

Peer Review

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

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Reviewer Comments on:

Impostor in the Mirror: A Clinician's Reflection on Impostor Syndrome. Qeios.

Strengths

- Engaging narrative: The first-person reflection powerfully illustrates the lived experience of impostor syndrome in medical contexts.
- Systemic framing: The manuscript shifts the discourse from an individual failing toward structural and cultural drivers in healthcare training and practice.
- Clarity of writing: The article is accessible and well-organized, making complex professional issues understandable to a broad audience.
- Timeliness: Addresses an increasingly recognized challenge in medical education and professional development.

Weaknesses

- Limited evidence base: The discussion relies heavily on personal experience, with minimal engagement with broader empirical literature.
- Narrow perspective: The narrative reflects a single clinician's context and does not address diversity in experiences (e.g., gender, race, cross-cultural differences).
- Lack of applied recommendations: While leadership and mentorship are emphasized, concrete strategies for implementation are underdeveloped.

Suggestions for Improvement

1. Strengthen integration with existing empirical studies on impostor syndrome in healthcare to contextualize personal experiences.
2. Explore variations in impostor syndrome across demographic groups, medical specialties, and cultural settings.
3. Develop actionable recommendations for medical educators and institutions (e.g., structured mentorship programs, reflective practice safeguards).
4. Consider including voices of multiple clinicians to broaden the narrative base.

Overall Evaluation:

This is a thoughtful commentary that reframes impostor syndrome as a systemic issue in medicine. With stronger engagement with empirical research and clearer practical implications, it could become a valuable contribution to the literature on clinician well-being and professional development.

Declarations

Potential competing interests: No potential competing interests to declare.