

## SELF-COMPASSION PUBLICATIONS SORTED BY AREA OF STUDY

Area categories (specific articles may be included in multiple area categories)

- Self-Compassion in Adolescents and Children
- Self-Compassion and Aging
- Self-Compassion and Athletics
- Self-Compassion, Body Image and Eating Behavior
- Self-Compassion, Caregiving, and Burnout
- Self-Compassion in Clinical Contexts
- Self-Compassion, Coping and Resilience
- Self-Compassion and Culture
- Self-Compassion examined with Experimental Methodologies
- Self-Compassion, Family Dynamics, and Attachment
- Self-Compassion, Gender and Sexual Orientation
- Self-Compassion: General Reviews
- Self-Compassion and Health
- Self-Compassion and Interpersonal Concerns
- Self-Compassion Interventions
- Self-Compassion and Mindfulness
- Self-Compassion in Mindfulness and Compassion Training
- Self-Compassion and Motivation
- Self-Compassion and Physiological Functioning
- Self-Compassion and Positive Psychology
- Self-Compassion and Psychological Wellbeing
- Self-Compassion Scale: Translations and Psychometrics
- Self-Compassion and Self-Esteem
- Self-Compassion and Trauma
- Self-Compassion in Work and Professional Contexts

## Self-Compassion in Adolescents and Children

- Akın, U., & Akın, A. (2015). Examining the predictive role of self-compassion on sense of community in Turkish adolescents. *Social Indicators Research*, 123(1), 29-38. [PDF](#)
- Baş, Z., & Dilmaç, B. (2019). Predictive Relationship Between Values, Self-Compassion and Humor Styles of Adolescents. *Research on Education and Psychology*, 3(2), 1-1. [PDF](#)
- Bluth, K., & Blanton, P. W. (2012). Mindfulness and Self-Compassion: Exploring Pathways to Adolescent Emotional Well-Being. *Journal of Child and Family Studies*, 1-12. [PDF](#)
- Bluth, K., & Blanton, P. W. (2014). The influence of self-compassion on emotional well-being among early and older adolescent males and females. *The Journal of Positive Psychology*, (ahead-of-print), 1-12. [PDF](#)
- Bluth, K., Campo, R. A., Futch, W. S., & Gaylord, S. A. (2016). Age and gender differences in the associations of self-compassion and emotional well-being in a large adolescent sample. *Journal of youth and adolescence*, 1-14. [PDF](#)
- Bluth, K., & Eisenlohr-Moul, T. A. (2017). Response to a mindful self-compassion intervention in teens: A within-person association of mindfulness, self-compassion, and emotional well-being outcomes. *Journal of Adolescence*, 57, 108-118. [PDF](#)
- Bluth, K., Gaylord, S. A., Campo, R. A., Mullarkey, M. C., & Hobbs, L. (2015). Making Friends with Yourself: A Mixed Methods Pilot Study of a Mindful Self-Compassion Program for Adolescents. *Mindfulness*, 1-14. [PDF](#)
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- Çağlar, A., & Taş, B. (2018). The analysis of the relationship between bereavement degrees of adolescents who have lost their parents and their self-compassion. *Research on Education and Psychology*, 2(2), 144-155. [PDF](#)
- Campo, R. A., Bluth, K., Santacroce, S. J., Knapik, S., Tan, J., Gold, S., ... & Asher, G. N. (2017). A mindful self-compassion videoconference intervention for nationally recruited posttreatment young adult cancer survivors: feasibility, acceptability, and psychosocial outcomes. *Supportive Care in Cancer*, 25(6), 1759-1768. [PDF](#)
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- Chishima, Y., Mizuno, M., Sugawara, D., & Miyagawa, Y. (2018). The Influence of Self-Compassion on Cognitive Appraisals and Coping with Stressful Events. *Mindfulness*, 1-9. [PDF](#)
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- Cunha, M., Xavier, A., & Castilho, P. (2016). Understanding self-compassion in adolescents: Validation study of the self-compassion scale. *Personality and Individual Differences*, 93, 56-62. [PDF](#)
- de Bruin, E. I., van der Zwan, J. E., & Bögels, S. M. (2016). A RCT comparing daily mindfulness meditations, biofeedback exercises, and daily physical exercise on attention control, executive functioning, mindful awareness, self-compassion, and worrying in stressed young adults. *Mindfulness*, 7(5), 1182-1192. [PDF](#)
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- Edwards, M., Adams, E. M., Waldo, M., Hadfield, O. D., & Biegel, G. M. (2014). Effects of a Mindfulness Group on Latino Adolescent Students: Examining Levels of Perceived Stress, Mindfulness, Self-Compassion, and Psychological Symptoms. *The Journal for Specialists in Group Work*, 39(2), 145-163. [PDF](#)
- Eke, A., Adam, M., Kowalski, K., & Ferguson, L. (2019). Narratives of adolescent women athletes' body self-compassion, performance and emotional well-being. *Qualitative Research in Sport, Exercise and Health*, 1-17. [PDF](#)
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- Fong, R. W., & Cai, Y. (2019). Perfectionism, self-compassion and test-related hope in Chinese primary school students. *The Asia-Pacific Education Researcher*, 1-10. [PDF](#)
- Galla, B. M. (2016). Within-person changes in mindfulness and self-compassion predict enhanced emotional well-being in healthy, but stressed adolescents. *Journal of Adolescence*, 49, 204-217. [PDF](#)
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- Peter, D., & Gazelle, H. (2017). Anxious Solitude and Self-Compassion and Self-Criticism Trajectories in Early Adolescence: Attachment Security as a Moderator. *Child Development*. [PDF](#)
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- Shin, H. S., Black, D. S., Shonkoff, E. T., Riggs, N. R., & Pentz, M. A. (2016). Associations Among Dispositional Mindfulness, Self-Compassion, and Executive Function Proficiency in Early Adolescents. *Mindfulness*, 7(6), 1377-1384. [PDF](#)
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## Self-Compassion and Aging

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- Kim, C., & Ko, H. (2018). The impact of self-compassion on mental health, sleep, quality of life and life satisfaction among older adults. *Geriatric Nursing*, 39(6), 623-628. [PDF](#)
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## Self-Compassion and Athletics

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- Hilliard, R. C., Redmond, L. A., & Watson, J. C. (2019). The Relationships Among Self-Compassion, Stigma, and Attitudes Toward Counseling in Student-Athletes. *Journal of Clinical Sport Psychology*, 13(3), 374-389. [PDF](#)
- Huysmans, Z., & Clement, D. (2017). A Preliminary Exploration of the Application of Self-Compassion Within the Context of Sport Injury. *Journal of Sport and Exercise Psychology*, 1-32. [PDF](#)
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## **Self-Compassion, Body Image and Eating Behavior**

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## Self-Compassion and Self-Esteem

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