Purpose

- Remaining true to ourselves is the hallmark of authenticity.¹ Life experiences can challenge our ability to remain true to ourselves,² and the influence of our personal and social values on remaining authentic can shift with the passage of time.³ Can the impact of values on authenticity shift from the challenges of medical school?

- The purpose of this study is to analyze the predictive relationship of medical student values on authenticity across their first two years of medical school.

Methods

- In 2017/18, 205/500 M-1/M-2 medical students voluntarily completed self-reported surveys using the following validated instruments:
  - 25-Item RS-25 Resilience Scale (scale: 1=strongly disagree/7=strongly agree) to yield authenticity scores
  - 56-Item Schwartz's Value Inventory (0=not important/7=supreme importance)

- Pearson correlations and stepwise multivariate linear regressions used for predicting authenticity from values.

- IBM® SPSS® 24.0 generated statistical analysis. This research approved by the institution’s IRB.

Results

- M-1 medical student authenticity was predicted by inner harmony and meaning in life which are solely self-transcendent values (shaded red in Fig 2 and Table 1).

- M-2 authenticity was predicted by six values in the remaining three quadrants labeled conservation, self-enhancement and openness to change (shaded blue, orange, and yellow respectively in Fig 2 and Table 2).

Conclusions

- Medical student authenticity was impacted by a wider array of values after their first year in school. Values shift from a solely social focus for first-year students to include values with a personal focus.

- Furthermore, values transition from primarily self-expansion to self-protection. Second-year students’ direct values that promote gains and prevent loss towards their authentic selves.

References