

Brought to you by [INTERNATIONAL ISLAMIC UNIVERSITY MALAYSIA](#)



Scopus



[Back](#)

Digital Strategies for Preventing Impostor Syndrome: An Exploratory Pilot Study in Malaysia

Proceedings - 2025 10th International Conference on Information and Communication Technology for the Muslim World, ICT4M 2025 • Conference Paper • 2025 •

DOI: 10.1109/ICT4M68001.2025.11363550

[Tuncer, Zeynep](#)^a ; [Abdul Rahim, Elin Eliana](#)^b ; [Mahmud, Murni](#)^b

^aBaden-Wuerttemberg Cooperative State University Mannheim (DHBW Mannheim), Faculty of Business-Digital Media, Mannheim, Germany

[Show all information](#)

0

Citations

[Full text](#) [Export](#) [Save to list](#)

[Document](#)

[Impact](#)

[Cited by \(0\)](#)

[References \(35\)](#)

[Similar documents](#)

Abstract

Impostor Syndrome, characterised by persistent self-doubt and difficulty internalising success, remains a concern in high-performance and academic settings. This study examined its prevalence and explored potential digital prevention strategies through an online survey consisting of four sections: (1) demographic and contextual information, (2) a diagnostic scale to determine impostor severity, (3) evaluation of potential digital interventions (e.g., dashboards, mentoring, learning tools), and (4) spiritual content considerations. Among 68 respondents, 44.1% reported frequent impostor experiences. Personalised dashboards and peer-matching emerged as the strongest digital strategies. Findings indicate that culturally sensitive and spiritually supported interventions could enhance digital prevention approaches. By integrating psychological insight with user-informed design, this study identifies early design priorities to guide the development of digital tools for reducing impostor feelings and improving well-being. © 2025 IEEE.

Author keywords

CIPS; digital solutions; Human-AI interaction; Impostor Syndrome; Malaysia; prevention; spiritual design

Indexed keywords

Engineering controlled terms

Artificial intelligence; Digital devices; Distributed computer systems; Information systems; Information use

Engineering uncontrolled terms

CIPS; Digital solutions; Digital strategies; Human-AI interaction; Impostor syndrome; Malaysia; Performance; Pilot studies; Prevention; Spiritual design

Engineering main heading

Accident prevention

Corresponding authors

Corresponding
author

Z. Tuncer

Affiliation

Baden-Wuerttemberg Cooperative State University Mannheim (DHBW Mannheim), Faculty of Business-Digital Media, Mannheim, Germany
