

# Behind the Mask II: The Impact of COVID-19 on Developing Professional Identity in First-Year Medical Students

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### Introduction

Professional Identity Formation (PIF) is a dynamic process of learning to "think, act and feel like a physician", integrating relevant knowledge, skills, values, and behaviors with their unique identity and core values.

We explore the impact of COVID-19 on PIF in a cohort of first-year medical students'

# Methods

#### Participants:

12 first-year students at Penn State College of Medicine's University Park regional campus.

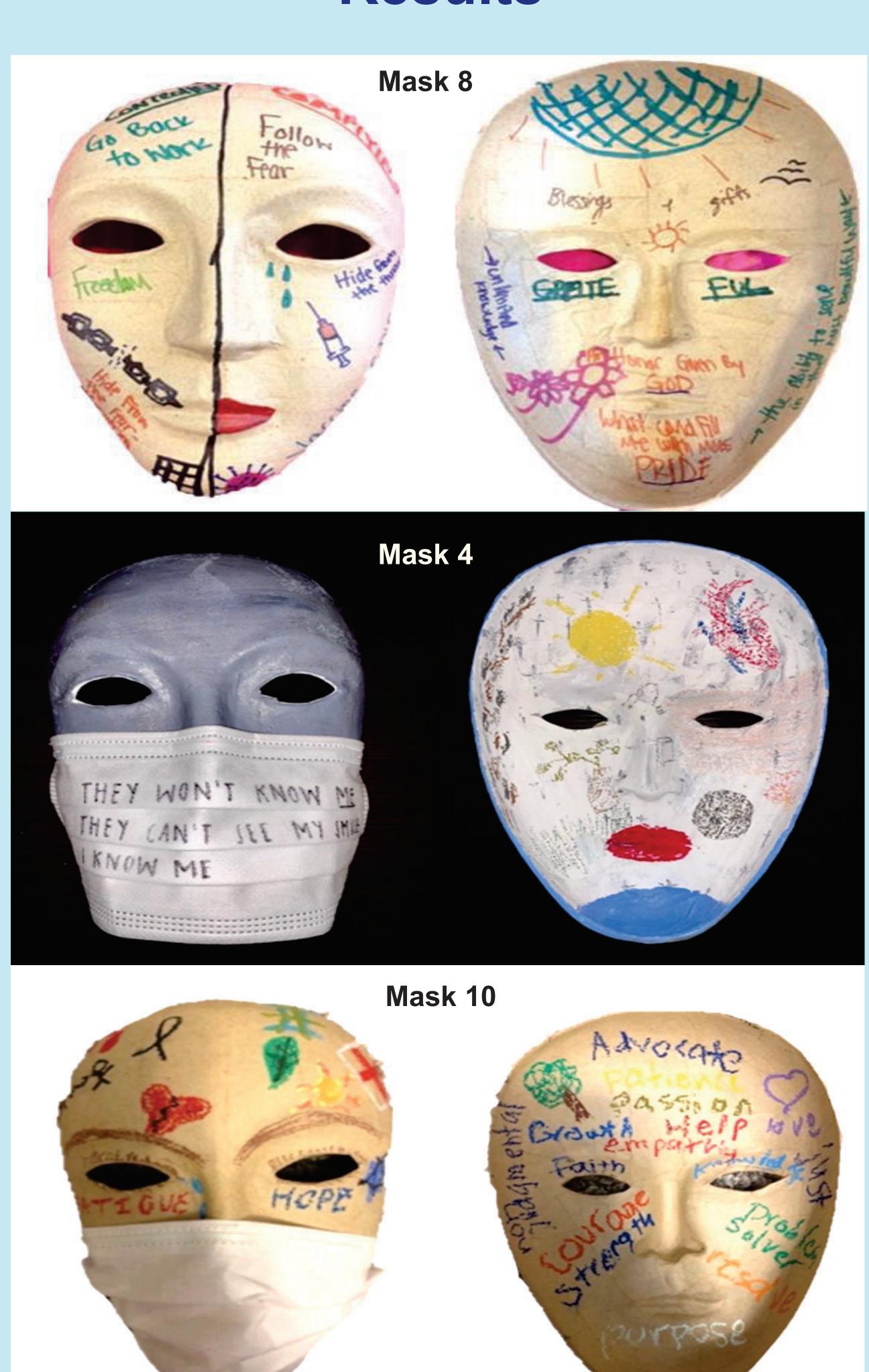
#### Masks:

Paper mâché masks and art supplies were provided. The "ideal physician" was depicted on the front, and self identity on the back.

# Survey, Reflection:

Adapted from the Athletic Identity Measurement Scale (AIMS) and the Impact of Event Scale (IES). Written reflections complemented the survey and masks.

### Results



Survey Items	Adapted From	Mean	Standard Deviation
Medical school is the most important part of my life.	AIMSa	3.40	1.43
I believe that I think, act and feel like a physician at this point in my medical training.	AIMSa	5.00	1.41
Starting medical school in the midst of a pandemic has strengthened my resolve in becoming a physician.	AIMSa	2.70	1.25
Thought about COVID when I did not mean to.	IESb	3.10	2.18
I had trouble falling asleep or staying asleep because of pictures or thoughts about COVID that came to mind.	IESb	4.50	2.12
Pictures about COVID popped into my mind.	IESb	4.50	2.12

<sup>&</sup>lt;sup>a</sup>Legend: 1: strongly agree, 2: agree, 3: somewhat agree, 4: neutral, 5: somewhat disagree, 6: disagree, 7: strongly disagree

#### **TIME Framework**

Domain	Example	
Attitudes	"Hope," "Be kind," "Love"	
Personal	"Passion," "Lead,"	
Characteristics	"Curiosity"	
Duties,	"Dedicated," "Sacrificial,"	
Responsibilities	"Duty"	
Habits	"Desire to understand	
	how a person's ideals	
	affect their health,"	
	"Learn," "Care"	
Relationships	"Listen," "Ask," "We Are"	
Perception,	'Making hard choices,"	
Recognition	"Just," "Do right by the	
	patient"	
COVID-19	Mask, Syringe, Virus	

# Discussion

### Key Findings:

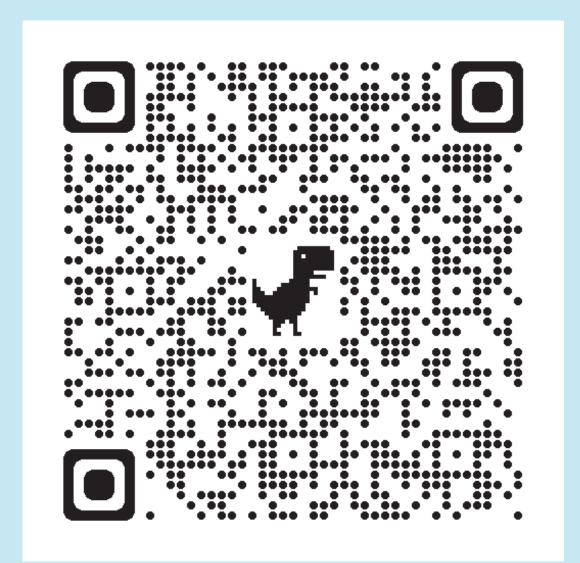
Students are optimistic that medical education will return to normal,

Students exhibited tremendous resilience, grit, and perseverance during the pandemic.

#### Limitations:

Small sample size

Rural, regional campus.



bLegend - 1: Definitely true, 2: True, 3: Somewhat true, 4: Not at all, 5: Somewhat untrue, 6: Untrue, 7: Definitely untrue