

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 social value of benevolence is rated highest by medical students in the USA, but personal values such as achievement and self-direction are important as well.
- 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

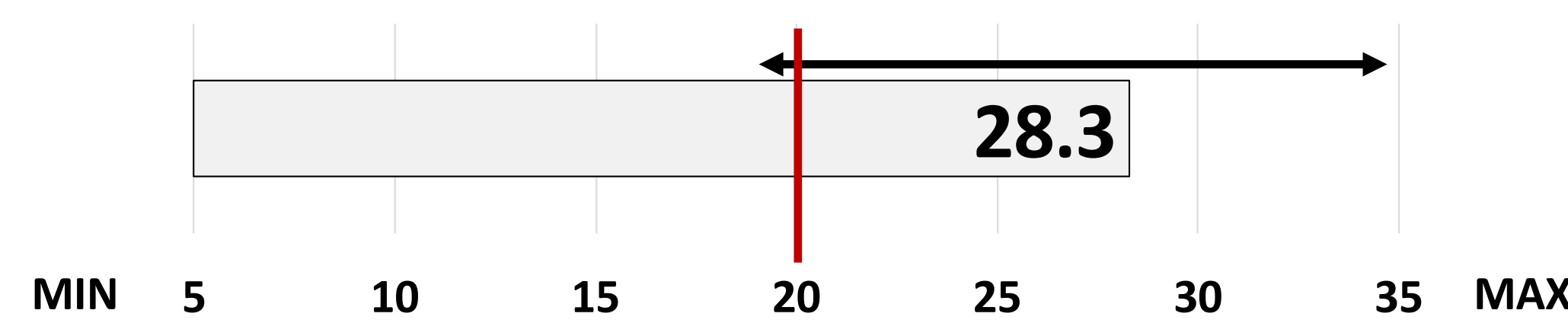


Fig 1: Authenticity Mean Score

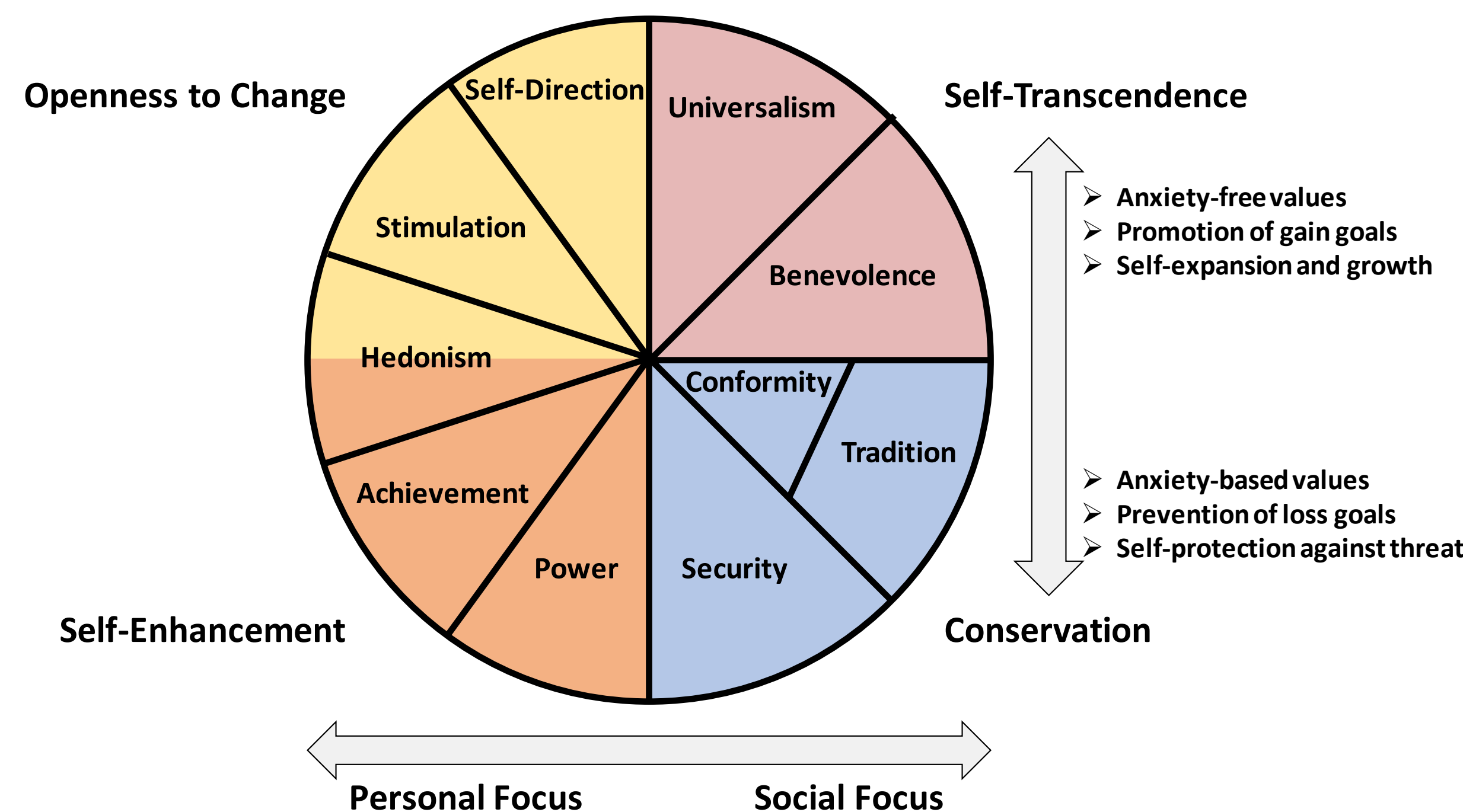


Fig 2: Human Values Circumplex

Value	Coefficients	
	Beta	Sig (p)
Inner harmony	0.5	.002
Meaning in life	0.3	.031

Value	Coefficients	
	Beta	Sig (p)
Health	0.4	.001
Politeness	0.4	.005
Cleanliness	0.3	.027
Belonging	-0.5	.001
Social power	0.4	.001
Creativity	-0.4	.003

- 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.

1. Jongman-Sereno KP, Leary MR, The Enigma of Being Yourself: A Critical Examination of the Concept of Authenticity, *Review of General Psychology* 2019;23(1):133-142.
 2. Seto E, Schlegel RJ, Becoming your True Self: Perceptions of Authenticity across the Lifespan, *Self and Identity* 2018;17(3):310-326.
 3. Hamby A, Brinberg D, Daniloski K, It's About our Values: How Founder's Stories Influence Brand Authenticity, *Psychology and Marketing* 2019;36(11). <https://onlinelibrary.wiley.com/doi/pdf/10.1002/mar.21252>