

Peer Review

Review of: "Impostor in the Mirror: A Clinician's Reflection on Impostor Syndrome"

Hanna Nori¹

1. Department of Education, Centre for University Pedagogy and Research, University of Turku, Finland

The article "Impostor in the Mirror: A Clinician's Reflection on Impostor Syndrome" is a well-crafted and insightful commentary that uses personal reflection to illuminate the systemic and cultural dimensions of impostor syndrome in medicine. Rather than presenting original empirical research, the piece offers an interpretive and experience-based exploration of how medical training structures, professional expectations, and reflective practices can inadvertently foster self-doubt among clinicians. The author's narrative voice is engaging and authentic, and the integration of individual experience with broader professional and organisational critique gives the text both emotional depth and conceptual weight.

As a commentary, the manuscript is most effective when it remains close to its reflective purpose. The personal vignette at the beginning and the discussion of reflective practice are particularly strong, offering genuine insight into the lived experience of impostor feelings within hierarchical clinical systems. The argument that impostor syndrome should be reframed as a systemic issue rather than a personal failing is convincingly articulated and well supported by the author's professional perspective.

While the commentary does not require extensive theoretical or methodological grounding, a brief engagement with relevant conceptual frameworks—such as communities of practice or the hidden curriculum in medical education—could strengthen its connection to current scholarly discourse and deepen the systemic analysis it offers. The structure could also be refined to ensure smoother transitions between sections and a clearer progression of ideas. The manuscript also alternates between the spellings "*impostor*" and "*imposter*"; for consistency and stylistic precision, it would be advisable to standardize terminology throughout, preferably using "*impostor*," which is the more common academic form. Nevertheless, the essay maintains a coherent flow throughout and conveys a reflective, compassionate tone that aligns well with its purpose and audience.

In summary, this is a thoughtful and valuable commentary that meaningfully contributes to ongoing discussions about professional identity, reflective practice, and psychological wellbeing in medicine. By clearly situating itself as a reflective commentary and making minor stylistic refinements, the piece will stand out as a powerful example of narrative scholarship that bridges personal experience with systemic insight.

Declarations

Potential competing interests: No potential competing interests to declare.