

## 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

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- 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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- 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

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- 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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- Donovan, E., Rodgers, R. F., Cousineau, T. M., McGowan, K. M., Luk, S., Yates, K., & Franko, D. L. (2016). Brief report: Feasibility of a mindfulness and self-compassion based mobile intervention for adolescents. *Journal of Adolescence*, 53, 217-221. [PDF](#)
- 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](#)
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- Ferrari, M., Yap, K., Scott, N., Einstein, D. A., & Ciarrochi, J. (2018). Self-compassion moderates the perfectionism and depression link in both adolescence and adulthood. *PloS one*, 13(2), e0192022. [PDF](#)
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- Gilbert, P., & Irons, C. (2009). Shame, self-criticism and self-compassion in adolescence. *Adolescent emotional development and the emergence of depressive disorders*, 195-214. [PDF](#)
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## Self-Compassion and Aging

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- Bratt, A., & Fagerström, C. (2019). Self-compassion in old age: confirmatory factor analysis of the 6-factor model and the internal consistency of the Self-compassion scale-short form. *Aging & mental health*, 1-7. [PDF](#)
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## Self-Compassion and Athletics

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- Killham, M. E., Mosewich, A. D., Mack, D. E., Gunnell, K. E., & Ferguson, L. J. (2018). Women athletes' self-compassion, self-criticism, and perceived sport performance. *Sport, Exercise, and Performance Psychology*, 7(3), 297. [PDF](#)
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## Self-Compassion, Body Image and Eating Behavior

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