

Peer Review

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

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Overall, this is a compelling personal piece that offers a valuable perspective from an early-career clinician. However, there appears to be some confusion regarding terminology that may conflict with existing literature.

I appreciate the description of the 'rotational catalyst' for insecurity; however, I believe we need to make a critical distinction here. Unfamiliarity is intrinsic to the medical profession—we are lifelong learners. We must be careful not to confuse the natural discomfort of facing the unknown with true Impostor Syndrome.

Impostor Syndrome manifests when an individual is already competent but fears they are hiding a lack of skill. In contrast, a resident or a student entering a new specialty is objectively inexperienced in that specific area. We should frame rotational discomfort as a necessary professional reality to be acknowledged, rather than immediately labeling it as a psychological syndrome.

Furthermore, regulatory bodies (such as the GMC and the ACGME) have shifted their view of competence. They no longer demand that physicians know everything, but rather that they acknowledge that uncertainty is intrinsic to the system. The focus has moved toward responding appropriately to this uncertainty—admitting when one does not know and seeking answers through the literature or the interprofessional team.

Declarations

Potential competing interests: No potential competing interests to declare.