlice okuyunuz ve sizi en iyi tanımlayan seçeneği işaretleyiniz. Doğru ya da yanlış cevap yoktur. Sizden beklenen içtenlikle cevap vererek bilimsel bir çalışmaya yardımcı olmanız. Lütfen bütün sorularla ilgili görüşlerinizi ifade ediniz.

1 = kesinlikle katılmıyorum 2= katılmıyorum 3= kararsızım 4= katılıyorum 5= kesinlikle katılıyorum

1. Aşırı hırslı biriyimdir.	①	②	③	④	⑤
2. Başkaları çok övündüğümü söylerler ama söylediğim her şey doğrudur.	①	②	③	④	⑤
3. Liderlik yapmak benim için kolaydır.	①	②	③	④	⑤
4. Birileri bana iyilik yaptığında, acaba benden ne istiyorlar diye merak ederim.	①	②	③	④	⑤
5. Özel muamele görmeyi hak ediyorum.	①	②	③	④	⑤
6. Başkalarını eğlendirmekten büyük zevk alırım.	①	②	③	④	⑤
7. İlerlemek için insanlardan yararlanmak iyi bir şeydir.	①	②	③	④	⑤
8. Sıklıkla ünlü olmak ile ilgili hayaller kurarım.	①	②	③	④	⑤
9. İnsanlar beni yargıladığında, bunu hiç umursamam.	①	②	③	④	⑤
10. Başkalarının ihtiyaçlarını konusunda kaygılanmam	①	②	③	④	⑤
11. İnsanları manipüle etmede /kullanmada oldukça iyiyimdir.	①	②	③	④	⑤
12. Kendimden emin olmak için sık sık başkalarının iltifatlarına ihtiyacın varmış gibi hissedirim.	①	②	③	④	⑤

13. Eleştirilmekten, o kadar nefret ederim ki, olduğunda öfkemi kontrol edemem.	①	②	③	④	⑤
14. Bir şeyde başarısız olduğumu fark ettiğimde kendimi küçük düşmüş hissederim.	①	②	③	④	⑤
15. Heyecan duymak için neredeyse her şeyi deneyebilirim.	①	②	③	④	⑤
16. Başarılı olmak için inanılmaz bir motivasyonuna sahibim.	①	②	③	④	⑤
17. Sadece kendi ayarımdaki insanlarla ilişki kurarım.	①	②	③	④	⑤
18. Otorite pozisyonu alma konusunda kendimi rahat hissederim.	①	②	③	④	⑤
19. Diğer insanların bana karşı dürüst olacaklarına inanırım.	①	②	③	④	⑤
20. Kuralların başkaları için geçerli olduğu kadar benim için geçerli olduğunu düşünmüyorum.	①	②	③	④	⑤
21. Başkaları tarafından fark edilmekten hoşlanırım.	①	②	③	④	⑤
22. Kendi ilerlemem için insanları birer araç olarak kullanırım.	①	②	③	④	⑤
23. Sık sık çok başarılı ve güçlü olacağıma dair hayaller kurarım.	①	②	③	④	⑤
24. Başkalarının benim hakkımda ne düşündüğü gerçekten umursamam.	①	②	③	④	⑤
25. Başkalarının dertlerini genelde fazla ilgi göstermem.	①	②	③	④	⑤
26. İnsanları bir şeyler yaptırmak için yönlendirebilirim.	①	②	③	④	⑤
27. Benlik duygum istikrarlıdır.	①	②	③	④	⑤
28. Doğru muamele görmediğimde aşırı öfkelendiğim zamanlar olmuştur.	①	②	③	④	⑤
29. Başkalarının önünde küçük düşürüldüğümde berbat hissederim.	①	②	③	④	⑤

30. Gözü pek biriyimdir.	①	②	③	④	⑤
31. Büyük biri olmayı arzularım.	①	②	③	④	⑤
32. Benden daha aşağı kişilerle takılarak zamanımı boşa harcamam.	①	②	③	④	⑤
33. İnsanlar genellikle benim liderliğimi ve otoritemi takip ederler.	①	②	③	④	⑤
34. İnsanlara güvenme konusunda temkinliyimdir	①	②	③	④	⑤
35. Adaletsiz gibi gözükebilir ancak ihtimam, imtiyaz ve ödül gibi ayrıcalıkları hak ediyorum.	①	②	③	④	⑤
36. Bir parti ya da toplantıda en popüler kişi olmaktan hoşlanırım.	①	②	③	④	⑤
37. Başarıya ulaşmak için bazen diğer insanları kullanmanız gerekir.	①	②	③	④	⑤
38. Başarısıyla tanınmış biri olmayı nadiren hayal ederim.	①	②	③	④	⑤
39. Başkalarının eleştirilerine karşı oldukça kayıtsızımdır.	①	②	③	④	⑤
40. Sempati duygum zayıftır	①	②	③	④	⑤
41. Eninde sonunda benim dediğim olur.	①	②	③	④	⑤
42. Hayatta yeterince başarıya ulaşıp ulaşamayacağım hakkında kendimi oldukça güvensiz hissedirim.	①	②	③	④	⑤
43. Hak ettiğim şeyi alamamak beni gerçekten çok öfkelenendir.	①	②	③	④	⑤
44. İnsanlar beni yargıladığında utanırım.	①	②	③	④	⑤
45. Heyecan verici bir şey yapmak için yaralanmayı göze alabilirim.	①	②	③	④	⑤
46. Başarılı olmaya motiveyimdir.	①	②	③	④	⑤

47. Üstün bir insanım.	①	②	③	④	⑤
48. Çoğu durumda sorumluluk almaya eğilimliyimdir.	①	②	③	④	⑤
49. Sık sık diğerlerinin bana gerçeğin tamamını söylemediğini düşünürüm.	①	②	③	④	⑤
50. Özel muamele görmeyi hak ettiğime inanırım.	①	②	③	④	⑤
51. İnsanları eğlendirmeye bayılırım.	①	②	③	④	⑤
52. Kendi hedeflerime ulaşmada diğerlerini kullanmaya istekliyimdir	①	②	③	④	⑤
53. Bir gün benim adımla insanların çoğunun bileceğine inanıyorum.	①	②	③	④	⑤
54. Başkalarının benim hakkımdaki görüşlerini çok az umurumdadır	①	②	③	④	⑤
55. Başkalarının acıları beni üzmez.	①	②	③	④	⑤
56. İnsanlara istediklerimi yaptırmam kolaydır.	①	②	③	④	⑤
57. Keşke başkalarının benim hakkımdaki düşüncelerini bu kadar umurumda olmasaydı	①	②	③	④	⑤
58. İnsanlar bana saygısızlık ettiğinde tepem atar.	①	②	③	④	⑤
59. Başkalarının önünde bir hata yaparsam kendimi aptal gibi hissederim.	①	②	③	④	⑤
60. Riskli ya da tehlikeli şeyler yapmaktan hoşlanırım.	①	②	③	④	⑤

## APPENDIX F

### FROST ÇOK BOYUTLU MÜKEMMELİYETÇİLİK ÖLÇEĞİ

Bu ölçek 35 maddeden oluşmaktadır. Her bir madde 1 ile 5 arası puanlanmaktadır. Lütfen her bir maddeyi dikkatlice okuyunuz ve sizi en iyi tanımlayan seçeneği işaretleyiniz. Doğru ya da yanlış cevap yoktur. Sizden beklenen içtenlikle cevap vererek bilimsel bir çalışmaya yardımcı olmanız. Lütfen bütün sorularla ilgili görüşlerinizi ifade ediniz.

Bana hiç uygun değil    1    2    3    4    5    Bana tamamen uygun

1. Anne-babam benim için çok yüksek ölçütler belirler.	(1) (2) (3) (4) (5)
2. Düzen benim için çok önemlidir.	(1) (2) (3) (4) (5)
3. Çocukken mükemmel yapmadığım şeyler için cezalandırılmışımdır.	(1) (2) (3) (4) (5)
4. Kendim için en yüksek ölçütleri belirlemezsem ikinci sınıf bir insan haline gelebilirim.	(1) (2) (3) (4) (5)
5. Anne-babam benim hatalarımı hiçbir zaman anlamaya çalışmamıştır.	(1) (2) (3) (4) (5)
6. Yapığim her şeyde tam anlamıyla yeterli olmak benim için önemlidir.	(1) (2) (3) (4) (5)
7. Ben tertipli bir insanım.	(1) (2) (3) (4) (5)
8. Düzenli bir insan olmaya çalışırım.	(1) (2) (3) (4) (5)
9. Okulda/işte başarısız olmam halinde insan olarak tümüyle başarısızımdır.	(1) (2) (3) (4) (5)
10. Bir hata yaptığımda hayal kırıklığına uğrarım.	(1) (2) (3) (4) (5)
11. Anne-babam benden her şeyin en iyisini yapmamı ister.	(1) (2) (3) (4) (5)
12. Pek çok insandan daha yüksek hedefler belirlerim.	(1) (2) (3) (4) (5)
13. İşte/okulda birileri bir işi benden daha iyi yapacak olursa o zaman kendimi bütün işte başarısız olmuş gibi hissederim.	(1) (2) (3) (4) (5)
14. Kısmen başarısız olursam, bu durum tümüyle başarısız olmak kadar kötüdür.	(1) (2) (3) (4) (5)
15. Ailemde yalnızca olağanüstü performans yeterince iyi olarak kabul görür.	(1) (2) (3) (4) (5)
16. Çabalarımı bir hedefe ulaşmak için yoğunlaştırmakta çok iyiyimdir.	(1) (2) (3) (4) (5)
17. Bir şeyleri çok dikkatli yaptığım zamanlarda bile çoğu kez tam olarak doğru olmamış gibi hissederim.	(1) (2) (3) (4) (5)
18. Bir şeylerde en iyi olamamaktan nefret ederim.	(1) (2) (3) (4) (5)
19. Aşırı derecede yüksek hedeflerim vardır.	(1) (2) (3) (4) (5)

20. Anne-babam benden mükemmeli beklerler.	(1) (2) (3) (4) (5)
21. Eğer bir hata yapacak olursam insanlar muhtemelen benim hakkımda daha olumsuz düşünürler.	(1) (2) (3) (4) (5)
22. Anne-babamın beklentilerini hiçbir zaman karşılayabilmişim gibi hissetmem.	(1) (2) (3) (4) (5)
23. Bir şeyleri diğer insanlar kadar iyi yapamazsam bu benim daha değersiz bir insan olduğum anlamına gelir.	(1) (2) (3) (4) (5)
24. Diğer insanlar kendileri için bana göre çok daha düşük standartlar belirliyormuş gibi gelir.	(1) (2) (3) (4) (5)
25. Ben her zaman en iyisini yapmazsam insanlar bana saygı duymaz.	(1) (2) (3) (4) (5)
26. Anne-babamın benim geleceğime ilişkin beklentileri her zaman için benimkilerden çok daha yüksek olmuştur.	(1) (2) (3) (4) (5)
27. Düzenli (tertipli) bir insan olmaya çalışırım.	(1) (2) (3) (4) (5)
28. Yaptığım basit günlük şeyler için genellikle şüphelerim vardır.	(1) (2) (3) (4) (5)
29. Tertipli olmak benim için çok önemlidir.	(1) (2) (3) (4) (5)
30. Günlük işlerimde pek çok insana göre çok daha yüksek performans beklerim.	(1) (2) (3) (4) (5)
31. Düzenli bir insanım.	(1) (2) (3) (4) (5)
32. Bir şeyleri tekrar tekrar yaptığım için işlerimde geri kalmaya eğilimliyim.	(1) (2) (3) (4) (5)
33. Bir şeyleri 'doğru' yapmak benim için uzun zaman alır.	(1) (2) (3) (4) (5)
34. Ne kadar az hata yaparsam insanlar beni o kadar fazla sever.	(1) (2) (3) (4) (5)
35. Ailemin ölçütlerini hiçbir zaman karşılayabileceğim gibi hissetmem.	(1) (2) (3) (4) (5)



