

## 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](#)
- Bluth, K., Mullarkey, M., & Lathren, C. (2018). Self-compassion: A potential path to adolescent resilience and positive exploration. *Journal of Child and Family Studies*, 27(9), 3037-3047. [PDF](#)
- Bluth, K., Roberson, P. N., & Gaylord, S. A. (2015). A Pilot Study of a Mindfulness Intervention for Adolescents and the Potential Role of Self-Compassion in Reducing Stress. *Explore (New York, NY)*. [PDF](#)
- Bluth, K., Roberson, P. N., Gaylord, S. A., Faurot, K. R., Grewen, K. M., Arzon, S., & Girdler, S. S. (2015). Does Self-Compassion Protect Adolescents from Stress?. *Journal of Child and Family Studies*, 1-12. [PDF](#)
- 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., Santacrose, 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](#)
- Castilho, P., Carvalho, S. A., Marques, S., & Pinto-Gouveia, J. (2016). Self-Compassion and Emotional Intelligence in Adolescence: A Multigroup Mediation Study of the Impact of Shame Memories on Depressive Symptoms. *Journal of Child and Family Studies*, 1-10. [PDF](#)
- 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](#)
- Chu, X. W., Fan, C. Y., Liu, Q. Q., & Zhou, Z. K. (2018). Cyberbullying victimization and symptoms of depression and anxiety among Chinese adolescents: Examining hopelessness as a mediator and self-compassion as a moderator. *Computers in Human Behavior*. [PDF](#)
- 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](#)
- Donald, J. N., Ciarrochi, J., Parker, P. D., Sahdra, B. K., Marshall, S. L., & Guo, J. (2017). A worthy self is a caring self: Examining the developmental relations among self-esteem and self-compassion in adolescents. *Journal of Personality*. [PDF](#)
- 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](#)
- 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](#)
- 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](#)
- 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](#)
- 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](#)
- Gill, C., Watson, L., Williams, C., & Chan, S. W. (2018). Social anxiety and self-compassion in adolescents. *Journal of adolescence*, 69, 163-174. [PDF](#)
- Gouveia, M. J., Canavarro, M. C., & Moreira, H. (2018). Is mindful parenting associated with adolescents' emotional eating? The mediating role of adolescents' self-compassion and body shame. *Frontiers in Psychology*, 9, 2004. [PDF](#)
- Gouveia, M. J., Canavarro, M. C., & Moreira, H. (2019). Associations between Mindfulness, Self-Compassion, Difficulties in Emotion Regulation, and Emotional

- Eating among Adolescents with Overweight/Obesity. *Journal of Child and Family Studies*, 28(1), 273-285. [PDF](#)
- Gummelt, G. S. (2017). The Emotional Needs of Women in Sports: An Exploration of Self-Efficacy, Self-Compassion, and Self-Conscious Emotions. *Journal of Issues in Intercollegiate Athletics*, 1, 57-71. [PDF](#)
- Játiva, R., & Cerezo, M. (2014). The mediating role of self-compassion in the relationship between victimization and psychological maladjustment in a sample of adolescents. *Child Abuse & Neglect*, doi:10.1016/j.chiabu.2014.04.005 [PDF](#)
- Jiang, Y., You, J., Hou, Y., Du, C., Lin, M. P., Zheng, X., & Ma, C. (2016). Buffering the effects of peer victimization on adolescent non-suicidal self-injury: the role of self-compassion and family cohesion. *Journal of Adolescence*, 53, 107-115. [PDF](#)
- Jiang, Y., You, J., Ren, Y., Sun, R., Liao, S., Zhu, J., & Ma, N. (2017). Brief report: A preliminary comparison of self-compassion between adolescents with nonsuicidal self-injury thoughts and actions. *Journal of Adolescence*, 59, 124-128. [PDF](#)
- Jiang, Y., You, J., Zheng, X., & Lin, M. P. (2017). The qualities of attachment with significant others and self-compassion protect adolescents from non suicidal self-injury. *School psychology quarterly*, 32(2), 143. [PDF](#)
- Klingle, K. E., & Van Vliet, K. J. (2019). Self-Compassion From the Adolescent Perspective: A Qualitative Study. *Journal of Adolescent Research*, 34(3), 323-346. [PDF](#)
- Lathren, C., Bluth, K., & Park, J. (2019). Adolescent self-compassion moderates the relationship between perceived stress and internalizing symptoms. *Personality and Individual Differences*, 143, 36-41. [PDF](#)
- Marsh, I. C., Chan, S. W., & MacBeth, A. (2017). Self-compassion and Psychological Distress in Adolescents—a Meta-analysis. *Mindfulness*, 9(4), 1011-1027. [PDF](#)
- Marshall, S. L., Ciarrochi, J., Parker, P. D., & Sahdra, B. K. (2019). Is Self-Compassion Selfish? The Development of Self-Compassion, Empathy, and Prosocial Behavior in Adolescence. *Journal of Research on Adolescence*. [PDF](#)
- Marshall, S. L., Parker, P. D., Ciarrochi, J., Sahdra, B., Jackson, C. J., & Heaven, P. C. (2015). Self-compassion protects against the negative effects of low self-esteem: A longitudinal study in a large adolescent sample. *Personality and Individual Differences*, 74, 116-121. [PDF](#)
- Moreira, H., Gouveia, M. J., & Canavarro, M. C. (2018). Is Mindful Parenting Associated with Adolescents' Well-being in Early and Middle/Late Adolescence? The Mediating Role of Adolescents' Attachment Representations, Self-Compassion and Mindfulness. *Journal of youth and adolescence*, 1-18. [PDF](#)
- Muris, P., Meesters, C., Pierik, A., & Kock, B. (2015). Good for the self: Self-compassion and other self-related constructs in relation to symptoms of anxiety and depression in non-clinical youths. *Journal Of Child And Family Studies*, doi:10.1007/s10826-015-0235-2 [PDF](#)
- Muris, P., Otgaar, H., Meesters, C., Heutz, A., & van den Hombergh, M. (2019). Self-compassion and Adolescents' Positive and Negative Cognitive Reactions to Daily Life Problems. *Journal of Child and Family Studies*, 28(5), 1433-1444. [PDF](#)
- Muris, P., van den Broek, M., Otgaar, H., Oudenhoven, I., & Lennartz, J. (2018). Good and bad sides of self-compassion: a face validity check of the self-compassion scale

- and an investigation of its relations to coping and emotional symptoms in non-clinical adolescents. *Journal of child and family studies*, 27(8), 2411-2421. [PDF](#)
- Neff, K. D., Bluth, K., Tóth-Király, I., Davidson, O., Knox, M. C., Williamson, Z. & Costigan, A. (2020). Development and validation of the Self-Compassion Scale for Youth. *Journal of Personality Assessment*. Advance online publication. doi.org/10.1080/00223891.2020.1729774 [PDF](#)
- Neff, K. D. & McGeehee, P. (2010). Self-compassion and psychological resilience among adolescents and young adults. *Self and Identity*, 9, 225-240. [PDF](#)
- 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](#)
- Pullmer, R., Coelho, J. S., & Zaitsoff, S. L. (2019). Kindness begins with yourself: The role of self-compassion in adolescent body satisfaction and eating pathology. *International Journal of Eating Disorders*. [PDF](#)
- Rodgers, R. F., Donovan, E., Cousineau, T., Yates, K., McGowan, K., Cook, E., ... & Franko, D. L. (2018). BodiMojo: Efficacy of a Mobile-Based Intervention in Improving Body Image and Self-Compassion among Adolescents. *Journal of youth and adolescence*, 1-10. [PDF](#)
- Rodgers, R. F., Franko, D. L., Donovan, E., Cousineau, T., Yates, K., McGowan, K., ... & Lowy, A. S. (2017). Body image in emerging adults: The protective role of self-compassion. *Body image*, 22, 148-155. [PDF](#)
- Sabaitytė, E., & Diržytė, A. (2016). Psychological capital, self-compassion, and life satisfaction of unemployed youth. *International journal of psychology: a biopsychosocial approach*, 2016,[Vol.] 19, p. 49-69. [PDF](#)
- Saksena, T., & Sharma, R. (2016). Yoga as a Predictor of Self-Compassion in Adolescents—Endeavors for Positive Growth and Development. *The International Journal of Indian Psychology*, Volume 3, Issue 3, No. 7, 85. [PDF](#)
- 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](#)
- Stolow, D., Zuroff, D. C., Young, J. F., Karlin, R. A., & Abela, J. R. (2016). A prospective examination of self-compassion as a predictor of depressive symptoms in children and adolescents. *Journal of Social and Clinical Psychology*, 35(1), 1-20. [PDF](#)
- Sun, X., Chan, D. W., & Chan, L. K. (2016). Self-compassion and psychological well-being among adolescents in Hong Kong: Exploring gender differences. *Personality and Individual Differences*, 101, 288-292. [PDF](#)
- Tanaka, M., Wekerle, C., Schmuck, M. L., Paglia-Boak, A., MAP Research Team (2011). The linkages among childhood maltreatment, adolescent mental health, and self-compassion in child welfare adolescents. *Child Abuse & Neglect*, 35, 887-898. [PDF](#)
- Vigna, A. J., Poehlmann-Tynan, J., & Koenig, B. W. (2017). Does Self-Compassion Facilitate Resilience to Stigma? A School-Based Study of Sexual and Gender Minority Youth. *Mindfulness*, 1-11. [PDF](#)



- Xavier, A., Gouveia, J. P., & Cunha, M. (2016). Non-suicidal Self-Injury in Adolescence: The Role of Shame, Self-Criticism and Fear of Self-Compassion. In *Child & Youth Care Forum* (pp. 1-16). Springer US. 10.1007/s10566-016-934-1 [PDF](#)
- Xavier, A., Pinto-Gouveia, J., & Cunha, M. (2016). The Protective Role of Self-Compassion on Risk Factors for Non-suicidal Self-Injury in Adolescence. *School Mental Health*, 8(4), 476-485. [PDF](#)
- Yang, Y., Guo, Z., Kou, Y., & Liu, B. (2019). Linking Self-Compassion and Prosocial Behavior in Adolescents: The Mediating Roles of Relatedness and Trust. *Child Indicators Research*, 1-15. [PDF](#)
- Zeller, M., Yuval, K., Nitzan-Assayag, Y., & Bernstein, A. (2014). Self-compassion in recovery following potentially traumatic stress: longitudinal study of at-risk youth. *Journal of abnormal child psychology*, 1-9. [PDF](#)

## Self-Compassion and Aging

- Allen, A. B., Goldwasser, E. R., & Leary, M. R. (2012). Self-compassion and wellbeing among older adults. *Self and Identity*, DOI: 10.1080/15298868.2011.595082. [PDF](#)
- Allen, A., & Leary, M. R. (2013). A self-compassionate response to aging. *The Gerontologist*, doi:10.1093/geront/gns204 [PDF](#)
- 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](#)
- Brown, L., Bryant, C., Brown, V., Bei, B., & Judd, F. (2015). Self-compassion, attitudes to ageing and indicators of health and well-being among midlife women. *Aging & mental health*, 1-9. [PDF](#)
- Brown, L., Bryant, C., Brown, V., Bei, B., & Judd, F. (2015). Investigating how menopausal factors and self-compassion shape well-being: An exploratory path analysis. *Maturitas*, 81(2), 293-299. [PDF](#)
- Brown, L., Bryant, C., Brown, V. M., Bei, B., & Judd, F. K. (2014). Self-Compassion Weakens the Association between Hot Flushes and Night Sweats and Daily Life Functioning and Depression. *Maturitas*. [PDF](#)
- Brown, L., Huffman, J. C., & Bryant, C. (2018). Self-compassionate aging: A systematic review. *The Gerontologist*, 59(4), e311-e324. [PDF](#)
- Herriot, H., Wrosch, C., & Guoin, J. P. (2018). Self-compassion, chronic age-related stressors, and diurnal cortisol secretion in older adulthood. *Journal of behavioral medicine*, 41(6), 850-862. [PDF](#)
- Homan, K. J. (2016). Secure attachment and eudaimonic well-being in late adulthood: The mediating role of self-compassion. *Aging & mental health*, 1-8. [PDF](#)
- Homan, K. J. (2016). Self-Compassion and Psychological Well-Being in Older Adults. *Journal of Adult Development*, 23(2), 111-119. [PDF](#)
- Hwang, S., Kim, G., Yang, J. W., & Yang, E. (2016). The Moderating Effects of Age on the Relationships of Self-Compassion, Self-Esteem, and Mental Health. *Japanese Psychological Research*. [PDF](#)

- Imtiaz, S. (2016). Rumination, Optimism, and Psychological Well-Being among the Elderly: Self-Compassion as a Predictor. *Journal of Behavioural Sciences*, 26(1), 32. [PDF](#)
- 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](#)
- Perez-Blasco, J., Sales, A., Meléndez, J. C., & Mayordomo, T. (2016). The Effects of Mindfulness and Self-compassion on Improving the Capacity to Adapt to Stress Situations in Elderly People Living in the Community. *Clinical Gerontologist*, 39, 90-103. [PDF](#)
- Phillips, W.J., & Ferguson, S.J., (2012). Self-compassion: A resource for positive aging. *Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, doi:10.1093/geronb/gbs091 [PDF](#)
- Shea, J. L. (2014). Revolutionary narratives of self-compassion among older women in post-Mao Beijing. *Anthropology & medicine*, 21(1). [PDF](#)
- Smith, J. L. (2015). Self-Compassion and Resilience in Senior Living Residents. *Seniors Housing & Care Journal*, 23(1). [PDF](#)
- Stevens, B. A. (2016). Mindful self-compassion for chaplains and aged care workers. *Journal of Religion, Spirituality & Aging*, 1-9. [PDF](#)

## Self-Compassion and Athletics

- Arts-de Jong, M., van Westerop, L. L., Hoogerbrugge, N., Massuger, L. F., Maas, A. H., van Beek, M. H., & de Hullu, J. A. (2018). Self-compassion, physical fitness and climacteric symptoms in oophorectomized BRCA1/2 mutation carriers. *Maturitas*, 108, 13-17. [PDF](#)
- Barczak, N., & Eklund, R. C. (2018). The moderating effect of self-compassion on relationships between performance and subsequent coping and motivation. *International Journal of Sport and Exercise Psychology*, 1-13. [PDF](#)
- Berry, K. A., Kowalski, K. C. Ferguson, L. J. & McHugh, T. F. (2011). An empirical phenomenology of young adult women exercisers body self-compassion. *Qualitative Research in Sport and Exercise*, 2, 293–312 [PDF](#)
- Ceccarelli, L., Giuliano, R. J., Glazebrook, C., & Strachan, S. (2019). Self-compassion and psycho-physiological recovery from recalled sport failure. *Frontiers in Psychology*, 10, 1564. [PDF](#)
- Crews, D. A., Stolz-Newton, M., & Grant, N. S. (2016). The use of yoga to build self-compassion as a healing method for survivors of sexual violence. *Journal of Religion & Spirituality in Social Work: Social Thought*, 35(3), 139-156. [PDF](#)
- Crozier, A. J., Mosewich, A. D., & Ferguson, L. J. (2019). The company we keep: Exploring the relationship between perceived teammate self-compassion and athlete self-compassion. *Psychology of Sport and Exercise*, 40, 152-155. [PDF](#)
- Ferguson, L. J., Kowalski, K. C., Mack, D. E., & Sabiston, C. M. (2014). Exploring self-compassion and eudaimonic well-being in young women athletes. *Journal of sport & exercise psychology*, 36(2), 203-216. [PDF](#)

- Ferguson, L. J., Kowalski, K. C., Mack, D. E., & Sabiston, C. M. (2015). Self-compassion and Eudaimonic Well-Being During Emotionally Difficult Times in Sport. *Journal of Happiness Studies*, 16(5), 1263-1280. [PDF](#)
- Fontana, M. S., Fry, M. D., & Cramer, E. (2017). Exploring the Relationship Between Athletes' Perceptions of the Motivational Climate to Their Compassion, Self-Compassion, Shame, and Pride in Adult Recreational Sport. *Measurement in Physical Education and Exercise Science*, 21(2), 101-111. [PDF](#)
- Gard, T., Brach, N., Holzel, B. K., Noggle, J. J. & Conboy, L. A. (2012). Effects of a yoga-based intervention for young adults on quality of life and perceived stress: The potential mediating roles of mindfulness and self-compassion. *Journal of Positive Psychology*, 7(3), 165-175. [PDF](#)
- Georgakaki, S. K., & Karakasidou, E. (2017). The Effects of Motivational Self-Talk on Competitive Anxiety and Self-Compassion: A Brief Training Program among Competitive Swimmers. *Psychology*, 8(05), 677. [PDF](#)
- Hallion, M., Taylor, A., Roberts, R., & Ashe, M. (2018). Exploring the association between physical activity participation and self-compassion in middle-aged adults. *Sport, Exercise, and Performance Psychology*. [PDF](#)
- 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](#)
- Ingstrup, M. S., Mosewich, A. D., & Holt, N. (2017). The Development of Self-Compassion Among Women Varsity Athletes. *The Sport Psychologist*, 1-42. [PDF](#)
- Jeon, H., Lee, K., & Kwon, S. (2016). Investigation of the Structural Relationships Between Social Support, Self-Compassion, and Subjective Well-Being in Korean Elite Student Athletes. *Psychological Reports*, 119(1), 39-54. [PDF](#)
- 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](#)
- Koç, H. E., & Ermiş, E. (2016). Self-compassion as a predictor of social physique anxiety in athletes. *Journal of Human Sciences*, 13(3), 5214-5222. [PDF](#)
- Magnus, C. M. R., Kowalski, K. C., & McHugh, T. L. F. (2010). The role of self-compassion in womens self-determined motives to exercise and exercise-related outcomes. *Self & Identity*. 9, 363-382. [PDF](#)
- Mazahreh, J., & Al Awamleh, A. (2016). The relationship between mindfulness, self-compassion and the level of skill performance of gymnastics players. *Sport Science*, 9(2), 29-33. [PDF](#)
- Mosewich, A. D., Crocker, P. E., Kowalski, K. C., & DeLongis, A. (2013). Applying self-compassion in sport: an intervention with women athletes. *Journal Of Sport & Exercise Psychology*, 35(5), 514-524. [PDF](#)
- Mosewich, A. D., Kowalski, K. C., Sabiston, C. M., Sedgwick, W. A., & Tracy, J. L. (2011). Self-compassion: A potential resource for young women athletes. *Journal of Sport & Exercise Psychology*, 33, 103-123. [PDF](#)
- Mosewich, A. D., Ferguson, L. J., McHugh, T. L. F., & Kowalski, K. C. (2019).



- Enhancing capacity: Integrating self-compassion in sport. *Journal of Sport Psychology in Action*, 1-9. [PDF](#)
- Mosewich, A. D., Sabiston, C. M., Kowalski, K. C., Gaudreau, P., & Crocker, P. R. (2019). Self-Compassion in the Stress Process in Women Athletes. *The Sport Psychologist*, 33(1), 23-34. [PDF](#)
- Nedeljkovic M., Wirtz, P. H. & Ausfeld-Hafter, B. (2012). Effects of Taiji practice on mindfulness and self-compassion in healthy participants—A randomized controlled trial. *Mindfulness*. DOI 10.1007/s12671-012-0092-7 [PDF](#)
- Reis, N. A., Kowalski, K. C., Ferguson, L. J., Sabiston, C. M., Sedgwick, W. A., & Crocker, P. E. (2015). Self-compassion and women athletes' responses to emotionally difficult sport situations: An evaluation of a brief induction. *Psychology Of Sport And Exercise*, 16(Part 3), 18-25. [PDF](#)
- Rodriguez, M., & Ebbeck, V. (2015). Implementing Self-compassion Strategies with Female College Gymnasts. *Journal of Sport Psychology in Action*, 6(1), 44-53. [PDF](#)
- Saksena, T., & Sharma, R. (2016). Yoga as a Predictor of Self-Compassion in Adolescents—Endeavors for Positive Growth and Development. *The International Journal of Indian Psychology*, Volume 3, Issue 3, No. 7, 85. [PDF](#)
- Sutherland, L. M., Kowalski, K. C., Ferguson, L. J., Sabiston, C. M., Sedgwick, W. A., & Crocker, P. R. (2014). Narratives of young women athletes' experiences of emotional pain and self-compassion. *Qualitative research in sport, exercise and health*, 6(4), 499-516. doi: 10.1080/2159676X.2014.888587 [PDF](#)
- Voelker, D. K., Petrie, T. A., Huang, Q., & Chandran, A. (2019). Bodies in Motion: An empirical evaluation of a program to support positive body image in female collegiate athletes. *Body image*, 28, 149-158. [PDF](#)
- Wilson, D., Bennett, E. V., Mosewich, A. D., Faulkner, G. E., & Crocker, P. R. (2019). “The zipper effect”: Exploring the interrelationship of mental toughness and self-compassion among Canadian elite women athletes. *Psychology of Sport and Exercise*, 40, 61-70. [PDF](#)
- Yilmaz, T., Top, E., & Akil, M. (2016). Determination and Evaluation of the Self-Compassion Levels of the Students Studying in the Sport Sciences Faculties of Universities. *Journal of Sports Science*, 4, 39-44. [PDF](#)

## Self-Compassion, Body Image and Eating Behavior

- Adams, C. E., & Leary, M. R. (2007). Promoting self-compassionate attitudes toward eating among restrictive and guilty eaters. *Journal of Social and Clinical Psychology*, 26, 1120-1144. [PDF](#)
- Albertson, E. R., Neff, K. D., & Dill-Shackleford, K. E. (2014). Self-Compassion and Body Dissatisfaction in Women: A Randomized Controlled Trial of a Brief Meditation Intervention. *Mindfulness*, 1-11. [PDF](#)
- Altman, J. K., Linfield, K., Salmon, P. G., & Beacham, A. O. (2017). The body compassion scale: Development and initial validation. *Journal of health psychology*, 1359105317718924. [PDF](#)

- Altman, J. K., Zimmaro, L. A., & Woodruff-Borden, J. (2017). Targeting Body Compassion in the Treatment of Body Dissatisfaction: A Case Study. *Clinical Case Studies*, 16(6), 431-445. [PDF](#)
- Barnett, M. D., & Sharp, K. J. (2016). Maladaptive perfectionism, body image satisfaction, and disordered eating behaviors among US college women: The mediating role of self-compassion. *Personality and Individual Differences*, 99, 225-234. [PDF](#)
- Beekman, J. B., Stock, M. L., & Howe, G. W. (2017). Stomaching rejection: Self-compassion and self-esteem moderate the impact of daily social rejection on restrictive eating behaviours among college women. *Psychology & Health*, 1-23. [PDF](#)
- Berry, K. A., Kowalski, K. C. Ferguson, L. J. & McHugh, T. F. (2011). An empirical phenomenology of young adult women exercisers body self-compassion. *Qualitative Research in Sport and Exercise*, 2, 293–312 [PDF](#)
- Braun, T. D., Park, C. L., & Gorin, A. (2016). Self-compassion, body image, and disordered eating: A review of the literature. *Body Image*, 17, 117-131. [PDF](#)
- Cox, A. E., Ullrich-French, S., Tylka, T. L., & McMahon, A. K. (2019). The roles of self-compassion, body surveillance, and body appreciation in predicting intrinsic motivation for physical activity: Cross-sectional associations, and prospective changes within a yoga context. *Body image*, 29, 110-117. [PDF](#)
- Daye, C. A., Webb, J. B., & Jafari, N. (2014). Exploring self-compassion as a refuge against recalling the body-related shaming of caregiver eating messages on dimensions of objectified body consciousness in college women. *Body image*, 11(4), 547-556. [PDF](#)
- de Carvalho Barreto, M., Ferreira, C., Marta-Simões, J., & Mendes, A. L. (2018). Exploring the paths between self-compassionate attributes and actions, body compassion and disordered eating. *Eating and Weight Disorders-Studies on Anorexia, Bulimia and Obesity*, 1-7. [PDF](#)
- Diac, A. E., Constantinescu, N., Seftor, I. I., Raşia, E. L., & Târgoveţu, E. (2017). Self-compassion, Well-being and Chocolate Addiction. *Romanian Journal of Cognitive Behavioral Therapy and Hypnosis*, 4(1-2). [PDF](#)
- Duarte, C., Ferreira, C., Trindade, I. A., & Pinto-Gouveia, J. (2015). Body image and college women's quality of life: The importance of being self-compassionate. *Journal of health psychology*, 20(6), 754-764. [PDF](#)
- Ebbeck, V., & Austin, S. (2018). Burning off the fat oppression: Self-compassion exercises for personal trainers. *Fat Studies*, 7(1), 81-92. [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](#)
- Fatima, I. (2016). Personal Belief in a Just World and Self-Compassion as Predictors of Body Appreciation in Individuals with Amputation Using and not Using Prosthesis. *Annals of King Edward Medical University*, 22(2). [PDF](#)
- Ferreira, C., Dias, B., & Oliveira, S. (2019). Behind women's body image-focused shame: Exploring the role of fears of compassion and self-criticism. *Eating behaviors*, 32, 12-17. [PDF](#)

- Ferreira, C., Matos, M., Duarte, C., & Pinto-Gouveia, J. (2014). Shame Memories and Eating Psychopathology: The Buffering Effect of Self-Compassion. *European Eating Disorders Review*, 22(6), 487-494. [PDF](#)
- Ferreira, C., Pinto-Gouveia, J., & Duarte, C. (2013). Self-compassion in the face of shame and body image dissatisfaction: Implications for eating disorders. *Eating Behaviors*, 14(2), 207-210. [PDF](#)
- Fresnics, A. A., Wang, S. B., & Borders, A. (2019). The unique associations between self-compassion and eating disorder psychopathology and the mediating role of rumination. *Psychiatry research*, 274, 91-97. [PDF](#)
- Geller, J., Srikameswaran, S., & Zelichowska, J. (2015). Resilience to shape and weight concerns and disordered eating: the role of self-compassion. *Advances in Eating Disorders: Theory, Research and Practice*, 3(1), 4-12. [PDF](#)
- Gouveia, M. J., Canavarro, M. C., & Moreira, H. (2018). Is mindful parenting associated with adolescents' emotional eating? The mediating role of adolescents' self-compassion and body shame. *Frontiers in Psychology*, 9, 2004. [PDF](#)
- Gouveia, M. J., Canavarro, M. C., & Moreira, H. (2019). Associations between Mindfulness, Self-Compassion, Difficulties in Emotion Regulation, and Emotional Eating among Adolescents with Overweight/Obesity. *Journal of Child and Family Studies*, 28(1), 273-285. [PDF](#)
- Guertin, C., Barbeau, K., & Pelletier, L. (2018). Examining fat talk and self-compassion as distinct motivational processes in women's eating regulation: A self-determination theory perspective. *Journal of health psychology*, 1359105318781943. [PDF](#)
- Hilbert, A., Braehler, E., Schmidt, R., Löwe, B., Häuser, W., & Zenger, M. (2015). Self-compassion as a resource in the self-stigma process of overweight and obese individuals. *Obesity facts*, 8(5), 293-301. [PDF](#)
- Homan, K. J., & Tylka, T. L. (2015). Self-compassion moderates body comparison and appearance self-worth's inverse relationships with body appreciation. *Body image*, 15, 1-7. doi:10.1016/j.bodyim.2015.04.007 [PDF](#)
- James, D., Sebren, A., DerAnanian, C., Bruening, M., Rooney, L., Araas, T., & Swan, P. D. (2016). Associations Among Self-Compassion, Eating Behaviors, and Stress in College Freshmen. *Journal of Basic and Applied Sciences*, 12, 92-97. [PDF](#)
- Kelly, A. C., & Carter, J. C. (2015). Self-compassion training for binge eating disorder: A pilot randomized controlled trial. *Psychology and psychotherapy: Theory, research and practice*, 88(3), 285-303. [PDF](#)
- Kelly, A. C., Carter, J. C., Zuroff, D. C., & Borairi, S. (2013). Self-compassion and fear of self-compassion interact to predict response to eating disorders treatment: A preliminary investigation. *Psychotherapy Research*, 23(3), 252-264. doi:10.1080/10503307.2012.717310 [PDF](#)
- Kelly, A. C., & Stephen, E. (2016). A daily diary study of self-compassion, body image, and eating behavior in female college students. *Body image*, 17, 152-160. [PDF](#)
- Kelly, A. C., & Tasca, G. A. (2016). Within-persons predictors of change during eating disorders treatment: An examination of self-compassion, self-criticism, shame, and eating disorder symptoms. *International Journal of Eating Disorders*. [PDF](#)
- Kelly, A. C., Vimalakanthan, K., & Carter, J. C. (2014). Understanding the roles of self-esteem, self-compassion, and fear of self-compassion in eating disorder pathology:

- An examination of female students and eating disorder patients. *Eating Behaviors*, 15(3), 388-391. [PDF](#)
- Kelly, A. C., Vimalakanthan, K., & Miller, K. E. (2014). Self-compassion moderates the relationship between body mass index and both eating disorder pathology and body image flexibility. *Body image*, 11(4), 446-453. [PDF](#)
- Kelly, A. C., & Waring, S. V. (2018). A feasibility study of a 2-week self-compassionate letter-writing intervention for nontreatment seeking individuals with typical and atypical anorexia nervosa. *International Journal of Eating Disorders*, 51(8), 1005-1009. [PDF](#)
- Liss, M., & Erchull, M. J. (2015). Not hating what you see: Self-compassion may protect against negative mental health variables connected to self-objectification in college women. *Body image*, 14, 5-12. [PDF](#)
- Mantzios, M., & Egan, H. An exploratory examination of mindfulness, self-compassion, and mindful eating in relation to motivations to eat palatable foods and BMI. *Health Psychology Report*, 6(3), 207-215. [PDF](#)
- Mantzios, M., & Egan, H. H. (2017). On the Role of Self-compassion and Self-kindness in Weight Regulation and Health Behavior Change. *Frontiers in psychology*, 8. [PDF](#)
- Mantzios, M., Egan, H., Bahia, H., Hussain, M., & Keyte, R. (2018). How does grazing relate to body mass index, self-compassion, mindfulness and mindful eating in a student population?. *Health psychology open*, 5(1), 2055102918762701. [PDF](#)
- Mantzios, M., Egan, H., Hussain, M., Keyte, R., & Bahia, H. (2018). Mindfulness, self-compassion, and mindful eating in relation to fat and sugar consumption: an exploratory investigation. *Eating and Weight Disorders-Studies on Anorexia, Bulimia and Obesity*, 23(6), 833-840. [PDF](#)
- Mantzios, M., & Wilson, J. C. (2014). Exploring mindfulness and mindfulness with self-compassion-centered interventions to assist weight loss: Theoretical considerations and preliminary results of a randomized pilot study. *Mindfulness*, 1-12. [PDF](#)
- Mantzios, M., Wilson, J., Linnell, M., & Morris, P. (2014). The role of negative cognition, intolerance of uncertainty, mindfulness, and self-compassion in weight regulation among male army recruits. *Mindfulness*, doi:10.1007/s12671-014-0286-2 [PDF](#)
- Maraldo, T. M., Zhou, W., Dowling, J., & Vander Wal, J. S. (2016). Replication and extension of the dual pathway model of disordered eating: the role of fear of negative evaluation, suggestibility, rumination, and self-compassion. *Eating Behaviors*, 23, 187-194. [PDF](#)
- Marta-Simões, J., Ferreira, C., & Mendes, A. L. (2016). Exploring the effect of external shame on body appreciation among Portuguese young adults: The role of self-compassion. *Eating Behaviors*, 23, 174-179. [PDF](#)
- Modica, C. (2019). Facebook, body esteem, and body surveillance in adult women: The moderating role of self-compassion and appearance-contingent self-worth. *Body image*, 29, 17-30. [PDF](#)
- Moffitt, R. L., Neumann, D. L., & Williamson, S. P. (2018). Comparing the efficacy of a brief self-esteem and self-compassion intervention for state body dissatisfaction and self-improvement motivation. *Body image*, 27, 67-76. [PDF](#)
- Murn, L. T., & Steele, M. R. (2019). What matters most? Age and gender differences in

- self-compassion and body attitudes among college students. *Counselling Psychology Quarterly*, 1-20. [PDF](#)
- Palmeira, L., Cunha, M., & Pinto-Gouveia, J. (2017). Processes of change in quality of life, weight self-stigma, body mass index and emotional eating after an acceptance-, mindfulness-and compassion-based group intervention (Kg-Free) for women with overweight and obesity. *Journal of health psychology*, 24(8), 1056-1069. [PDF](#)
- Palmeira, L., Pinto-Gouveia, J., & Cunha, M. (2017). The role of self-disgust in eating psychopathology in overweight and obesity: Can self-compassion be useful?. *Journal of health psychology*, 1359105317702212. [PDF](#)
- Pinto-Gouveia, J., Carvalho, S. A., Palmeira, L., Castilho, P., Duarte, C., Ferreira, C., ... & Costa, J. (2016). Incorporating psychoeducation, mindfulness and self-compassion in a new programme for binge eating (BEfree): Exploring processes of change. *Journal of health psychology*, 24(4), 466-479. [PDF](#)
- Pisitsungkagarn, K., Taephant, N., & Attasaranya, P. (2013). Body image satisfaction and self-esteem in Thai female adolescents: the moderating role of self-compassion. *International journal of adolescent medicine and health*, 1-6. [PDF](#)
- Przedziecki, A. et al. (2012). My changed body: breast cancer, body image, distress and self-compassion. *Psycho-Oncology*, DOI: 10.1002/pon.3230 [PDF](#)
- Przedziecki, A., Alcorso, J., & Sherman, K. A. (2016). My Changed Body: Background, development and acceptability of a self-compassion based writing activity for female survivors of breast cancer. *Patient education and counseling*, 99(5), 870-874. [PDF](#)
- Przedziecki, A., & Sherman, K. A. (2016). Modifying Affective and Cognitive Responses Regarding Body Image Difficulties in Breast Cancer Survivors Using a Self-Compassion-Based Writing Intervention. *Mindfulness*, 7(5), 1142-1155. [PDF](#)
- Pullmer, R., Coelho, J. S., & Zaitsoff, S. L. (2019). Kindness begins with yourself: The role of self-compassion in adolescent body satisfaction and eating pathology. *International Journal of Eating Disorders*. [PDF](#)
- Rahimi-Ardabili, H., Reynolds, R., Vartanian, L. R., McLeod, L. V. D., & Zwar, N. (2017). A Systematic Review of the Efficacy of Interventions that Aim to Increase Self-Compassion on Nutrition Habits, Eating Behaviours, Body Weight and Body Image. *Mindfulness*, 1-13. [PDF](#)
- Raque-Bogdan, T. L., Piontkowski, S., Hui, K., Ziemer, K. S., & Garriott, P. O. (2016). Self-compassion as a mediator between attachment anxiety and body appreciation: An exploratory model. *Body Image*, 19, 28-36. [PDF](#)
- Relajo, D. (2016). Moderating effects of dietary restraint and self-compassion in an expressive writing intervention in Southeast Asian population. *Journal of Behavioural Sciences*, 26(2), 1. [PDF](#)
- Rodgers, R. F., Donovan, E., Cousineau, T., Yates, K., McGowan, K., Cook, E., ... & Franko, D. L. (2018). BodiMojo: Efficacy of a Mobile-Based Intervention in Improving Body Image and Self-Compassion among Adolescents. *Journal of youth and adolescence*, 1-10. [PDF](#)
- Rodgers, R. F., Franko, D. L., Donovan, E., Cousineau, T., Yates, K., McGowan, K., ... & Lowy, A. S. (2017). Body image in emerging adults: The protective role of self-compassion. *Body image*, 22, 148-155. [PDF](#)



- Schmidt, C. K., Raque-Bogdan, T. L., & Hollern, E. A. (2019). Self-Compassion, Affect, and Body Image in College Women. *Journal of College Counseling*, 22(2), 152-163. [PDF](#)
- Schoenefeld, S. J., & Webb, J. B. (2013). Self-compassion and intuitive eating in college women: Examining the contributions of distress tolerance and body image acceptance and action. *Eating behaviors*, 14(4), 493-496. [PDF](#)
- Seekis, V., Bradley, G. L., & Duffy, A. (2017). The effectiveness of self-compassion and self-esteem writing tasks in reducing body image concerns. *Body image*, 23, 206-213. [PDF](#)
- Sherman, K. A., Roper, T., & Kilby, C. J. (2019). Enhancing self-compassion in individuals with visible skin conditions: randomised pilot of the ‘My Changed Body’ self-compassion writing intervention. *Health Psychology and Behavioral Medicine*, 7(1), 62-77. [PDF](#)
- Sherman, K. A., Woon, S., French, J., & Elder, E. (2016). Body image and psychological distress in nipple-sparing mastectomy: the roles of self-compassion and appearance investment. *Psycho-Oncology*. [PDF](#)
- Slater, A., Varsani, N., & Diedrichs, P. C. (2017). #fitspo or# loveyourself? The impact of fitspiration and self-compassion Instagram images on women’s body image, self-compassion, and mood. *Body Image*, 22, 87-96. [PDF](#)
- Stapleton, P., Crighton, G. J., Carter, B., & Pidgeon, A. (2017). Self-Esteem and Body Image in Females: The Mediating Role of Self-Compassion and Appearance Contingent Self-Worth. *The Humanistic Psychologist*, 45(3), 238-257. [PDF](#)
- Stutts, L. A., & Blomquist, K. K. (2018). The moderating role of self-compassion on weight and shape concerns and eating pathology: A longitudinal study. *International Journal of Eating Disorders*, 51(8), 879-889. [PDF](#)
- Taylor, M. B., Daiss, S., & Krietsch, K. (2015). Associations among self-compassion, mindful eating, eating disorder symptomatology, and body mass index in college students. *Translational Issues in Psychological Science*, 1(3), 229. [PDF](#)
- Thøgersen-Ntoumani, C., Dodos, L., Chatzisarantis, N., & Ntoumanis, N. (2017). A Diary Study of Self-Compassion, Upward Social Comparisons, and Body Image-Related Outcomes. *Applied Psychology: Health and Well-Being*. [PDF](#)
- Toole, A. M., & Craighead, L. W. (2016). Brief self-compassion meditation training for body image distress in young adult women. *Body Image*, 19, 104-112. [PDF](#)
- Tylka, T. L., Russell, H. L., & Neal, A. A. (2015). Self-compassion as a moderator of thinness-related pressures' associations with thin-ideal internalization and disordered eating. *Eating behaviors*, 17, 23-26. [PDF](#)
- Voelker, D. K., Petrie, T. A., Huang, Q., & Chandran, A. (2019). Bodies in Motion: An empirical evaluation of a program to support positive body image in female collegiate athletes. *Body image*, 28, 149-158. [PDF](#)
- Wasylikiw, L., MacKinnon, A. L., & MacLellan, A. M. (2012). Exploring the [PDF](#) between self-compassion and body image in university women. *Body Image*, 9(2), 236-245. [PDF](#)
- Webb, J. B., Fiery, M. F., & Jafari, N. (2016). “You better not leave me shaming!”: Conditional indirect effect analyses of anti-fat attitudes, body shame, and fat talk as a function of self-compassion in college women. *Body Image*, 18, 5-13. [PDF](#)
- Webb, J. B., & Forman, M. J. (2013). Evaluating the indirect effect of self-compassion on

- binge eating severity through cognitive–affective self-regulatory pathways. *Eating Behaviors*, 14(2), 224-228. doi:10.1016/j.eatbeh.2012.12.005 [PDF](#)
- Woekel, E., & Ebbeck, V. (2013). Transitional bodies: a qualitative investigation of postpartum body self-compassion. *Qualitative research in sport, exercise and health*, 5(2), 245-266. [PDF](#)
- Wollast, R., Riemer, A. R., Bernard, P., Leys, C., Kotsou, I., & Klein, O. (2019). How self-compassion moderates the effect of body surveillance on subjective happiness and depression among women. *Scandinavian journal of psychology*. [PDF](#)
- Yamaoka, T., & Stapleton, P. (2016). Exploring the Links Between Culture, Locus of Control and Self-Compassion and their Roles in the Formation of Weight Stigmatization. *The New School Psychology Bulletin*, 13(2), 32-46. [PDF](#)

## Self-Compassion, Caregiving, and Burnout

- Atkinson, D. M., Rodman, J. L., Thuras, P. D., Shiroma, P. R., & Lim, K. O. (2017). Examining Burnout, Depression, and Self-Compassion in Veterans Affairs Mental Health Staff. *The Journal of Alternative and Complementary Medicine*. [PDF](#)
- Babenko, O., Mosewich, A., Abraham, J., & Lai, H. (2018). Contributions of psychological needs, self-compassion, leisure-time exercise, and achievement goals to academic engagement and exhaustion of Canadian medical students. *Journal of educational evaluation for health professions*, 15, 2. [PDF](#)
- Babenko, O., Mosewich, A. D., Lee, A., & Koppula, S. (2019). Association of Physicians' Self-Compassion with Work Engagement, Exhaustion, and Professional Life Satisfaction. *Medical Sciences*, 7(2), 29. [PDF](#)
- Barnard, L. K., Curry, J. F. (2012). The relationship of clergy burnout to self-compassion and other personality dimensions. *Pastoral Psychology*, 61, 149–163 [PDF](#)
- Beaumont, E., Durkin, M., Hollins Martin, C. J., & Carson, J. (2016). Measuring relationships between self-compassion, compassion fatigue, burnout and well-being in student counsellors and student cognitive behavioural psychotherapists: a quantitative survey. *Counselling and Psychotherapy Research*, 16(1), 15-23. [PDF](#)
- Beaumont, E., Durkin, M., Martin, C. J. H., & Carson, J. (2016). Compassion for others, self-compassion, quality of life and mental well-being measures and their association with compassion fatigue and burnout in student midwives: A quantitative survey. *Midwifery*, 34, 239-244. [PDF](#)
- Beaumont, E. A., & Hollins Martin, C. J. (2016). Heightening levels of compassion towards self and others through use of compassionate mind training. *British Journal of Midwifery*. [PDF](#)
- Beaumont, E., Irons, C., Rayner, G., & Dagnall, N. (2016). Does Compassion-Focused Therapy Training for Health Care Educators and Providers Increase Self-Compassion and Reduce Self-Persecution and Self-Criticism?. *Journal of Continuing Education in the Health Professions*, 36(1), 4-10. [PDF](#)
- Bibeau, M., Dionne, F., & Leblanc, J. (2015). Can Compassion Meditation Contribute to the Development of Psychotherapists' Empathy? A Review. *Mindfulness*, 1-9. [PDF](#)
- Beaumont, E., & Martin, C. J. H. (2016). A proposal to support student therapists to develop compassion for self and others through Compassionate Mind Training. *The*

- Arts in Psychotherapy*, 50, 111-118. [PDF](#)
- Coleman, C., Martensen, C., Scott, R., & Indelicato, N. A. (2016). Unpacking Self-Care: The Connections Between Mindfulness, Self-Compassion, and Self-Care for Counselors. *Counseling and Wellness Journal* 5. 1-8. [PDF](#)
- Danucalov, M. A., Kozasa, E. H., Afonso, R. F., Galduroz, J. C., & Leite, J. R. (2016). Yoga and compassion meditation program improve quality of life and self-compassion in family caregivers of Alzheimer's disease patients: A randomized controlled trial. *Geriatrics & gerontology international*. [PDF](#)
- Delaney, M. C. (2018). Caring for the caregivers: Evaluation of the effect of an eight-week pilot mindful self-compassion (MSC) training program on nurses' compassion fatigue and resilience. *PloS one*, 13(11), e0207261. [PDF](#)
- Dev, V., Fernando, A. T., Lim, A. G., & Consedine, N. S. (2018). Does self-compassion mitigate the relationship between burnout and barriers to compassion? A cross-sectional quantitative study of 799 nurses. *International Journal of Nursing Studies*. [PDF](#)
- Dorian, M., & Killebrew, J. E. (2014). A study of mindfulness and self-care: a path to self-compassion for female therapists in training. *Women & Therapy*, 37(1-2), 155-163. [PDF](#)
- Duarte, J., & Pinto-Gouveia, J. (2017). Mindfulness, self-compassion and psychological inflexibility mediate the effects of a mindfulness-based intervention in a sample of oncology nurses. *Journal of Contextual Behavioral Science*, 6(2), 125-133. [PDF](#)
- Duarte, J., Pinto-Gouveia, J., & Cruz, B. (2016). Relationships between nurses' empathy, self-compassion and dimensions of professional quality of life: A cross-sectional study. *International Journal of Nursing Studies*, 60, 1-11. [PDF](#)
- Durkin, M., Beaumont, E., Martin, C. J. H., & Carson, J. (2016). A pilot study exploring the relationship between self-compassion, self-judgement, self-kindness, compassion, professional quality of life and wellbeing among UK community nurses. *Nurse Education Today*, 46, 109-114. [PDF](#)
- Egan, H., Mantzios, M., & Jackson, C. (2016). Health Practitioners and the Directive Towards Compassionate Healthcare in the UK: Exploring the Need to Educate Health Practitioners on How to be Self-Compassionate and Mindful Alongside Mandating Compassion Towards Patients. *Health Professions Education*. [PDF](#)
- Eriksson, T., Germundsjö, L., Åström, E., & Rönnlund, M. (2018). Mindful Self-Compassion Training to Reduce Stress and Burnout Symptoms among practicing psychologists: A Randomized Controlled Trial of a Brief Web-Based Intervention. *Frontiers in psychology*, 9, 2340. [PDF](#)
- Eraydın, Ş., & Karagözoğlu, Ş. (2017). Investigation of self-compassion, self-confidence and submissive behaviors of nursing students studying in different curriculums. *Nurse Education Today*, 54, 44-50. [PDF](#)
- Farnsworth, J. K., Mannon, K. A., Sewell, K. W., Connally, M. L., & Murrell, A. R. (2016). Exploration of caregiver behavior on fear of emotion, spirituality, and self-compassion. *Journal of Contextual Behavioral Science*, 5(3), 160-168. [PDF](#)
- Finlay-Jones, A., Kane, R., & Rees, C. (2016). Self-Compassion Online: A Pilot Study of an Internet-Based Self-Compassion Cultivation Program for Psychology Trainees. *Journal of Clinical Psychology*. [PDF](#)

- Finlay-Jones, A. L., Rees, C. S., & Kane, R. T. (2015). Self-Compassion, Emotion Regulation and Stress among Australian Psychologists: Testing an Emotion Regulation Model of Self-Compassion Using Structural Equation Modeling. *PLoS one*, 10(7), e0133481. [PDF](#)
- Fulton, C. L. (2016). Mindfulness, Self-Compassion, and Counselor Characteristics and Session Variables. *Journal of Mental Health Counseling*, 38(4), 360-374. [PDF](#)
- Gozalo, R. G., Tarrés, J. F., Ayora, A. A., Herrero, M. A., Kareaga, A. A., & Roca, R. F. (2019). Application of a mindfulness program among healthcare professionals in an intensive care unit: Effect on burnout, empathy and self-compassion. *Medicina Intensiva (English Edition)*, 43(4), 207-216. [PDF](#)
- Gracia-Gracia, P., & Oliván-Blázquez, B. (2017). Burnout and Mindfulness Self-Compassion in Nurses of Intensive Care Units: Cross-Sectional Study. *Holistic Nursing Practice*, 31(4), 225-233. [PDF](#)
- Gustin, L. W. & Wagner, L. (2012). The butterfly effect of caring – clinical nursing teachers understanding of self-compassion as a source to compassionate care. *Scandinavian Journal of Caring Sciences*.doi: 10.1111/j.1471-6712.2012.01033 [PDF](#)
- Heffernan, M., Griffin, M., McNulty, S., & Fitzpatrick, J. J. (2010). Self-compassion and emotional intelligence in nurses. *International Journal of Nursing Practice*, 16, 366-373. [PDF](#)
- Hlabangana, V., & Hearn, J. H. (2019). Depression in partner caregivers of people with neurological conditions; associations with self-compassion and quality of life. *Journal of Mental Health*, 1-6. [PDF](#)
- Hotchkiss, J. T. (2018). Mindful self-care and secondary traumatic stress mediate a relationship between compassion satisfaction and burnout risk among hospice care professionals. *American Journal of Hospice and Palliative Medicine®*, 35(8), 1099-1108. [PDF](#)
- Hotchkiss, J. T., & Leshner, R. (2018). Factors predicting burnout among chaplains: compassion satisfaction, organizational factors, and the mediators of mindful self-care and secondary traumatic stress. *Journal of Pastoral Care & Counseling*, 72(2), 86-98. [PDF](#)
- Hsieh, C. C., Yu, C. J., Chen, H. J., Chen, Y. W., Chang, N. T., & Hsiao, F. H. (2019). Dispositional mindfulness, self-compassion, and compassion from others as moderators between stress and depression in caregivers of patients with lung cancer. *Psycho-Oncology*. [PDF](#)
- Hwang, Y. S., Medvedev, O. N., Krägeloh, C., Hand, K., Noh, J. E., & Singh, N. N. (2019). The Role of Dispositional Mindfulness and Self-compassion in Educator Stress. *Mindfulness*, 1-11. [PDF](#)
- Iacono, G. (2017). A Call for Self-Compassion in Social Work Education. *Journal of Teaching in Social Work*, 37(5), 454-476. [PDF](#)
- Kemper, K. J., McClafferty, H., Wilson, P. M., Serwint, J. R., Batra, M., Mahan, J. D., ... & Pediatric Resident Burnout-Resilience Study Consortium. (2019). Do mindfulness and self-compassion predict burnout in pediatric residents?. *Academic Medicine*, 94(6), 876-884. [PDF](#)

- Kemper, K. J., Mo, X., & Khayat, R. (2015). Are Mindfulness and Self-Compassion Associated with Sleep and Resilience in Health Professionals?. *The Journal of Alternative and Complementary Medicine*. [PDF](#)
- Lianekhammy, J., Miller, J. J., Lee, J., Pope, N., Barnhart, S., & Grise-Owens, E. (2018). Exploring the self-compassion of health-care social workers: How do they fare?. *Social work in health care*, 57(7), 563-580. [PDF](#)
- Lloyd, J., Muers, J., Patterson, T. G., & Marczak, M. (2019). Self-compassion, coping strategies, and caregiver burden in caregivers of people with dementia. *Clinical gerontologist*, 42(1), 47-59. [PDF](#)
- Luo, Y., Meng, R., Li, J., Liu, B., Cao, X., & Ge, W. (2019). Self-compassion may reduce anxiety and depression in nursing students: a pathway through perceived stress. *Public health*, 174, 1-10. [PDF](#)
- Mahon, M. A., Mee, L., Brett, D., & Dowling, M. (2017). Nurses' perceived stress and compassion following a mindfulness meditation and self compassion training. *Journal of Research in Nursing*, 22(8), 572-583. [PDF](#)
- Mathad, M. D., Rajesh, S. K., & Pradhan, B. (2017). Spiritual Well-Being and Its Relationship with Mindfulness, Self-Compassion and Satisfaction with Life in Baccalaureate Nursing Students: A Correlation Study. *Journal of religion and health*, 1-12. [PDF](#)
- Miller, J. J., Lee, J., Benner, K., Shalash, N., Barnhart, S., & Grise-Owens, E. (2018). Self-compassion among child welfare workers: An exploratory study. *Children and Youth Services Review*, 89, 205-211. [PDF](#)
- Miller, J. J., Lee, J., Shalash, N., & Poklembova, Z. (2019). Self-compassion among social workers. *Journal of Social Work*, 1468017319829404. [PDF](#)
- Mills, J., & Chapman, M. (2016). Compassion and self-compassion in medicine: Self-care for the caregiver. *Australasian Medical Journal*, 9(5):87-91. [PDF](#)
- Mills, J., Wand, T., & Fraser, J. A. (2014). On self-compassion and self-care in nursing: Selfish or essential for compassionate care?. *International journal of nursing studies*. [PDF](#)
- Mills, J., Wand, T., & Fraser, J. A. (2017). Palliative care professionals' care and compassion for self and others: a narrative review. *International Journal of Palliative Nursing*, 23(5), 219-229. [PDF](#)
- Mills, J., Wand, T., & Fraser, J. A. (2018). Examining self-care, self-compassion and compassion for others: a cross-sectional survey of palliative care nurses and doctors. *International journal of palliative nursing*, 24(1), 4-11. [PDF](#)
- Montero-Marin, J., Zubiaga, F., Cereceda, M., Demarzo, M. M. P., Trenc, P., & Garcia-Campayo, J. (2016). Burnout subtypes and absence of self-compassion in primary healthcare professionals: A cross-sectional study. *PLoS One*, 11(6), e0157499. [PDF](#)
- Neff, K. D., & Faso, D. J. (2014). Self-Compassion and Well-Being in Parents of Children with Autism. *Mindfulness*, 1-10. [PDF](#)
- Nelson, J. R., Hall, B. S., Anderson, J. L., Birtles, C., & Hemming, L. (2017). Self-Compassion as Self-Care: A Simple and Effective Tool for Counselor Educators and Counseling Students. *Journal of Creativity in Mental Health*, 1-13. [PDF](#)
- Olson, K., & Kemper, K. J. (2014). Factors associated with well-being and confidence in providing compassionate care. *Journal of evidence-based complementary & alternative medicine*, 19(4), 292-296. [PDF](#)



- Olson, K., Kemper, K. J., & Mahan, J. D. (2015). What Factors Promote Resilience and Protect Against Burnout in First-Year Pediatric and Medicine-Pediatric Residents?. *Journal of evidence-based complementary & alternative medicine*, 2156587214568894. [PDF](#)
- Pizutti, L. T., Carissimi, A., Valdivia, L. J., Ilgenfritz, C. A. V., Freitas, J. J., Sopezki, D., ... & Hidalgo, M. P. (2019). Evaluation of Breathworks' Mindfulness for Stress 8-week course: Effects on depressive symptoms, psychiatric symptoms, affects, self-compassion, and mindfulness facets in Brazilian health professionals. *Journal of clinical psychology*, 75(6), 970-984. [PDF](#)
- Raab, K. (2014). Mindfulness, Self-Compassion, and Empathy Among Health Care Professionals: A Review of the Literature. *Journal of health care chaplaincy*, 20(3), 95-108. [PDF](#)
- Raab, K., Sogge, K., Parker, N., & Flament, M. F. (2015). Mindfulness-based stress reduction and self-compassion among mental healthcare professionals: a pilot study. *Mental Health, Religion & Culture*, 18(6), 503-512. [PDF](#)
- Reyes, M. (2011). Self-compassion: A concept analysis. *Journal of Holistic Nursing*. [PDF](#)
- Richardson, C. M., Trusty, W. T., & George, K. A. (2018). Trainee wellness: self-critical perfectionism, self-compassion, depression, and burnout among doctoral trainees in psychology. *Counselling Psychology Quarterly*, 1-12. [PDF](#)
- Richardson, D. A., Jaber, S., Chan, S., Jesse, M. T., Kaur, H., & Sangha, R. (2016). Self-Compassion and Empathy: Impact on Burnout and Secondary Traumatic Stress in Medical Training. *Open Journal of Epidemiology*, 6(03), 167. [PDF](#)
- Şenyuva, E., Kaya, H., Işik, B., & Bodur, G. (2014). Relationship between self-compassion and emotional intelligence in nursing students. *International journal of nursing practice*, 20(6), 588-596. [PDF](#)
- Shapiro, S. L., Astin, J. A., Bishop, S. R., and Cordova, M. (2005). Mindfulness-Based Stress Reduction for health care professionals: Results from a randomized trial. *International Journal of Stress Management*, 12, 164-176. [PDF](#)
- Shapiro, S. L., Brown, K. W., & Biegel, G. M (2007). Teaching self-care to caregivers: Effects of mindfulness-based stress reduction on the mental health of therapists in training. *Training and Education in Professional Psychology*, 1, 105-115. [PDF](#)
- Sharma, B., & Jiwan, T. (2015). Self-compassion: Basis of Quality Nursing Care. *Asian Journal of Nursing Education and Research*, 5(2), 279. [PDF](#)
- Sinclair, S., Kondejewski, J., Raffin-Bouchal, S., King-Shier, K. M., & Singh, P. (2017). Can Self-Compassion Promote Healthcare Provider Well-Being and Compassionate Care to Others? Results of a Systematic Review. *Applied Psychology: Health and Well-Being*. [PDF](#)
- Solomon, C., & Barden, S. M. (2016). Self-Compassion: A Mentorship Framework for Counselor Educator Mothers. *Counselor Education and Supervision*, 55(2), 137-149. [PDF](#)
- Stevens, B. A. (2016). Mindful self-compassion for chaplains and aged care workers. *Journal of Religion, Spirituality & Aging*, 1-9. [PDF](#)
- Stuntzner, S. (2014). Compassion and self-compassion: Exploration of utility as essential components of the rehabilitation counseling profession. *Journal of Applied Rehabilitation Counseling*, 45(1), 37-44. [PDF](#)

- Tandler N, Kirkcaldy B, Petersen Le, Athanasou J. (2019) Is there a role for mindfulness and self-compassion in reducing stress in the teaching profession? *Minerva Psichiatria*. 60, 51-59. doi: 10.23736/s0391-1772.19.01998-8 [PDF](#)
- Upton, K. V. (2018). An investigation into compassion fatigue and self-compassion in acute medical care hospital nurses: a mixed methods study. *Journal of Compassionate Health Care*, 5(1), 7. [PDF](#)
- Vaillancourt, E. S., & Wasylkiw, L. (2019). The Intermediary Role of Burnout in the Relationship Between Self-Compassion and Job Satisfaction Among Nurses. *Canadian Journal of Nursing Research*, 0844562119846274. [PDF](#)
- van Wietmarschen, H., Tjaden, B., van Vliet, M., Battjes-Fries, M., & Jong, M. (2018). Effects of mindfulness training on perceived stress, self-compassion, and self-reflection of primary care physicians: a mixed-methods study. *BJGP open*, 2(4), bjgpopen18X101621. [PDF](#)
- Wong, C. C., Mak, W. W., & Liao, K. Y. H. (2016). Self-Compassion: a Potential Buffer Against Affiliate Stigma Experienced by Parents of Children with Autism Spectrum Disorders. *Mindfulness*, 7(6), 1385-1395. [PDF](#)
- Woo Kyeong, L. (2013). Self-compassion as a moderator of the relationship between academic burn-out and psychological health in Korean cyber university students. *Personality and Individual Differences*, 54(8), 899-902. [PDF](#)
- Ying, Y. (2009). Contribution of self-compassion to competence and mental health in social work students. *Journal of Social Work Education*, 45, 309-323. [PDF](#)
- Ying, Y. W., & Han, M. (2009). Stress and Coping with a Professional Challenge in Entering Masters of Social Work Students: The Role of Self-Compassion. *Journal of Religion & Spirituality in Social Work: Social Thought*, 28(3), 263-283. doi:10.1080/15426430903070210 [PDF](#)
- Yip, S. Y., Mak, W. W., Chio, F. H., & Law, R. W. (2016). The Mediating Role of Self-Compassion Between Mindfulness and Compassion Fatigue Among Therapists in Hong Kong. *Mindfulness*, 1-11. [PDF](#)

## Self-Compassion in Clinical Contexts

- Arch, J. J., Landy, L. N., Schneider, R. L., Koban, L., & Andrews-Hanna, J. R. (2018). Self-compassion induction enhances recovery from social stressors: Comparing adults with social anxiety disorder and healthy controls. *Anxiety, Stress, & Coping*, 31(5), 594-609. [PDF](#)
- Arimitsu, K., Hitokoto, H., Kind, S., & Hofmann, S. G. (2019). Differences in Compassion, Well-being, and Social Anxiety Between Japan and the USA. *Mindfulness*, 10(5), 854-862. [PDF](#)
- Bakker, A. M., Cox, D. W., Hubley, A. M., & Owens, R. L. (2019). Emotion Regulation as a Mediator of Self-Compassion and Depressive Symptoms in Recurrent Depression. *Mindfulness*, 10(6), 1169-1180. [PDF](#)
- Beaumont, E, Galpin, A. & Jenkins, P. (2012). Being kinder to myself: A prospective comparative study, exploring post-trauma therapy outcome measures, for two groups of clients, receiving either Cognitive Behaviour Therapy or Cognitive Behaviour Therapy and Compassionate Mind Training. *Counseling Psychology*

- Review*, 27 (1), 31-43. [PDF](#)
- Beaumont, E., Rayner, G., Durkin, M., & Bowling, G. (2017). The effects of Compassionate Mind Training on student psychotherapists. *The Journal of Mental Health Training, Education and Practice*, 12(5), 300-312. [PDF](#)
- Berryhill, M. B., Hayes, A., & Lloyd, K. (2018). Chaotic-Enmeshment and Anxiety: The Mediating Role of Psychological Flexibility and Self-Compassion. *Contemporary Family Therapy*, 1-12. [PDF](#)
- Bibeau, M., Dionne, F., & Leblanc, J. (2015). Can Compassion Meditation Contribute to the Development of Psychotherapists' Empathy? A Review. *Mindfulness*, 1-9. [PDF](#)
- Blackie, R. A., & Kocovski, N. L. (2017). Examining the relationships among self-compassion, social anxiety, and post-event processing. *Psychological reports*, 0033294117740138. [PDF](#)
- Blackie, R. A., & Kocovski, N. L. (2017). Forgive and Let Go: Effect of Self-Compassion on Post-Event Processing in Social Anxiety. *Mindfulness*, 1-10. [PDF](#)
- Blackie, R. A., & Kocovski, N. L. (2019). Trait self-compassion as a buffer against post-event processing following performance feedback. *Mindfulness*, 10(5), 923-932. [PDF](#)
- Boersma, K., Håkanson, A., Salomonsson, E., & Johansson, I. (2015). Compassion Focused Therapy to Counteract Shame, Self-Criticism and Isolation. A Replicated Single Case Experimental Study for Individuals With Social Anxiety. *Journal of Contemporary Psychotherapy*, 45(2), 89-98. [PDF](#)
- Bourgault, M., & Dionne, F. (2019). Therapeutic Presence and Mindfulness: Mediating Role of Self-Compassion and Psychological Distress among Psychologists. *Mindfulness*, 10(4), 650-656. [PDF](#)
- Braehler, C., Gumley, A., Harper, J., Wallace, S., Norrie, J., & Gilbert, P. (2013). Exploring change processes in compassion focused therapy in psychosis: Results of a feasibility randomized controlled trial. *British Journal of Clinical Psychology*, 52(2), 199-214. [PDF](#)
- Brooks, M., Kay-Lambkin, F., Bowman, J. & Childs, S. (2012). Self-compassion amongst clients with problematic alcohol use. *Mindfulness*, 3(4), 308-317. [PDF](#)
- Butz, S., & Stahlberg, D. (2018). Can self-compassion improve sleep quality via reduced rumination?. *Self and Identity*, 17(6), 666-686. [PDF](#)
- Cândeia, D. M., & Szentágotai-Táatar, A. (2018). The Impact of Self-Compassion on Shame-Proneness in Social Anxiety. *Mindfulness*, 1-9. [PDF](#)
- Carvalho, S. A., Pinto-Gouveia, J., Gillanders, D., & Castilho, P. (2019). Pain and Depressive Symptoms: Exploring Cognitive Fusion and Self-Compassion in a Moderated Mediation Model. *The Journal of psychology*, 153(2), 173-186. [PDF](#)
- Chang, E. C., Yu, T., Najarian, A. S. M., Wright, K. M., Chen, W., Chang, O. D., ... & Hirsch, J. K. (2016). Understanding the Association Between Negative Life Events and Suicidal Risk in College Students: Examining Self-Compassion as a Potential Mediator. *Journal of Clinical Psychology*. [PDF](#)
- Chou, C. Y., Tsoh, J. Y., Shumway, M., Smith, L. C., Chan, J., Delucchi, K., ... & Mathews, C. A. (2019). Treating hoarding disorder with compassion-focused therapy: A pilot study examining treatment feasibility, acceptability, and exploring treatment effects. *British Journal of Clinical Psychology*. [PDF](#)
- Cleare, S., Gumley, A., & O'Connor, R. C. (2019). Self-compassion, self-forgiveness,

- suicidal ideation, and self-harm: A systematic review. *Clinical psychology & psychotherapy*. [PDF](#)
- Collett, N., Pugh, K., Waite, F., & Freeman, D. (2016). Negative cognitions about the self in patients with persecutory delusions: An empirical study of self-compassion, self-stigma, schematic beliefs, self-esteem, fear of madness, and suicidal ideation. *Psychiatry Research*, 239, 79-84. [PDF](#)
- Crews, D. A., Stolz-Newton, M., & Grant, N. S. (2016). The use of yoga to build self-compassion as a healing method for survivors of sexual violence. *Journal of Religion & Spirituality in Social Work: Social Thought*, 35(3), 139-156. [PDF](#)
- Crowder, R. (2016). Mindfulness based feminist therapy: The intermingling edges of self-compassion and social justice. *Journal of Religion & Spirituality in Social Work: Social Thought*, 35(1-2), 24-40. [PDF](#)
- da Silva, J. E., & Simões, S. C. (2019). The relationship between self-compassion and chronic depression: a cross-sectional clinical study. *The Psychologist: Practice & Research Journal*, 1(2). [PDF](#)
- Dewrsaran-van der Ven, C., van Broeckhuysen-Kloth, S., Thorsell, S., Scholten, R., De Gucht, V., & Geenen, R. (2018). Self-compassion in somatoform disorder. *Psychiatry research*, 262, 34-39. [PDF](#)
- Diedrich, A., Burger, J., Kirchner, M., & Berking, M. (2016). Adaptive emotion regulation mediates the relationship between self-compassion and depression in individuals with unipolar depression. *Psychology and Psychotherapy: Theory, Research and Practice*. [PDF](#)
- Diedrich, A., Grant, M., Hofmann, S. G., Hiller, W., & Berking, M. (2014). Self-Compassion as an Emotion Regulation Strategy in Major Depressive Disorder. *Behaviour Research and Therapy*. [PDF](#)
- Diedrich, A., Hofmann, S. G., Cuijpers, P., & Berking, M. (2016). Self-compassion enhances the efficacy of explicit cognitive reappraisal as an emotion regulation strategy in individuals with major depressive disorder. *Behaviour research and therapy*, 82, 1-10. [PDF](#)
- Donald, F., Lawrence, K. A., Broadbear, J. H., & Rao, S. (2019). An exploration of self-compassion and self-criticism in the context of personal recovery from borderline personality disorder. *Australasian Psychiatry*, 27(1), 56-59. [PDF](#)
- Døssing, M., Nilsson, K. K., Svejstrup, S. R., Sørensen, V. V., Straarup, K. N., & Hansen, T. B. (2015). Low self-compassion in patients with bipolar disorder. *Comprehensive psychiatry*. [PDF](#)
- Dudley, J., Eames, C., Mulligan, J., & Fisher, N. (2017). Mindfulness of voices, self-compassion, and secure attachment in relation to the experience of hearing voices. *British Journal of Clinical Psychology*. [PDF](#)
- Ehret, A. M., Joormann, J., & Berking, M. (2018). Self-compassion is more effective than acceptance and reappraisal in decreasing depressed mood in currently and formerly depressed individuals. *Journal of affective disorders*, 226, 220-226. [PDF](#)
- Eicher, A. E., Davis, L.W. & Lysaker, P. H. (2013). Self-Compassion: A Novel With Symptoms in Schizophrenia? *The Journal of Nervous and Mental Disease*, 201 (5), 1-5. [PDF](#)

- Falconer, C. J., Rovira, A., King, J. A., Gilbert, P., Antley, A., Fearon, P., ... & Brewin, C. R. (2016). Embodying self-compassion within virtual reality and its effects on patients with depression. *British Journal of Psychiatry Open*, 2(1), 74-80. [PDF](#)
- Feliu-Soler, A., Pascual, J. C., Elices, M., Martín-Blanco, A., Carmona, C., Cebolla, A., ... & Soler, J. (2016). Fostering Self-Compassion and Loving-Kindness in Patients With Borderline Personality Disorder: A Randomized Pilot Study. *Clinical psychology & psychotherapy*. [PDF](#)
- Finlay-Jones, A. L. (2017). The relevance of self-compassion as an intervention target in mood and anxiety disorders: A narrative review based on an emotion regulation framework. *Clinical Psychologist*, 21(2), 90-103. [PDF](#)
- Fletcher, K., Yang, Y., Johnson, S. L., Berk, M., Perich, T., Cotton, S., ... & Murray, G. (2019). Buffering against maladaptive perfectionism in bipolar disorder: The role of self-compassion. *Journal of affective disorders*, 250, 132-139. [PDF](#)
- Fonseca, A., & Canavarro, M. C. (2018). Exploring the paths between dysfunctional attitudes towards motherhood and postpartum depressive symptoms: The moderating role of self-compassion. *Clinical psychology & psychotherapy*, 25(1). [PDF](#)
- Frostadottir, A. D., & Dorjee, D. (2019). Effects of Mindfulness Based Cognitive Therapy (MBCT) and Compassion Focused Therapy (CFT) on Symptom Change, Mindfulness, Self-Compassion, and Rumination in Clients With Depression, Anxiety, and Stress. *Frontiers in psychology*, 10. [PDF](#)
- Gaiswinkler, L., Kaufmann, P., Pollheimer, E., Ackermann, A., Holasek, S., Kapfhammer, H. P., & Unterrainer, H. F. (2019). Mindfulness and Self-Compassion in Clinical Psychiatric Rehabilitation: a Clinical Trial. *Mindfulness*, 1-10. [PDF](#)
- Galili-Weinstock, L., Chen, R., Atzil-Slonim, D., Bar-Kalifa, E., Peri, T., & Rafaeli, E. (2017). The association between self-compassion and treatment outcomes: Session-level and treatment-level effects. *Journal of clinical psychology*. [PDF](#)
- Galili-Weinstock, L., Lazarus, G., Atzil-Slonim, D., Bar-Kalifa, E., Rafaeli, E., & Peri, T. (2019). Self-compassion among psychotherapy clients is in the details of negative, not positive, emotions. *The Journal of Positive Psychology*, 1-10. [PDF](#)
- Germer, C. K., & Neff, K. D. (2013). Self-compassion in clinical practice. *Journal Of Clinical Psychology*, 69(8), 856-867. doi:10.1002/jclp.22021 [PDF](#)
- Gilbert, P. (2014). The origins and nature of compassion focused therapy. *British Journal of Clinical Psychology*, 53(1), 6-41. [PDF](#)
- Gilbert, P., Baldwin, M. W., Irons, C., Baccus, J. R., & Palmer, M. (2006). Self-criticism and self-warmth: An imagery study exploring their relation to depression. *Journal of Cognitive Psychotherapy*, 20, 183-200. [PDF](#)
- Gilbert, P., McEwan, K. K., Gibbons, L. L., Chotai, S. S., Duarte, J. J., & Matos, M. M. (2012). Fears of compassion and happiness in relation to alexithymia, mindfulness, and self-criticism. *Psychology And Psychotherapy: Theory, Research And Practice*, 85(4), 374-390. doi:10.1111/j.2044-8341.2011.02046.x [PDF](#)
- Gilbert, P. & Procter, S. (2006). Compassionate mind training for people with high shame and self-criticism: Overview and pilot study of a group therapy approach. *Clinical Psychology & Psychotherapy*, 13, 353-379. [PDF](#)
- Greenberg, J., Datta, T., Shapero, B. G., Sevinc, G., Mischoulon, D., & Lazar, S. W.



- (2018). Compassionate hearts protect against wandering minds: Self-compassion moderates the effect of mind-wandering on depression. *Spirituality in Clinical Practice*. [PDF](#)
- Gumley, A., & Macbeth, A. (2014). A pilot study exploring compassion in narratives of individuals with psychosis: implications for an attachment-based understanding of recovery. *Mental Health, Religion & Culture*, 17(8), 794-811. [PDF](#)
- Hasking, P., Boyes, M. E., Finlay-Jones, A., McEvoy, P. M., & Rees, C. S. (2019). Common pathways to NSSI and suicide ideation: the roles of rumination and self-compassion. *Archives of Suicide Research*, 23(2), 247-260. [PDF](#)
- Heath, P. J., Brenner, R. E., Vogel, D. L., Lannin, D. G., & Strass, H. A. (2017). Masculinity and barriers to seeking counseling: The buffering role of self-compassion. *Journal of Counseling Psychology*, 64(1), 94. [PDF](#)
- Hoffart, A., Øktedalen, T., & Langkaas, T. F. (2015). Self-compassion influences PTSD symptoms in the process of change in trauma-focused cognitive-behavioral therapies: a study of within-person processes. *Frontiers in psychology*, 6. [PDF](#)
- Hoge, E. A., Hölzel, B. K., Marques, L., Metcalf, C. A., Brach, N., Lazar, S. W., & Simon, N. M. (2013). Mindfulness and self-compassion in generalized anxiety disorder: Examining predictors of disability. *Evidence-Based Complementary and Alternative Medicine*, 2013. [PDF](#)
- Joeng, J. R., & Turner, S. L. (2015). Mediators Between Self-Criticism and Depression: Fear of Compassion, Self-Compassion, and Importance to Others. *Journal Of Counseling Psychology*, doi:10.1037/cou0000071 [PDF](#)
- Kaniuka, A. R., Kelliher-Rabon, J., Chang, E. C., Sirois, F. M., & Hirsch, J. K. (2019). Symptoms of anxiety and depression and suicidal behavior in college students: Conditional indirect effects of non-suicidal self-injury and self-compassion. *Journal of College Student Psychotherapy*, 1-23. [PDF](#)
- Karatzias, T., Hyland, P., Bradley, A., Fyvie, C., Logan, K., Easton, P., ... & Cloitre, M. (2019). Is self-compassion a worthwhile therapeutic target for ICD-11 Complex PTSD (CPTSD)?. *Behavioural and cognitive psychotherapy*, 47(3), 257-269. [PDF](#)
- Karl, A., Williams, M. J., Cardy, J., Kuyken, W., & Crane, C. (2018). Dispositional self-compassion and responses to mood challenge in people at risk for depressive relapse/recurrence. *Clinical psychology & psychotherapy*, 25(5), 621-633. [PDF](#)
- Karris, M., & Caldwell, B. E. (2015). Integrating Emotionally Focused Therapy, Self-Compassion, and Compassion-Focused Therapy to Assist Shame-Prone Couples Who Have Experienced Trauma. *The Family Journal*, 23(4), 346-357. [PDF](#)
- Kelly, A. C., & Waring, S. V. (2018). A feasibility study of a 2-week self-compassionate letter-writing intervention for nontreatment seeking individuals with typical and atypical anorexia nervosa. *International Journal of Eating Disorders*, 51(8), 1005-1009. [PDF](#)
- Kelly, A. C., Zuroff, D. C., Shapira, L. B. (2009). Soothing oneself and resisting self-attacks: The treatment of two intrapersonal deficits in depression vulnerability. *Cognitive Therapy and Research*, 33, 301-313. [PDF](#)
- Keshavarz Mohammadi, R., Agha Bozorgi, S., Shariat, S., & Hamidi, M. (2018). The Effectiveness of Positive Psychotherapy on Mental Endurance, Self-Compassion and Resilience of Infertile Women. *Social Behavior Research & Health*, 2(2), 235-244. [PDF](#)

- Klich, U. (2016). Clinical Use of Self-Compassion Within Mindfulness-Based Biofeedback in the Treatment of Veterans and Spouses: A Case Study. *Biofeedback*, 44(3), 138-144. [PDF](#)
- Klingle, K., Russell-Mayhew, S., Kassan, A., & Moules, N. (2018). By the Water's Edge: a Hermeneutic Look at Suffering and Self-Compassion in Counselling Psychology. *International Journal for the Advancement of Counselling*, 1-10. [PDF](#)
- Kramer, U., Pascual-Leone, A., Rohde, K. B., & Sachse, R. (2017). The role of shame and self-compassion in psychotherapy for narcissistic personality disorder: An exploratory study. *Clinical psychology & psychotherapy*. [PDF](#)
- Krawitz, R. (2012). Behavioural treatment of severe chronic self-loathing in people with borderline personality disorder. Part 2: Self-compassion and other interventions. *Australasian Psychiatry*, 20(6), 501-506. [PDF](#)
- Krieger, T., Altenstein, D., Baettig, I., Doerig, N., & Holtforth, M. (2013). Self-compassion in depression: Associations with depressive symptoms, rumination, and avoidance in depressed outpatients. *Behavior Therapy*, 44(3), 501-513. doi:10.1016/j.beth.2013.04.004 [PDF](#)
- Krieger, T., Berger, T., & grosse Holtforth, M. (2016). The relationship of self-compassion and depression: Cross-lagged panel analyses in depressed patients after outpatient therapy. *Journal of affective disorders*, 202, 39-45 [PDF](#)
- Lander, A. (2019). Developing Self Compassion as a Resource for Coping with Hardship: Exploring the Potential of Compassion Focused Therapy. *Child and Adolescent Social Work Journal*, 1-14. [PDF](#)
- Lockard, A. J., Hayes, J. A., Neff, K. D. & Locke, B. D. (2014). Self-Compassion Among College Counseling Center Clients: An Examination of Clinical Norms and Group Differences. *Journal of College Counseling*, 17, 249-259. [PDF](#)
- LoParo, D., Mack, S. A., Patterson, B., Negi, L. T., & Kaslow, N. J. (2018). The efficacy of cognitively-based compassion training for African American suicide attempters. *Mindfulness*, 9(6), 1941-1954. [PDF](#)
- Luoma, J. B., & Platt, M. G. (2015). Shame, self-criticism, self-stigma, and compassion in Acceptance and Commitment Therapy. *Current Opinion in Psychology*, 2, 97-101. [PDF](#)
- Mackintosh, K., Power, K., Schwannauer, M., & Chan, S. W. (2017). The Relationships Between Self-Compassion, Attachment and Interpersonal Problems in Clinical Patients with Mixed Anxiety and Depression and Emotional Distress. *Mindfulness*, 9(3), 961-971 [PDF](#)
- Maheux A., & Price, M. (2015). Investigation of the Relation Between PTSD Symptoms and Self-Compassion: Comparison Across DSM IV and DSM 5 PTSD Symptom Clusters. *Self and Identity*, (ahead-of-print), 1-11. [PDF](#)
- Maheux, A., & Price, M. (2016). The indirect effect of social support on post-trauma psychopathology via self-compassion. *Personality and Individual Differences*, 88, 102-107. [PDF](#)
- Mayhew S. & Gilbert P. (2008) Compassionate mind training with people who hear malevolent voices. A case series report. *Clinical Psychology and Psychotherapy*, 15, 113-38. [PDF](#)

- McLean, L., Bambling, M., & Steindl, S. R. (2018). Perspectives on self-compassion from adult female survivors of sexual abuse and the counselors who work with them. *Journal of interpersonal violence*, 0886260518793975. [PDF](#)
- McLean, C. L., Fiorillo, D., & Follette, V. M. (2018). Self-compassion and psychological flexibility in a treatment-seeking sample of women survivors of interpersonal violence. *Violence and victims*, 33(3), 472-485. [PDF](#)
- Melyani, M., Allahyari, A. A., Falah, P. A., Ashtiani, A. F., & Tavoli, A. (2015). Mindfulness based cognitive therapy versus cognitive behavioral therapy in cognitive reactivity and self-compassion in females with recurrent depression with residual symptoms. *Journal Of Psychology*, 18(4), 393-407. [PDF](#)
- Miron, L. R., Seligowski, A. V., Boykin, D. M., & Orcutt, H. K. (2016). The Potential Indirect Effect of Childhood Abuse on Posttrauma Pathology Through Self-Compassion and Fear of Self-Compassion. *Mindfulness*, 7(3), 596-605. [PDF](#)
- Monteiro, F., Fonseca, A., Pereira, M., Alves, S., & Canavarro, M. C. (2019). What protects at-risk postpartum women from developing depressive and anxiety symptoms? The role of acceptance-focused processes and self-compassion. *Journal of affective disorders*, 246, 522-529. [PDF](#)
- Naismith, I., Zarate Guerrero, S., & Feigenbaum, J. (2019). Abuse, invalidation, and lack of early warmth show distinct relationships with self-criticism, self-compassion, and fear of self-compassion in personality disorder. *Clinical psychology & psychotherapy*. [PDF](#)
- Navarro-Gil, M., Lopez-del-Hoyo, Y., Modrego-Alarcón, M., Montero-Marin, J., Van Gordon, W., Shonin, E., & Garcia-Campayo, J. (2018). Effects of Attachment-Based Compassion Therapy (ABCT) on Self-compassion and Attachment Style in Healthy People. *Mindfulness*, 1-12. [PDF](#)
- Neff, K., & Tirch, D. (2013). Self-compassion and ACT. In T. B. Kashdan, J. Ciarrochi (Eds.), *Mindfulness, acceptance, and positive psychology: The seven foundations of well-being* (pp. 78-106). Oakland, CA US: Context Press/New Harbinger Publications. [PDF](#)
- Ong, C. W., Barney, J. L., Barrett, T. S., Lee, E. B., Levin, M. E., & Twohig, M. P. (2019). The role of psychological inflexibility and self-compassion in acceptance and commitment therapy for clinical perfectionism. *Journal of Contextual Behavioral Science*. [PDF](#)
- Patsiopoulos, A. T., & Buchanan, M. J. (2011). The practice of self-compassion in counseling: A narrative inquiry. *Professional Psychology: Research And Practice*, 42(4), 301-307. [PDF](#)
- Pedro, L., Branquinho, M., Canavarro, M. C., & Fonseca, A. (2019). Self-criticism, negative automatic thoughts and postpartum depressive symptoms: the buffering effect of self-compassion. *Journal of Reproductive and Infant Psychology*, 1-15. [PDF](#)
- Potter, R., Yar, K., Francis, A. J., & Schuster, S. (2014). Self-compassion mediates the relationship between parental criticism and social anxiety. *International Journal of Psychology and Psychological Therapy*, 14(1), 33-43. [PDF](#)
- Proeve, M., Anton, R., & Kenny, M. (2018). Effects of mindfulness-based cognitive therapy on shame, self-compassion and psychological distress in anxious and depressed patients: A pilot study. *Psychology and Psychotherapy: Theory, Research*

- and Practice, 91(4), 434-449. [PDF](#)
- Psychogiou, L., Legge, K., Parry, E., Mann, J., Nath, S., Ford, T., & Kuyken, W. (2016). Self-Compassion and Parenting in Mothers and Fathers with Depression. *Mindfulness*, 1-13. [PDF](#)
- Reid, R. C., Temko, J., Moghaddam, J. F., & Fong, T. W. (2014). Shame, rumination, and self-compassion in men assessed for hypersexual disorder. *Journal Of Psychiatric Practice*, 20(4), 260-268. doi:10.1097/01.pra.0000452562.98286.c5 [PDF](#)
- Rose, A., McIntyre, R., & Rimes, K. A. (2018). Compassion-Focused Intervention for Highly Self-Critical Individuals: Pilot Study. *Behavioural and cognitive psychotherapy*, 46(5), 583-600. [PDF](#)
- Santerre-Baillargeon, M., Rosen, N. O., Steben, M., Pâquet, M., Macabena Perez, R., & Bergeron, S. (2018). Does self-compassion benefit couples coping with vulvodinia? Associations with psychological, sexual, and relationship adjustment. *The Clinical journal of pain*, 34(7), 629-637. [PDF](#)
- Schanche, E. (2013). The transdiagnostic phenomenon of self-criticism. *Psychotherapy*, 50(3), 316. [PDF](#)
- Schanche, E., Stiles, T. C., McCullough, L., Svartberg, M., & Nielsen, G. (2011). The relationship between activating affects, inhibitory affects, and self-compassion in patients with Cluster C personality disorders. *Psychotherapy*, 48(3), 293-303. [PDF](#)
- Scheibner, H. J., Daniels, A., Guendelman, S., Utz, F., & Bempohl, F. (2018). Self-Compassion Mediates the Relationship Between Mindfulness and Borderline Personality Disorder Symptoms. *Journal of personality disorders*, 32(6), 838-856. [PDF](#)
- Scheunemann, J., Schlier, B., Ascone, L., & Lincoln, T. M. (2018). The link between self-compassion and psychotic-like experiences: A matter of distress? *Psychology and Psychotherapy: Theory, Research and Practice*. [PDF](#)
- Scoglio, A. A., Rudat, D. A., Garvert, D., Jarmolowski, M., Jackson, C., & Herman, J. L. (2015). Self-Compassion and Responses to Trauma The Role of Emotion Regulation. *Journal of interpersonal violence*, 0886260515622296. [PDF](#)
- Shahar, B. et al. (2011). A pilot investigation of emotion-focused two-chair dialogue intervention for self-criticism. *Clinical psychology and psychotherapy*, DOI: 10.1002/cpp.762 [PDF](#)
- Takahashi, T., Sugiyama, F., Kikai, T., Kawashima, I., Guan, S., Oguchi, M., ... & Kumano, H. (2019). Changes in depression and anxiety through mindfulness group therapy in Japan: the role of mindfulness and self-compassion as possible mediators. *BioPsychoSocial medicine*, 13(1), 4. [PDF](#)
- Townshend, K., & Caltabiano, N. (2019). Self-Compassion and Mindfulness: Modeling Change Processes Associated with the Reduction of Perinatal Depression. *Journal of Child and Family Studies*, 1-13. [PDF](#)
- Van Vliet, K. J., & Kalnins, G. R. C. (2011). A compassion-focused approach to nonsuicidal self-injury. *Journal of Mental Health Counseling*, 33 (4), 295-311. [PDF](#)
- Ventura, A. D., Nefs, G., Browne, J. L., Friis, A. M., Pouwer, F., & Speight, J. (2019). Is Self-Compassion Related to Behavioural, Clinical and Emotional Outcomes in Adults with Diabetes? Results from the Second Diabetes MILES—Australia

- (MILES-2) Study. *Mindfulness*, 10(7), 1222-1231. [PDF](#)
- Wadsworth, L. P., Forgeard, M., Hsu, K. J., Kertz, S., Treadway, M., & Björgvinsson, T. (2018). Examining the Role of Repetitive Negative Thinking in Relations Between Positive and Negative Aspects of Self-compassion and Symptom Improvement During Intensive Treatment. *Cognitive Therapy and Research*, 1-14. [PDF](#)
- Waite, F., Knight, M. T., & Lee, D. (2015). Self-Compassion and Self-Criticism in Recovery in Psychosis: An Interpretative Phenomenological Analysis Study. *Journal of clinical psychology*, 71(12), 1201-1217. [PDF](#)
- Warren, R. (2015). Emotion regulation in borderline personality disorder: The role of self-criticism, shame, and self-compassion. *Personality And Mental Health*, 9(1), 84-86. doi:10.1002/pmh.1290 [PDF](#)
- Warren, R., Smeets, E. & Neff, K. D. (2016). Self-criticism and self-compassion: Risk and resilience for psychopathology. *Current Psychiatry*, 15(12), 18-32. [PDF](#)
- Werner, K. H., Jazaieri, H., Goldin, P. R., Ziv, M., Heimberg, R. G., Gross, J. J. (2012). Self-compassion and social anxiety disorder. *Anxiety, Stress & Coping*, 25 (5), 543-558. [PDF](#)
- Wetterneck, C. T., Lee, E. B., Smith, A. H., & Hart, J. M. (2013). Courage, self-compassion, and values in obsessive-compulsive disorder. *Journal of Contextual Behavioral Science*, 2(3), 68-73. doi:10.1016/j.jcbs.2013.09.002 [PDF](#)
- Wilson, A. C., Mackintosh, K., Power, K., & Chan, S. W. (2019). Effectiveness of self-compassion related therapies: A systematic review and meta-analysis. *Mindfulness*, 10(6), 979-995. [PDF](#)
- Xavier, A., Gouveia, J. P., & Cunha, M. (2016). Non-suicidal Self-Injury in Adolescence: The Role of Shame, Self-Criticism and Fear of Self-Compassion. In *Child & Youth Care Forum* (pp. 1-16). Springer US. 10.1007/s10566-016-934-1 [PDF](#)
- Yadavaia, J. E., Hayes, S. C., & Vilaradaga, R. (2014). Using acceptance and commitment therapy to increase self-compassion: A randomized controlled trial. *Journal of contextual behavioral science*, 3(4), 248-257. [PDF](#)
- Yang, Y., Fletcher, K., Whitehead, R., & Murray, G. (2018). Towards new therapeutic mechanisms in bipolar disorder: Analogue investigation of self-compassion and nonattachment to self. *Frontiers in psychology*, 9, 1848. [PDF](#)
- Yang, X., & Mak, W. W. (2016). The Differential Moderating Roles of Self-Compassion and Mindfulness in Self-Stigma and Well-Being Among People Living with Mental Illness or HIV. *Mindfulness*, 1-8. [PDF](#)
- Zhang, H., Carr, E. R., Garcia-Williams, A. G., Siegelman, A. E., Berke, D., Niles-Carnes, L. V., ... & Kaslow, N. J. (2018). Shame and Depressive Symptoms: Self-compassion and Contingent Self-worth as Mediators?. *Journal of Clinical Psychology in Medical Settings*, 1-12. [PDF](#)

## Self-Compassion, Coping and Resilience

- Alizadeh, S., Khanahmadi, S., Vedadhir, A., & Barjasteh, S. (2018). The relationship between resilience with self-compassion, social support and sense of belonging in women with breast cancer. *Asian Pacific journal of cancer prevention: APJCP*, 19(9), 2469. [PDF](#)



- Allen, A., & Leary, M. R. (2010). Self-compassion, stress, and coping. *Social and Personality Psychology Compass*, 4(2), 107-118. [PDF](#)
- Allen, A. B., Robertson, E., & Patin, G. A. (2017). Improving Emotional and Cognitive Outcomes for Domestic Violence Survivors: The Impact of Shelter Stay and Self-Compassion Support Groups. *Journal of interpersonal violence*, 0886260517734858. [PDF](#)
- Arambasic, J., Sherman, K. A., Elder, E., & Breast Cancer Network Australia. (2019). Attachment styles, self-compassion, and psychological adjustment in long-term breast cancer survivors. *Psycho-oncology*, 28(5), 1134-1141. [PDF](#)
- Baker, D. A., Caswell, H. L., & Eccles, F. J. (2019). Self-compassion and depression, anxiety, and resilience in adults with epilepsy. *Epilepsy & Behavior*, 90, 154-161. [PDF](#)
- Barczak, N., & Eklund, R. C. (2018). The moderating effect of self-compassion on relationships between performance and subsequent coping and motivation. *International Journal of Sport and Exercise Psychology*, 1-13. [PDF](#)
- Barnes, A., Adam, M. E., Eke, A. O., & Ferguson, L. J. (2018). Exploring the emotional experiences of young women with chronic pain: The potential role of self-compassion. *Journal of health psychology*, 1359105318816509. [PDF](#)
- Bluth, K., Mullarkey, M., & Lathren, C. (2018). Self-compassion: A potential path to adolescent resilience and positive exploration. *Journal of Child and Family Studies*, 27(9), 3037-3047. [PDF](#)
- Bohadana, G., Morrissey, S., & Paynter, J. (2019). Self-compassion: A Novel Predictor of Stress and Quality of Life in Parents of Children with Autism Spectrum Disorder. *Journal of autism and developmental disorders*, 1-14. [PDF](#)
- Brion, J. M., Leary, M. R., & Drabkin, A. S. (2014). Self-compassion and reactions to serious illness: The case of HIV. *Journal Of Health Psychology*, 19(2), 218-229. doi:10.1177/1359105312467391 [PDF](#)
- Bussolari, C., Habarth, J. M., Phillips, S., Katz, R., & Packman, W. (2018). Self-Compassion, Social Constraints, and Psychosocial Outcomes in a Pet Bereavement Sample. *OMEGA-Journal of Death and Dying*, 0030222818814050. [PDF](#)
- 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](#)
- Carvalho, S. A., Pinto-Gouveia, J., Gillanders, D., & Castilho, P. (2019). Pain and Depressive Symptoms: Exploring Cognitive Fusion and Self-Compassion in a Moderated Mediation Model. *The Journal of psychology*, 153(2), 173-186. [PDF](#)
- Ceccarelli, L., Giuliano, R. J., Glazebrook, C., & Strachan, S. (2019). Self-compassion and psycho-physiological recovery from recalled sport failure. *Frontiers in Psychology*, 10, 1564. [PDF](#)
- Chang, E. C., Lucas, A. G., Chang, O. D., Angoff, H. D., Li, M., Duong, A. H., ... & Hirsch, J. K. (2019). Relationship between Future Orientation and Pain Severity in Fibromyalgia Patients: Self-Compassion as a Coping Mechanism. *Social work*.

[PDF](#)

- 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](#)
- Choo, P. Y., & Marszalek, J. M. (2018). Self-Compassion: A Potential Shield Against Extreme Self-Reliance?. *Journal of Happiness Studies*, 1-24. [PDF](#)
- Costa, J., & Pinto-Gouveia, J. (2013). Experiential avoidance and self-compassion in chronic pain. *Journal of Applied Social Psychology*, 43(8), 1578-1591. [PDF](#)
- Costa, J. & Pinto-Gouveia, J. (2011). Acceptance of pain, self-compassion and psychopathology: Using the chronic pain acceptance questionnaire to identify patients subgroups. *Clinical Psychology and Psychotherapy*, 18, 292-302. [PDF](#)
- Crews, D. A., Stolz-Newton, M., & Grant, N. S. (2016). The use of yoga to build self-compassion as a healing method for survivors of sexual violence. *Journal of Religion & Spirituality in Social Work: Social Thought*, 35(3), 139-156. [PDF](#)
- Cunha, M., Galhardo, A., & Pinto-Gouveia, J. (2016). Experiential avoidance, self-compassion, self-judgment and coping styles in infertility. *Sexual & Reproductive Healthcare*, [PDF](#)
- Dahm, K., Meyer, E. C., Neff, K. D., Kimbrel, N. A., Gulliver, S. B., & Morissette, S. B. (2015). Mindfulness, self-compassion, posttraumatic stress disorder symptoms, and functional disability in U.S. Iraq and Afghanistan war veterans. *Journal of Traumatic Stress*, (ahead-of-print), 1-5. [PDF](#)
- Dawson Rose, C., Webel, A., Sullivan, K. M., Cuca, Y. P., Wantland, D., Johnson, M. O., ... & Chen, W. T. (2014). Self-Compassion and Risk Behavior Among People Living With HIV/AIDS. *Research in nursing & health*, 37(2), 98-106. [PDF](#)
- Delaney, M. C. (2018). Caring for the caregivers: Evaluation of the effect of an eight-week pilot mindful self-compassion (MSC) training program on nurses' compassion fatigue and resilience. *PloS one*, 13(11), e0207261. [PDF](#)
- Edwards, K. A., Pielech, M., Hickman, J., Ashworth, J., Sowden, G., & Vowles, K. E. (2019). The Relation of Self-Compassion to Functioning among Adults with Chronic Pain. *European Journal of Pain*. [PDF](#)
- Eller, L. S., Rivero-Mendez, M., Voss, J., Chen, W. T., Chaiphibalsarisdi, P., Iiping, S., ... & Tyer-Viola, L. (2014). Depressive symptoms, self-esteem, HIV symptom management self-efficacy and self-compassion in people living with HIV. *AIDS care*, 26(7), 795-803. [PDF](#)
- Ergün-Başak, B., & Can, G. (2018). The Relationships Between Self-Compassion, Social-Connectedness, Optimism and Psychological Resilience Among Low-Income University Students. *Ilkogretim Online*, 17(2). [PDF](#)
- Friis, A. M., Consedine, N. S., & Johnson, M. H. (2015). Does Kindness Matter? Diabetes, Depression, and Self-Compassion: A Selective Review and Research Agenda. *Diabetes Spectrum*, 28(4), 252-257. [PDF](#)
- Galhardo, A., Cunha, M., Pinto-Gouveia, J., & Matos, M. (2013). The Mediator Role of Emotion Regulation Processes on Infertility-Related Stress. *Journal of clinical psychology in medical settings*, 20(4), 497-507. [PDF](#)
- Gillanders, D. T., Sinclair, A. K., MacLean, M., & Jardine, K. (2015). Illness cognitions, cognitive fusion, avoidance and self-compassion as predictors of distress and

- quality of life in a heterogeneous sample of adults, after cancer. *Journal of Contextual Behavioral Science*, 4(4), 300-311. [PDF](#)
- Gregory, W. E., Glazer, J. V., & Berenson, K. R. (2017). Self-Compassion, Self-Injury, and Pain. *Cognitive Therapy and Research*, 1-10. [PDF](#)
- Gunnell, K. E., Mosewich, A. D., McEwen, C. E., Eklund, R. C., & Crocker, P. R. (2017). Don't be so hard on yourself! Changes in self-compassion during the first year of university are associated with changes in well-being. *Personality and Individual Differences*, 107, 43-48. [PDF](#)
- Hamrick, L. A., & Owens, G. P. (2019). Exploring the mediating role of self-blame and coping in the relationships between self-compassion and distress in females following the sexual assault. *Journal of clinical psychology*, 75(4), 766-779. [PDF](#)
- Hayter, M. R., & Dorstyn, D. S. (2013). Resilience, self-esteem and self-compassion in adults with spina bifida. *Spinal cord*. [PDF](#)
- Held, P., & Owens, G. P. (2015). Effects of self-compassion workbook training on trauma-related guilt in a sample of homeless veterans: A pilot study. *Journal Of Clinical Psychology*, 71(6), 513-526. doi:10.1002/jclp.22170 [PDF](#)
- Hiraoka, R., Meyer, E.C., Kimbrel, N. A., B. DeBeer, B. B., Gulliver, S. B., & Morissette, S. B. (2015). Self-compassion as a prospective predictor of PTSD symptom severity among trauma-exposed U.S. Iraq and Afghanistan war veterans. *Journal of Traumatic Stress*, 28, 1-7. [PDF](#)
- Hotchkiss, J. T. (2018). Mindful self-care and secondary traumatic stress mediate a relationship between compassion satisfaction and burnout risk among hospice care professionals. *American Journal of Hospice and Palliative Medicine®*, 35(8), 1099-1108. [PDF](#)
- Hotchkiss, J. T., & Leshner, R. (2018). Factors predicting burnout among chaplains: compassion satisfaction, organizational factors, and the mediators of mindful self-care and secondary traumatic stress. *Journal of Pastoral Care & Counseling*, 72(2), 86-98. [PDF](#)
- Játiva, R., & Cerezo, M. (2014). The mediating role of self-compassion in the relationship between victimization and psychological maladjustment in a sample of adolescents. *Child Abuse & Neglect*, doi:10.1016/j.chiabu.2014.04.005 [PDF](#)
- Kane, N. S., Hoogendoorn, C. J., Tanenbaum, M. L., & Gonzalez, J. S. (2018). Physical symptom complaints, cognitive emotion regulation strategies, self-compassion and diabetes distress among adults with Type 2 diabetes. *Diabetic Medicine*, 35(12), 1671-1677. [PDF](#)
- Kearney, D. J., Malte, C. A., McManus, C., Martinez, M. E., Felleman, B., & Simpson, T. L. (2013). Loving-Kindness Meditation for Posttraumatic Stress Disorder: A Pilot Study. *Journal of traumatic stress*, 26(4), 426-434. [PDF](#)
- Keshavarz Mohammadi, R., Agha Bozorgi, S., Shariat, S., & Hamidi, M. (2018). The Effectiveness of Positive Psychotherapy on Mental Endurance, Self-Compassion and Resilience of Infertile Women. *Social Behavior Research & Health*, 2(2), 235-244. [PDF](#)
- Köhle, N., Drossaert, C. H., Jaran, J., Schreurs, K. M., Verdonck-de Leeuw, I. M., & Bohlmeijer, E. T. (2017). User-experiences with a web-based self-help intervention for partners of cancer patients based on acceptance and commitment

- therapy and self-compassion: a qualitative study. *BMC public health*, 17(1), 225. [PDF](#)
- Lander, A. (2019). Developing Self Compassion as a Resource for Coping with Hardship: Exploring the Potential of Compassion Focused Therapy. *Child and Adolescent Social Work Journal*, 1-14. [PDF](#)
- Lathren, C., Bluth, K., Campo, R., Tan, W., & Futch, W. (2018). Young adult cancer survivors' experiences with a mindful self-compassion (MSC) video-chat intervention: A qualitative analysis. *Self and Identity*, 17(6), 646-665. [PDF](#)
- Lennon, J., Hevey, D., & Kinsella, L. (2018). Gender role conflict, emotional approach coping, self-compassion, and distress in prostate cancer patients: A model of direct and moderating effects. *Psycho-oncology*, 27(8), 2009-2015. [PDF](#)
- Lloyd, J., Muers, J., Patterson, T. G., & Marczak, M. (2019). Self-compassion, coping strategies, and caregiver burden in caregivers of people with dementia. *Clinical gerontologist*, 42(1), 47-59. [PDF](#)
- LoParo, D., Mack, S. A., Patterson, B., Negi, L. T., & Kaslow, N. J. (2018). The efficacy of cognitively-based compassion training for African American suicide attempters. *Mindfulness*, 9(6), 1941-1954. [PDF](#)
- Machin, J. E., Adkins, N. R., Crosby, E., Farrell, J. R., & Mirabito, A. M. (2019). The marketplace, mental well-being, and me: Exploring self-efficacy, self-esteem, and self-compassion in consumer coping. *Journal of Business Research*, 100, 410-420. [PDF](#)
- McArthur, M., Mansfield, C., Matthew, S., Zaki, S., Brand, C., Andrews, J., & Hazel, S. (2017). Resilience in veterinary students and the predictive role of mindfulness and Self-compassion. *Journal of Veterinary Medical Education*, 44(1), 106-115. [PDF](#)
- Miron, L. R., Seligowski, A. V., Boykin, D. M., & Orcutt, H. K. (2016). The Potential Indirect Effect of Childhood Abuse on Posttrauma Pathology Through Self-Compassion and Fear of Self-Compassion. *Mindfulness*, 7(3), 596-605. [PDF](#)
- Miron, L. R., Sherrill, A. M., & Orcutt, H. K. (2015). Fear of self-compassion and psychological inflexibility interact to predict PTSD symptom severity. *Journal of Contextual Behavioral Science*, 4(1), 37-41. [PDF](#)
- Mohammadi, R. K., Bozorgi, S. A., Shariat, S., & Hamidi, M. (2019). The Effectiveness of Positive Psychotherapy on Mental Endurance, Self-Compassion and Resilience of Infertile Women. *Social Behavior Research & Health*. [PDF](#)
- Muris, P., Otgaar, H., Meesters, C., Heutz, A., & van den Hombergh, M. (2019). Self-compassion and Adolescents' Positive and Negative Cognitive Reactions to Daily Life Problems. *Journal of Child and Family Studies*, 28(5), 1433-1444. [PDF](#)
- Muris, P., van den Broek, M., Otgaar, H., Oudenhoven, I., & Lennartz, J. (2018). Good and bad sides of self-compassion: a face validity check of the self-compassion scale and an investigation of its relations to coping and emotional symptoms in non-clinical adolescents. *Journal of child and family studies*, 27(8), 2411-2421. [PDF](#)
- Neff, K. D., & Faso, D. J. (2014). Self-Compassion and Well-Being in Parents of Children with Autism. *Mindfulness*, 1-10. [PDF](#)
- Nery-Hurwit, M., Yun, J., & Ebbeck, V. (2017). Examining the roles of self-compassion and resilience on health-related quality of life for individuals with Multiple Sclerosis. *Disability and health journal*. 1-6. [PDF](#)

- Przedziecki, A. et al. (2012). My changed body: breast cancer, body image, distress and self-compassion. *Psycho-Oncology*, DOI: 10.1002/pon.3230 [PDF](#)
- Przedziecki, A., Alcorso, J., & Sherman, K. A. (2016). My Changed Body: Background, development and acceptability of a self-compassion based writing activity for female survivors of breast cancer. *Patient education and counseling*, 99(5), 870-874. [PDF](#)
- Przedziecki, A., & Sherman, K. A. (2016). Modifying Affective and Cognitive Responses Regarding Body Image Difficulties in Breast Cancer Survivors Using a Self-Compassion-Based Writing Intervention. *Mindfulness*, 7(5), 1142-1155. [PDF](#)
- Purdie, F., & Morley, S. (2015). Self-compassion, pain, and breaking a social contract. *Pain*, 156(11), 2354-2363. [PDF](#)
- Robinson, S., Hastings, R. P., Weiss, J. A., Pagavathsing, J., & Lunsky, Y. (2017). Self-compassion and psychological distress in parents of young people and adults with intellectual and developmental disabilities. *Journal of Applied Research in Intellectual Disabilities*. [PDF](#)
- Santerre-Baillargeon, M., Rosen, N. O., Steben, M., Pâquet, M., Macabena Perez, R., & Bergeron, S. (2018). Does self-compassion benefit couples coping with vulvodinia? Associations with psychological, sexual, and relationship adjustment. *The Clinical journal of pain*, 34(7), 629-637. [PDF](#)
- Sbarra, D. A., Smith, H. L. & Mehl, M. R. (2012). When leaving your Ex, love yourself: Observational ratings of self-compassion predict the course of emotional recovery following marital separation. *Psychological Science*. 23(3), 261–269. [PDF](#)
- Schellekens, M. P., Karremans, J. C., van der Drift, M. A., Molema, J., van den Hurk, D. G., Prins, J. B., & Speckens, A. E. (2016). Are Mindfulness and Self-Compassion Related to Psychological Distress and Communication in Couples Facing Lung Cancer? A Dyadic Approach. *Mindfulness*, 1-12. [PDF](#)
- Scoglio, A. A., Rudat, D. A., Garvert, D., Jarmolowski, M., Jackson, C., & Herman, J. L. (2015). Self-Compassion and Responses to Trauma The Role of Emotion Regulation. *Journal of interpersonal violence*, 0886260515622296. [PDF](#)
- Seligowski, A. V., Miron, L. R., & Orcutt, H. K. (2014). Relations among self-compassion, PTSD symptoms, and psychological health in a trauma-exposed sample. *Mindfulness*, doi:10.1007/s12671-014-0351-x [PDF](#)
- Sirois, F. M., Molnar, D. S. & Hirsch, J. K. (2015): Self- Compassion, Stress, and Coping in the Context of Chronic Illness, Self and Identity, DOI: 10.1080/15298868.2014.996249 [PDF](#)
- Strachan, S. M., Bean, C., & Jung, M. E. (2018). 'I'm on the train and I can't stop it': Western Canadians' reactions to prediabetes and the role of self-compassion. *Health & social care in the community*, 26(6), 979-987. [PDF](#)
- Sünbül, Z. A., & Güneri, O. Y. (2019). The relationship between mindfulness and resilience: The mediating role of self-compassion and emotion regulation in a sample of underprivileged Turkish adolescents. *Personality and Individual Differences*, 139, 337-342. [PDF](#)
- Tarber, D. N., Cohn, T. J., Casazza, S., Hastings, S. L., & Steele, J. (2016). The Role of Self-compassion in Psychological Well-being for Male Survivors of Childhood Maltreatment. *Mindfulness*, 7(5), 1193-1202. [PDF](#)
- Terry, M. L., Leary, M. R., & Mehta, S. (2012). Self-compassion as a buffer against



- homesickness, depression, and dissatisfaction in the transition to college. *Self and Identity*, DOI:10.1080/15298868.2012.667913 [PDF](#)
- Tesh, M., Learman, J., & Pulliam, R. M. (2013). Mindful Self-Compassion Strategies for Survivors of Intimate Partner Abuse. *Mindfulness*, 1-10. [PDF](#)
- Thompson, B. L., Waltz, J. (2008) Self-compassion and PTSD symptom severity. *Journal of Traumatic Stress*, 21, 556-558. [PDF](#)
- Trompeter, H. R., de Kleine, E., & Bohlmeijer, E. T. (2016). Why Does Positive Mental Health Buffer Against Psychopathology? An Exploratory Study on Self-Compassion as a Resilience Mechanism and Adaptive Emotion Regulation Strategy. *Cognitive Therapy and Research*, 1-10. [PDF](#)
- Valdez, C. E., & Lilly, M. M. (2015). Self-Compassion and Trauma Processing Outcomes Among Victims of Violence. *Mindfulness*, 1-11. [PDF](#)
- Valdez, C. E., & Lilly, M. M. (2019). Modes of Processing Trauma: Self-Compassion Buffers Affective Guilt. *Mindfulness*, 10(5), 824-832. [PDF](#)
- Ventura, A. D., Nefs, G., Browne, J. L., Friis, A. M., Pouwer, F., & Speight, J. (2019). Is Self-Compassion Related to Behavioural, Clinical and Emotional Outcomes in Adults with Diabetes? Results from the Second Diabetes MILES—Australia (MILES-2) Study. *Mindfulness*, 10(7), 1222-1231. [PDF](#)
- Vettese, L. C., Dyer, C. E., Li W. L. & Wekerle, C. (2011). Does self-compassion mitigate the association between childhood maltreatment and later emotional regulation difficulties? A preliminary investigation. *International Journal of Mental Health and Addiction*, 9, 480-491. [PDF](#)
- Vigna, A. J., Poehlmann-Tynan, J., & Koenig, B. W. (2017). Does Self-Compassion Facilitate Resilience to Stigma? A School-Based Study of Sexual and Gender Minority Youth. *Mindfulness*, 1-11. [PDF](#)
- Waring, S. V., & Kelly, A. C. (2019). Trait self-compassion predicts different responses to failure depending on the interpersonal context. *Personality and Individual Differences*, 143, 47-54. [PDF](#)
- Webel, A. R., Wantland, D., Rose, C. D., Kemppainen, J., Holzemer, W. L., Chen, W. T., ... & Portillo, C. (2015). A Cross-Sectional Relationship Between Social Capital, Self-Compassion, and Perceived HIV Symptoms. *Journal of pain and symptom management*. [PDF](#)
- Wisener, M., & Khoury, B. (2019). Associations Between Specific Mindfulness Facets, Self-Compassion, Internally Motivated Drinking, and Alcohol-Related Problems. *Mindfulness*, 1-9. [PDF](#)
- Wong, C. C., Mak, W. W., & Liao, K. Y. H. (2016). Self-Compassion: a Potential Buffer Against Affiliate Stigma Experienced by Parents of Children with Autism Spectrum Disorders. *Mindfulness*, 7(6), 1385-1395. [PDF](#)
- Wong, C. C. Y., Knee, C. R., Neighbors, C., & Zvolensky, M. J. (2019). Hacking Stigma by Loving Yourself: a Mediated-Moderation Model of Self-Compassion and Stigma. *Mindfulness*, 10(3), 415-433. [PDF](#)
- Wong, C. C. Y., & Yeung, N. C. (2017). Self-compassion and Posttraumatic Growth: Cognitive Processes as Mediators. *Mindfulness*, 1-10. [PDF](#)
- Wren, A. A., Somers, T. J., Wright, M. A., Goetz, M. C., Leary, M. R., Fras, A. M., Huh, B. K., Rogers, L. L. (2012). Self-Compassion in patients with persistent musculoskeletal pain: Relationship of self-compassion to adjustment to persistent

- pain. *Journal of Pain and Symptom Management*, 43 (4),759-770. [PDF](#)
- Yakın, D., Gençöz, T., Steenbergen, L., & Arntz, A. (2019). An integrative perspective on the interplay between early maladaptive schemas and mental health: The role of self-compassion and emotion regulation. *Journal of clinical psychology*, 75(6), 1098-1113. [PDF](#)
- Yang, X., & Mak, W. W. (2016). The Differential Moderating Roles of Self-Compassion and Mindfulness in Self-Stigma and Well-Being Among People Living with Mental Illness or HIV. *Mindfulness*, 1-8. [PDF](#)
- Ying, Y. W., & Han, M. (2009). Stress and Coping with a Professional Challenge in Entering Masters of Social Work Students: The Role of Self-Compassion. *Journal of Religion & Spirituality in Social Work: Social Thought*, 28(3), 263-283. doi:10.1080/15426430903070210 [PDF](#)
- Zeller, M., Yuval, K., Nitzan-Assayag, Y., & Bernstein, A. (2014). Self-compassion in recovery following potentially traumatic stress: longitudinal study of at-risk youth. *Journal of abnormal child psychology*, 1-9. [PDF](#)
- Zhang, H., Chi, P., Long, H., & Ren, X. (2019). Bullying victimization and depression among left-behind children in rural China: Roles of self-compassion and hope. *Child abuse & neglect*, 96, 104072. [PDF](#)
- Zhang, Y., Luo, X., Che, X., & Duan, W. (2016). Protective Effect of Self-Compassion to Emotional Response among Students with Chronic Academic Stress. *Frontiers in Psychology*, 7. [PDF](#)
- Zhu, L., Yao, J., Wang, J., Wu, L., Gao, Y., Xie, J., ... & Schroevers, M. J. (2019). The predictive role of self-compassion in cancer patients' symptoms of depression, anxiety, and fatigue: a longitudinal study. *Psycho-Oncology*. [PDF](#)

## Self-Compassion and Culture

- Akin, A., & Akin, U. (2015). Does Self-Compassion Predict Spiritual Experiences of Turkish University Students?. *Journal of religion and health*, 1-9. [PDF](#)
- Arimitsu, K., Hitokoto, H., Kind, S., & Hofmann, S. G. (2019). Differences in Compassion, Well-being, and Social Anxiety Between Japan and the USA. *Mindfulness*, 10(5), 854-862. [PDF](#)
- Barjoe, L. K., & Saeinia, M. (2016). The Effect of Self-Compassion Training on Self-Discrepancy of the Married Women Referred to the Family Counseling Centers in Naft Shahr County in Ahvaz. *International Journal of Humanities and Cultural Studies (IJHCS) ISSN 2356-5926*, 627-635. [PDF](#)
- Bhayana, T. K., & Ahuja, S. (2015). Entrepreneurship and self-compassion among working class of Delhi-NCR region. *International Journal of Education and Management Studies*, 5(1), 31. [PDF](#)
- Birkett, M. A. (2013). Self-compassion and empathy across cultures: Comparison of young adults in China and the United States. *International Journal of Research Studies in Psychology*, 3(1). [PDF](#)

- Blanden, G., Butts, C., Reid, M., & Keen, L. (2018). Self-reported lifetime violence exposure and self-compassion associated with satisfaction of life in historically Black college and university students. *Journal of interpersonal violence*, 0886260518791596. [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](#)
- Finlay-Jones, A., Xie, Q., Huang, X., Ma, X., & Guo, X. (2017). A Pilot Study of the 8-Week Mindful Self-Compassion Training Program in a Chinese Community Sample. *Mindfulness*, 1-10. [PDF](#)
- 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](#)
- Ghorbani, N., Watson, P. J., Chen, Z & Norballa, F. Self-compassion in Iranian Muslims: Relationships with integrative self-knowledge, mental health, and religious orientation. *International Journal for the Psychology of Religion*, 22 (2), 106-118. [PDF](#)
- Ghorbani, N., Watson, P. J., Kashanaki, H., & Chen, Z. J. (2017). Diversity and Complexity of Religion and Spirituality in Iran: Relationships With Self-Compassion and Self-Forgiveness. *The International Journal for the Psychology of Religion*, 27(4), 157-171. [PDF](#)
- Gupta, S., & Mishra, J. (2016). Mindlessness, Submissive Behavior and Thought Suppression: A Perceptual Buffering of Self-Compassion to Psychological Vulnerabilities Among Indians. *J Depress Anxiety*, 5(246), 2167-1044. [PDF](#)
- Joeng, J. R., Turner, S. L., Kim, E. Y., Choi, S. A., Kim, J. K., & Lee, Y. J. (2017). Data for Korean college students' anxious and avoidant attachment, self-compassion, anxiety and depression. *Data in brief*, 13, 316-319. [PDF](#)
- Joeng, J. R., Turner, S. L., Kim, E. Y., Choi, S. A., Lee, Y. J., & Kim, J. K. (2017). Insecure attachment and emotional distress: Fear of self-compassion and self-compassion as mediators. *Personality and Individual Differences*, 112, 6-11. [PDF](#)
- Johnson, S. B., Goodnight, B. L., Zhang, H., Daboin, I., Patterson, B., & Kaslow, N. J. (2017). Compassion-Based Meditation in African Americans: Self-Criticism Mediates Changes in Depression. *Suicide and Life-Threatening Behavior*. [PDF](#)
- Khorami, E. S., Moeini, M., & Ghamarani, A. (2016). The Effectiveness of Self-Compassion Training: a field Trial. *Global Journal of Medicine Researches and Studies*, 3(1), 15-20. [PDF](#)
- Khramtsova, I. I., & Chuykova, T. S. (2016). Mindfulness and self-compassion as predictors of humor styles in US and Russia. *Social Psychology & Society*, 7(2). [PDF](#)
- Mathad, M. D., Rajesh, S. K., & Pradhan, B. (2017). Spiritual Well-Being and Its Relationship with Mindfulness, Self-Compassion and Satisfaction with Life in Baccalaureate Nursing Students: A Correlation Study. *Journal of religion and health*, 1-12. [PDF](#)
- Montero-Marin, J., Kuyken, W., Crane, C., Gu, J., Baer, R., Al-Awamleh, A. A., ... & Kim, M. S. (2018). Self-Compassion and Cultural Values: A Cross-Cultural Study

- of Self-Compassion Using a Multitrait-Multimethod Analytical Procedure. [PDF](#)
- Neff, K. D., Pisitsungkagarn, K., & Hsieh, Y. (2008). Self-compassion and self-construal in the United States, Thailand, and Taiwan. *Journal of Cross-Cultural Psychology*, 39, 267-285. [PDF](#)
- Ptacek, J. T., & Daubman, K. A. (2018). An Exploration of Self-Compassion in Incarcerated Women. *Journal of Police and Criminal Psychology*, 1-9. [PDF](#)
- Relojo, D. (2016). Moderating effects of dietary restraint and self-compassion in an expressive writing intervention in Southeast Asian population. *Journal of Behavioural Sciences*, 26(2), 1. [PDF](#)
- Shea, J. L. (2014). Revolutionary narratives of self-compassion among older women in post-Mao Beijing. *Anthropology & medicine*, 21(1). [PDF](#)
- Sun, X., Chan, D. W., & Chan, L. K. (2016). Self-compassion and psychological well-being among adolescents in Hong Kong: Exploring gender differences. *Personality and Individual Differences*, 101, 288-292. [PDF](#)
- Tian, L., McClain, S., Moore, M. M., & Lloyd, H. (2019). An Examination of Ethnic Identity, Self-Compassion, and Acculturative Stress in Asian International Students. *Journal of International Students*, 9(2), 635-660. [PDF](#)
- Vigna, A. J., Poehlmann-Tynan, J., & Koenig, B. W. (2018). Does self-compassion covary with minority stress? Examining group differences at the intersection of marginalized identities. *Self and Identity*, 17(6), 687-709. [PDF](#)
- Watson, P. J., Chen, Z. & Sisemore, T. A. (2011). Grace and Christian psychology – Part 2: Psychometric refinements and relationships with self-compassion, depression, beliefs about sin, and religious orientation. *Edification: The Transdisciplinary Journal of Christian Psychology*, 4, 64-72. [PDF](#)
- Wong, C. Y., & Mak, W. S. (2013). Differentiating the role of three self-compassion components in buffering cognitive-personality vulnerability to depression among Chinese in Hong Kong. *Journal Of Counseling Psychology*, 60(1), 162-169. [PDF](#)
- Wong, C. C., & Mak, W. W. (2016). Writing can heal: Effects of self-compassion writing among Hong Kong Chinese college students. *Asian American Journal of Psychology*, 7(1), 74. [PDF](#)
- Yamaguchi, A., Kim, M. S., & Akutsu, S. (2014). The effects of self-construals, self-criticism, and self-compassion on depressive symptoms. *Personality and Individual Differences*, 68, 65-70. [PDF](#)
- Yamaoka, T., & Stapleton, P. (2016). Exploring the Links Between Culture, Locus of Control and Self-Compassion and their Roles in the Formation of Weight Stigmatization. *The New School Psychology Bulletin*, 13(2), 32-46. [PDF](#)
- Yang, X. (2016). Self-compassion, relationship harmony, versus self-enhancement: Different ways of relating to well-being in Hong Kong Chinese. *Personality and Individual Differences*, 89, 24-27. [PDF](#)
- Zhang, H., Carr, E. R., Garcia-Williams, A. G., Siegelman, A. E., Berke, D., Niles-Carnes, L. V., ... & Kaslow, N. J. (2018). Shame and Depressive Symptoms: Self-compassion and Contingent Self-worth as Mediators?. *Journal of Clinical Psychology in Medical Settings*, 1-12. [PDF](#)
- Zhang, H., Chi, P., Long, H., & Ren, X. (2019). Bullying victimization and depression among left-behind children in rural China: Roles of self-compassion and hope. *Child abuse & neglect*, 96, 104072. [PDF](#)

## Self-Compassion examined with Experimental Methodologies

- Adams, C. E., & Leary, M. R. (2007). Promoting self-compassionate attitudes toward eating among restrictive and guilty eaters. *Journal of Social and Clinical Psychology, 26*, 1120-1144. [PDF](#)
- Arch, J. J., Landy, L. N., & Brown, K. W. (2016). Predictors and moderators of biopsychological social stress responses following brief self-compassion meditation training. *Psychoneuroendocrinology, 69*, 35-40. [PDF](#)
- Arch, J. J., Brown, K. W., Dean, D. J., Landy, L. N., Brown, K. D., & Laudenslager, M. L. (2014). Self-compassion training modulates alpha-amylase, heart rate variability, and subjective responses to social evaluative threat in women. *Psychoneuroendocrinology, 42*, 49-58. [PDF](#)
- Arch, J. J., Landy, L. N., Schneider, R. L., Koban, L., & Andrews-Hanna, J. R. (2018). Self-compassion induction enhances recovery from social stressors: Comparing adults with social anxiety disorder and healthy controls. *Anxiety, Stress, & Coping, 31*(5), 594-609. [PDF](#)
- Arimitsu, K., & Hofmann, S. G. (2015). Effects of compassionate thinking on negative emotions. *Cognition and Emotion, 1-8*. doi:10.1080/02699931.2015.1078292 [PDF](#)
- Blackie, R. A., & Kocovski, N. L. (2017). Forgive and Let Go: Effect of Self-Compassion on Post-Event Processing in Social Anxiety. *Mindfulness, 1-10*. [PDF](#)
- Breines, J. G., & Chen, S. (2013). Activating the inner caregiver: The role of support-giving schemas in increasing state self-compassion. *Journal Of Experimental Social Psychology, 49*(1), 58-64. [PDF](#)
- Breines, J. G., & Chen, S. (2012). Self-compassion increases self-improvement motivation. *Personality and Social Psychology Bulletin, 38*(9), 1133-1143. [PDF](#)
- Cândeia, D. M., & Szentágotai-Tătar, A. (2018). The Impact of Self-Compassion on Shame-Proneness in Social Anxiety. *Mindfulness, 1-9*. [PDF](#)
- DeLury, S. S., & Poulin, M. J. (2018). Self-compassion and verbal performance: Evidence for threat-buffering and implicit self-related thoughts. *Self and Identity, 17*(6), 710-722. [PDF](#)
- Diedrich, A., Grant, M., Hofmann, S. G., Hiller, W., & Berking, M. (2014). Self-compassion as an emotion regulation strategy in major depressive disorder. *Behaviour research and therapy, 58*, 43-51. [PDF](#)
- Diedrich, A., Hofmann, S. G., Cuijpers, P., & Berking, M. (2016). Self-compassion enhances the efficacy of explicit cognitive reappraisal as an emotion regulation strategy in individuals with major depressive disorder. *Behaviour research and therapy, 82*, 1-10. [PDF](#)
- Dupasquier, J. R., Kelly, A. C., Moscovitch, D. A., & Vidovic, V. (2017). Practicing Self-Compassion Weakens the Relationship Between Fear of Receiving Compassion and the Desire to Conceal Negative Experiences from Others. *Mindfulness, 1-12*. [PDF](#)



- Falconer, C. J., King, J. A., & Brewin, C. R. (2015). Demonstrating mood repair with a situation-based measure of self-compassion and self-criticism. *Psychology And Psychotherapy: Theory, Research And Practice*, doi:10.1111/papt.12056 [PDF](#)
- Falconer, C. J., Slater, M., Rovira, A., King, J. A., Gilbert, P., Antley, A., & Brewin, C. R. (2014). Embodying Compassion: A Virtual Reality Paradigm for Overcoming Excessive Self-Criticism. *PloS one*, 9(11), e111933. [PDF](#)
- Friis, A. M., Johnson, M. H., & Consedine, N. S. (2016). Paradoxical Effects of Self-Compassion on Mood and Teeth Flossing Behavior in an Experimental Setting. *Mindfulness*, 1-9. [PDF](#)
- Gerber, Z., & Anaki, D. (2018). Self-compassion as a buffer against concrete but not abstract threat. *Death studies*, 1-8. [PDF](#)
- Harwood, E. M., & Kocovski, N. L. (2017). Self-Compassion Induction Reduces Anticipatory Anxiety Among Socially Anxious Students. *Mindfulness*, 1-8. [PDF](#)
- Hermanto, N., & Zuroff, D. C. (2017). Experimentally enhancing self-compassion: Moderating effects of trait care-seeking and perceived stress. *The Journal of Positive Psychology*, 1-10. [PDF](#)
- Imrie, S. & Troop, N. A. (2012). A pilot study on the effects and feasibility of compassion-focused expressive writing in Day Hospice patients. *Palliative and Supportive Care*, 10, 115–122. [PDF](#)
- Johnson, E. A., & O'Brien, K. A. (2013). Self-Compassion Soothes the Savage EGO-Threat System: Effects on Negative Affect, Shame, Rumination, and Depressive Symptoms. *Journal of Social and Clinical Psychology*, 32(9), 939-963. [PDF](#)
- Kamboj, S. K., Kilford, E. J., Minchin, S., Moss, A., Lawn, W., Das, R. K., ... & Freeman, T. P. (2015). Recreational 3, 4-methylenedioxy-N-methylamphetamine (MDMA) or 'ecstasy' and self-focused compassion: Preliminary steps in the development of a therapeutic psychopharmacology of contemplative practices. *Journal of Psychopharmacology*, 0269881115587143. [PDF](#)
- Kirschner, H., Kuyken, W., Wright, K., Roberts, H., Brejcha, C., & Karl, A. (2019). Soothing Your Heart and Feeling Connected: A New Experimental Paradigm to Study the Benefits of Self-Compassion. *Clinical Psychological Science*, 7(3), 545-565. [PDF](#)
- Leary, M. R., Tate, E. B., Adams, C. E., Allen, A. B., & Hancock, J. (2007). Self-compassion and reactions to unpleasant self-relevant events: The implications of treating oneself kindly. *Journal of Personality and Social Psychology*, 92, 887-904. [PDF](#)
- Odou, N., & Brinker, J. (2014). Exploring the Relationship between Rumination, Self-compassion, and Mood. *Self and Identity*, 13(4), 449-459. [PDF](#)
- Odou, N., & Brinker, J. (2015). Self-compassion, a better alternative to rumination than distraction as a response to negative mood. *The Journal of Positive Psychology*, 10(5), 447-457. [PDF](#)
- Petrocchi, N., Ottaviani, C., & Couyoumdjian, A. (2016). Compassion at the mirror: Exposure to a mirror increases the efficacy of a self-compassion manipulation in enhancing soothing positive affect and heart rate variability. *The Journal of Positive Psychology*, 1-12. [PDF](#)
- Przedziecki, A., Alcorso, J., & Sherman, K. A. (2016). My Changed Body: Background, development and acceptability of a self-compassion based writing activity for

- female survivors of breast cancer. *Patient education and counseling*, 99(5), 870-874. [PDF](#)
- Przedziecki, A., & Sherman, K. A. (2016). Modifying Affective and Cognitive Responses Regarding Body Image Difficulties in Breast Cancer Survivors Using a Self-Compassion-Based Writing Intervention. *Mindfulness*, 7(5), 1142-1155. [PDF](#)
- Reis, N. A., Kowalski, K. C., Ferguson, L. J., Sabiston, C. M., Sedgwick, W. A., & Crocker, P. E. (2015). Self-compassion and women athletes' responses to emotionally difficult sport situations: An evaluation of a brief induction. *Psychology Of Sport And Exercise*, 16(Part 3), 18-25. [PDF](#)
- Rockcliff et al. (2008). A pilot exploration of heart rate variability and salivary cortisol responses to compassion-focused imagery. *Clinical Neuropsychiatry*, 5, 132-139. [PDF](#)
- Rockliff, H., Karl, A., McEwan, K., Gilbert, J., Matos, M., Gilbert, P. (2011). Effects of intranasal oxytocin on compassion focused imagery. *Emotion*, 11, 1388-1396. [PDF](#)
- Rowe, A. C., Shepstone, L., Carnelley, K. B., Cavanagh, K., & Millings, A. (2016). Attachment Security and Self-compassion Priming Increase the Likelihood that First-time Engagers in Mindfulness Meditation Will Continue with Mindfulness Training. *Mindfulness*, 7(3), 642-650. [PDF](#)
- Ryan, V., & Griffin, R. (2016). An Investigation Into Anxiety In Virtual Reality Following A Self-Compassion Induction. *Annual Review of Cybertherapy and Telemedicine*, 109. [PDF](#)
- Seekis, V., Bradley, G. L., & Duffy, A. (2017). The effectiveness of self-compassion and self-esteem writing tasks in reducing body image concerns. *Body image*, 23, 206-213. [PDF](#)
- Slater, A., Varsani, N., & Diedrichs, P. C. (2017). #fitspo or# loveyourself? The impact of fitspiration and self-compassion Instagram images on women's body image, self-compassion, and mood. *Body Image*, 22, 87-96. [PDF](#)
- Thøgersen-Ntoumani, C., Dodos, L., Chatzisarantis, N., & Ntoumanis, N. (2017). A Diary Study of Self-Compassion, Upward Social Comparisons, and Body Image-Related Outcomes. *Applied Psychology: Health and Well-Being*. [PDF](#)
- Wang, X., Chen, Z., Poon, K. T., Teng, F., & Jin, S. (2017). Self-compassion decreases acceptance of own immoral behaviors. *Personality and Individual Differences*, 106, 329-333. [PDF](#) Used Breines state SC Scale
- Zabelina, D. L., Robinson, M. D. (2010). Don't be so hard on yourself: Self-compassion facilitates creative originality among self-judgmental individuals. *Creativity Research Journal*, 22, 288-293. [PDF](#)
- Zhang, J. W., & Chen, S. (2016). Self-Compassion Promotes Personal Improvement From Regret Experiences via Acceptance. *Personality and Social Psychology Bulletin*, 42(2), 244-258. [PDF](#)

## Self-Compassion, Family Dynamics, and Attachment

- Arambasic, J., Sherman, K. A., Elder, E., & Breast Cancer Network Australia. (2019). Attachment styles, self-compassion, and psychological adjustment in long-term

- breast cancer survivors. *Psycho-oncology*, 28(5), 1134-1141. [PDF](#)
- Berryhill, M. B., Harless, C., & Kean, P. (2018). College student cohesive-flexible family functioning and mental health: Examining gender differences and the mediation effects of positive family communication and self-compassion. *The Family Journal*, 26(4), 422-432. [PDF](#)
- Berryhill, M. B., Hayes, A., & Lloyd, K. (2018). Chaotic-Enmeshment and Anxiety: The Mediating Role of Psychological Flexibility and Self-Compassion. *Contemporary Family Therapy*, 1-12. [PDF](#)
- Bistricky, S. L., Gallagher, M. W., Roberts, C. M., Ferris, L., Gonzalez, A. J., & Wetterneck, C. T. (2017). Frequency of Interpersonal Trauma Types, Avoidant Attachment, Self-Compassion, and Interpersonal Competence: A Model of Persisting Posttraumatic Symptoms. *Journal of Aggression, Maltreatment & Trauma*, 1-18. [PDF](#)
- Bohadana, G., Morrissey, S., & Paynter, J. (2019). Self-compassion: A Novel Predictor of Stress and Quality of Life in Parents of Children with Autism Spectrum Disorder. *Journal of autism and developmental disorders*, 1-14. [PDF](#)
- Fonseca, A., & Canavarro, M. C. (2018). Exploring the paths between dysfunctional attitudes towards motherhood and postpartum depressive symptoms: The moderating role of self-compassion. *Clinical psychology & psychotherapy*, 25(1). [PDF](#)
- Gouveia, M. J., Canavarro, M. C., & Moreira, H. (2018). Is mindful parenting associated with adolescents' emotional eating? The mediating role of adolescents' self-compassion and body shame. *Frontiers in Psychology*, 9, 2004. [PDF](#)
- Gouveia, M. J., Carona, C., Canavarro, M. C., & Moreira, H. (2016). Self-compassion and dispositional mindfulness are associated with parenting styles and parenting stress: the mediating role of mindful parenting. *Mindfulness*, 7(3), 700-712. [PDF](#)
- Hawkins, L., Centifanti, L. C., Holman, N., & Taylor, P. (2018). Parental adjustment following pediatric burn injury: the role of guilt, shame, and self-compassion. *Journal of pediatric psychology*, 44(2), 229-237. [PDF](#)
- Homan, K. J. (2016). Secure attachment and eudaimonic well-being in late adulthood: The mediating role of self-compassion. *Aging & mental health*, 1-8. [PDF](#)
- Hood, C. O., Thomson Ross, L., & Wills, N. (2019). Family factors and depressive symptoms among college students: Understanding the role of self-compassion. *Journal of American college health*, 1-5. [PDF](#)
- Jiang, Y., You, J., Hou, Y., Du, C., Lin, M. P., Zheng, X., & Ma, C. (2016). Buffering the effects of peer victimization on adolescent non-suicidal self-injury: the role of self-compassion and family cohesion. *Journal of Adolescence*, 53, 107-115. [PDF](#)
- Jiang, Y., You, J., Zheng, X., & Lin, M. P. (2017). The qualities of attachment with significant others and self-compassion protect adolescents from non suicidal self-injury. *School psychology quarterly*, 32(2), 143. [PDF](#)
- Joeng, J. R., Turner, S. L., Kim, E. Y., Choi, S. A., Kim, J. K., & Lee, Y. J. (2017). Data for Korean college students' anxious and avoidant attachment, self-compassion, anxiety and depression. *Data in brief*, 13, 316-319. [PDF](#)
- Joeng, J. R., Turner, S. L., Kim, E. Y., Choi, S. A., Lee, Y. J., & Kim, J. K. (2017). Insecure attachment and emotional distress: Fear of self-compassion and self-compassion as mediators. *Personality and Individual Differences*, 112, 6-11. [PDF](#)

- Kearney, K. G., & Hicks, R. E. (2016). Early nurturing experiences, self-compassion, hyperarousal and scleroderma the way we relate to ourselves may determine disease progression. *International Journal of Psychological Studies*, 8(4), 16. [PDE](#)
- Mackintosh, K., Power, K., Schwannauer, M., & Chan, S. W. (2017). The Relationships Between Self-Compassion, Attachment and Interpersonal Problems in Clinical Patients with Mixed Anxiety and Depression and Emotional Distress. *Mindfulness*, 1-11. [PDE](#)
- Matos, M., Carvalho, S. A., Cunha, M., Galhardo, A., & Sepodes, C. (2017). Psychological Flexibility and Self-Compassion in Gay and Heterosexual Men: How They Relate to Childhood Memories, Shame, and Depressive Symptoms. *Journal of LGBT Issues in Counseling*, 11(2), 88-105. [PDE](#)
- Marta-Simões, J., Ferreira, C., & Mendes, A. L. (2016). Self-compassion: An adaptive link between early memories and women's quality of life. *Journal of health psychology*, 1359105316656771. [PDE](#)
- Mitchell, A. E., Whittingham, K., Steindl, S., & Kirby, J. (2018). Feasibility and acceptability of a brief online self-compassion intervention for mothers of infants. *Archives of women's mental health*, 1-9. [PDE](#)
- Mohamadirizi, S., & Kordi, M. (2016). The relationship between multi-dimensional self-compassion and fetal-maternal attachment in prenatal period in referred women to Mashhad Health Center. *Journal of education and health promotion*, 5. [PDE](#)
- Moreira, H., Carona, C., Silva, N., Nunes, J., & Canavarro, M. C. (2015). Exploring the link between maternal attachment-related anxiety and avoidance and mindful parenting: The mediating role of self-compassion. *Psychology and Psychotherapy: Theory, Research and Practice*. [PDE](#)
- Moreira, H., Gouveia, M. J., & Canavarro, M. C. (2018). Is Mindful Parenting Associated with Adolescents' Well-being in Early and Middle/Late Adolescence? The Mediating Role of Adolescents' Attachment Representations, Self-Compassion and Mindfulness. *Journal of youth and adolescence*, 1-18. [PDE](#)
- Naismith, I., Zarate Guerrero, S., & Feigenbaum, J. (2019). Abuse, invalidation, and lack of early warmth show distinct relationships with self-criticism, self-compassion, and fear of self-compassion in personality disorder. *Clinical psychology & psychotherapy*. [PDE](#)
- Navarro-Gil, M., Lopez-del-Hoyo, Y., Modrego-Alarcón, M., Montero-Marin, J., Van Gordon, W., Shonin, E., & Garcia-Campayo, J. (2018). Effects of Attachment-Based Compassion Therapy (ABCT) on Self-compassion and Attachment Style in Healthy People. *Mindfulness*, 1-12. [PDE](#)
- Neff, K. D., & Faso, D. J. (2014). Self-Compassion and Well-Being in Parents of Children with Autism. *Mindfulness*, 1-10. [PDE](#)
- Øverup, C. S., McLean, E. A., Brunson, J. A., & Coffman, A. D. (2017). Belonging, Burdensomeness, and Self-Compassion as Mediators of the Association Between Attachment and Depression. *Journal of Social and Clinical Psychology*, 36(8), 675-703. [PDE](#)
- Pepping, C. A., Davis, P. J., O'Donovan, A., & Pal, J. (2015). Individual differences in self-compassion: The role of attachment and experiences of parenting in childhood. *Self And Identity*, 14(1), 104-117. doi:10.1080/15298868.2014.955050 [PDE](#)

- 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](#)
- Raque-Bogdan, T. L., Piontkowski, S., Hui, K., Ziemer, K. S., & Garriott, P. O. (2016). Self-compassion as a mediator between attachment anxiety and body appreciation: An exploratory model. *Body Image*, *19*, 28-36. [PDF](#)
- Reffi, A. N., Boykin, D. M., & Orcutt, H. K. (2018). Examining Pathways of Childhood Maltreatment and Emotional Dysregulation Using Self-Compassion. *Journal of Aggression, Maltreatment & Trauma*, 1-17. [PDF](#)
- Robinson, S., Hastings, R. P., Weiss, J. A., Pagavathsing, J., & Lunskey, Y. (2017). Self-compassion and psychological distress in parents of young people and adults with intellectual and developmental disabilities. *Journal of Applied Research in Intellectual Disabilities*. [PDF](#)
- Ross, N. D., Kaminski, P. L., & Herrington, R. (2019). From childhood emotional maltreatment to depressive symptoms in adulthood: the roles of self-compassion and shame. *Child abuse & neglect*, *92*, 32-42. [PDF](#)
- Set, Z., Şimşek, Ö. F., & Altınok, A. (2016). The Mediator Role of Internalized Homophobia and Self-Compassion on the Link between Attachment Styles and Depression in Lesbian, Gay and Bisexual Individuals. *International Journal of Human and Behavioral Science*, *2*(2). [PDF](#)
- Sirois, F. M., Bögels, S., & Emerson, L. M. (2019). Self-compassion improves parental well-being in response to challenging parenting events. *The Journal of psychology*, *153*(3), 327-341. [PDF](#)
- Steindl, S. R., Matos, M., & Creed, A. K. (2018). Early shame and safeness memories, and later depressive symptoms and safe affect: The mediating role of self-compassion. *Current Psychology*, 1-11. [PDF](#)
- Tanaka, M., Wekerle, C., Schmuck, M. L., Paglia-Boak, A., MAP Research Team (2011). The linkages among childhood maltreatment, adolescent mental health, and self-compassion in child welfare adolescents. *Child Abuse & Neglect*, *35*, 887-898. [PDF](#)
- Temel, M., & Atalay, A. A. (2018). The relationship between perceived maternal parenting and psychological distress: Mediator role of self-compassion. *Current Psychology*, 1-8. [PDF](#)
- Vettese, L. C., Dyer, C. E., Li W. L. & Wekerle, C. (2011). Does self-compassion mitigate the association between childhood maltreatment and later emotional regulation difficulties? A preliminary investigation. *International Journal of Mental Health and Addiction*, *9*, 480-491. [PDF](#)
- Wei, M., Liao, K., Ku, T., & Shaffer, P. A. (2011). Attachment, self-compassion, empathy, and subjective well-being among college students and community adults. *Journal of Personality*, *79*, 191-221. [PDF](#)
- Westphal, M., Leahy, R. L., Pala, A. N., & Wupperman, P. (2016). Self-Compassion and Emotional Invalidation Mediate the Effects of Parental Indifference on Psychopathology. *Psychiatry Research*. [PDF](#)
- Wong, C. C., Mak, W. W., & Liao, K. Y. H. (2016). Self-Compassion: a Potential Buffer Against Affiliate Stigma Experienced by Parents of Children with Autism Spectrum Disorders. *Mindfulness*, *7*(6), 1385-1395. [PDF](#)



- Wu, Q., Chi, P., Lin, X., & Du, H. (2018). Child maltreatment and adult depressive symptoms: roles of self-compassion and gratitude. *Child abuse & neglect*, 80, 62-69. [PDF](#)
- Xavier, S., Azevedo, J., Bento, E., Marques, M., Soares, M., Martins, M. J., ... & Pereira, A. T. (2016). Mindfulness, self-compassion and psychological distress in pregnant women. *European Psychiatry*, 33, S603. [PDF](#)

## Self-Compassion, Gender and Sexual Orientation

- Beard, K., Eames, C., & Withers, P. (2017). The role of self-compassion in the well-being of self-identifying gay men. *Journal of Gay & Lesbian Mental Health*, 21(1), 77-96. [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*, 10(3), 219-230. [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](#)
- Booth, N. R., McDermott, R. C., Cheng, H. L., & Borgogna, N. C. (2019). Masculine gender role stress and self-stigma of seeking help: The moderating roles of self-compassion and self-coldness. *Journal of counseling psychology*. [PDF](#)
- Crews, D., & Crawford, M. (2015). Exploring the Role of Being Out on a Queer Person's Self-Compassion. *Journal of Gay & Lesbian Social Services*, 27(2), 172-186. [PDF](#)
- Crowder, R. (2016). Mindfulness based feminist therapy: The intermingling edges of self-compassion and social justice. *Journal of Religion & Spirituality in Social Work: Social Thought*, 35(1-2), 24-40. [PDF](#)
- Felder, J. N., Lemon, E., Shea, K., Kripke, K., & Dimidjian, S. (2016). Role of self-compassion in psychological well-being among perinatal women. *Archives of Women's Mental Health*, 1-4. [PDF](#)
- Fredrick, E. G., LaDuke, S. L., & Williams, S. L. (2019). Sexual minority quality of life: The indirect effect of public stigma through self-compassion, authenticity, and internalized stigma. *Stigma and Health*. [PDF](#)
- Greene, D. C., & Britton, P. J. (2015). Predicting Adult LGBTQ Happiness: Impact of Childhood Affirmation, Self-Compassion, and Personal Mastery. *Journal of LGBT Issues in Counseling*, 9(3), 158-179. [PDF](#)
- Hatchel, T., Merrin, G. J., & Espelage, A. D. (2019). Peer victimization and suicidality among LGBTQ youth: the roles of school belonging, self-compassion, and parental support. *Journal of LGBT Youth*, 16(2), 134-156. [PDF](#)
- Heath, P. J., Brenner, R. E., Vogel, D. L., Lannin, D. G., & Strass, H. A. (2017). Masculinity and barriers to seeking counseling: The buffering role of self-compassion. *Journal of Counseling Psychology*, 64(1), 94. [PDF](#)
- Jennings, L. K., & Tan, P. P. (2014). Self-compassion and life satisfaction in gay men. *Psychological Reports*, 115(3), 888-895. doi:10.2466/21.07.PR0.115c33z3 [PDF](#)
- Keng, S. L., & Liew, K. W. L. (2016). Trait Mindfulness and Self-Compassion as

- Moderators of the Association Between Gender Nonconformity and Psychological Health. *Mindfulness*, 1-12. [PDF](#)
- Kotera, Y., Green, P., and Sheffield, D. (2019) Mental health shame of UK construction workers: Relationship with masculinity, work motivation, and self-compassion. *Journal of Work<sup>[1]</sup> and Organizational Psychology*, 35(2), pp. 1-9. [PDF](#)
- Lennon, J., Hevey, D., & Kinsella, L. (2018). Gender role conflict, emotional approach coping, self-compassion, and distress in prostate cancer patients: A model of direct and moderating effects. *Psycho-oncology*, 27(8), 2009-2015. [PDF](#)
- Marta-Simões, J., Ferreira, C., & Mendes, A. L. (2016). Self-compassion: An adaptive link between early memories and women's quality of life. *Journal of health psychology*, 1359105316656771. [PDF](#)
- Matos, M., Carvalho, S. A., Cunha, M., Galhardo, A., & Sepodes, C. (2017). Psychological Flexibility and Self-Compassion in Gay and Heterosexual Men: How They Relate to Childhood Memories, Shame, and Depressive Symptoms. *Journal of LGBT Issues in Counseling*, 11(2), 88-105. [PDF](#)
- Murn, L. T., & Steele, M. R. (2019). What matters most? Age and gender differences in self-compassion and body attitudes among college students. *Counselling Psychology Quarterly*, 1-20. [PDF](#)
- Patzak, A., Kollmayer, M., & Schober, B. (2017). Buffering impostor feelings with kindness: the mediating role of self-compassion between gender-role orientation and the impostor phenomenon. *Frontiers in psychology*, 8, 1-12. [PDF](#)
- Raque-Bogdan, T. L., & Hoffman, M. A. (2015). The Relationship Among Infertility, Self-Compassion, and Well-Being for Women With Primary or Secondary Infertility. *Psychology of Women Quarterly*, 0361684315576208. [PDF](#)
- Reid, R. C., Temko, J., Moghaddam, J. F., & Fong, T. W. (2014). Shame, rumination, and self-compassion in men assessed for hypersexual disorder. *Journal Of Psychiatric Practice*, 20(4), 260-268. doi:10.1097/01.pra.0000452562.98286.c5 [PDF](#)
- Reilly, E. D., Rochlen, A. B., & Awad, G. H. (2013). Men's Self-Compassion and Self-Esteem: The Moderating Roles of Shame and Masculine Norm Adherence. *Psychology Of Men & Masculinity*, doi:10.1037/a0031028 [PDF](#)
- Set, Z., Şimşek, Ö. F., & Altınok, A. (2016). The Mediator Role of Internalized Homophobia and Self-Compassion on the Link between Attachment Styles and Depression in Lesbian, Gay and Bisexual Individuals. *International Journal of Human and Behavioral Science*, 2(2). [PDF](#)
- Skinta, M. D., Fekete, E. M., & Williams, S. L. (2018). HIV-Stigma, Self-Compassion, and Psychological Well-Being Among Gay Men Living With HIV. *Stigma and Health*. [PDF](#)
- Stevenson, O., & Allen, A. B. (2016). Women's empowerment: Finding strength in self-compassion. *Women & health*, 1-16. [PDF](#)
- Sun, X., Chan, D. W., & Chan, L. K. (2016). Self-compassion and psychological well-being among adolescents in Hong Kong: Exploring gender differences. *Personality and Individual Differences*, 101, 288-292. [PDF](#)
- Toplu-Demirtaş, E., Kemer, G., Pope, A. L., & Moe, J. L. (2018). Self-compassion matters: The relationships between perceived social support, self-compassion, and

- subjective well-being among LGB individuals in Turkey. *Journal of counseling psychology*, 65(3), 372.
- Vigna, A. J., Poehlmann-Tynan, J., & Koenig, B. W. (2018). Does self-compassion covary with minority stress? Examining group differences at the intersection of marginalized identities. *Self and Identity*, 17(6), 687-709. [PDF](#)
- Vigna, A. J., Poehlmann-Tynan, J., & Koenig, B. W. (2017). Does Self-Compassion Facilitate Resilience to Stigma? A School-Based Study of Sexual and Gender Minority Youth. *Mindfulness*, 1-11. [PDF](#)
- Wasylikiw, L., & Clairo, J. (2016). Help Seeking in Men: When Masculinity and Self-Compassion Collide. [PDF](#)
- Yarnell, L. M., Neff, K. D., Davidson, O. A., & Mullarkey, M. (2018). Gender differences in self-compassion: Examining the role of gender role orientation. *Mindfulness*, 1-17. [PDF](#)
- Yarnell, L. M., Stafford, R. E., Neff, K. D., Reilly, E. D., Knox, M. C. & Mullarkey, M. (2015). Meta-analysis of gender differences in self-compassion. *Self and Identity*. [PDF](#)

## Self-Compassion: General Reviews

- Barnard, L. K., & Curry, J. F. (2011). Self-compassion: Conceptualizations, correlates, & interventions. *Review Of General Psychology*, 15, No. 4, 289–303 [PDF](#)
- Bluth, K., & Neff, K. D. (2018). New frontiers in understanding the benefits of self-compassion. *Self and Identity*, 17(6), 605-608. [PDF](#)
- Bibeau, M., Dionne, F., & Leblanc, J. (2015). Can Compassion Meditation Contribute to the Development of Psychotherapists' Empathy? A Review. *Mindfulness*, 1-9. [PDF](#)
- Brown, L., Huffman, J. C., & Bryant, C. (2018). Self-compassionate aging: A systematic review. *The Gerontologist*, 59(4), e311-e324. [PDF](#)
- Cleare, S., Gumley, A., & O'Connor, R. C. (2019). Self-compassion, self-forgiveness, suicidal ideation, and self-harm: A systematic review. *Clinical psychology & psychotherapy*. [PDF](#)
- Ferrari, M., Hunt, C., Harrysunker, A., Abbott, M. J., Beath, A. P., & Einstein, D. A. (2019). Self-compassion interventions and psychosocial outcomes: A meta-analysis of RCTs. *Mindfulness*, 1-19. [PDF](#)
- Galante, J., Galante, I., Bekkers, M. J., & Gallacher, J. (2014). Effect of kindness-based meditation on health and well-being: A systematic review and meta-analysis. *Journal of consulting and clinical psychology*, 82(6), 1101. [PDF](#)
- Hofmann, S. G., Grossman, P., & Hinton, D. E. (2011). Loving-kindness and compassion meditation: Potential for psychological interventions. *Clinical Psychology Review* 31 (2011) 1126–1132. [PDF](#)
- Khoury, B. (2019). Compassion: Embodied and Embedded. *Mindfulness*, 1-12. [PDF](#)
- Kirby, J. N. (2017). Compassion interventions: the programmes, the evidence, and implications for research and practice. *Psychology and Psychotherapy: Theory, Research and Practice*, 90(3), 432-455. [PDF](#)

- Kirby, J. N., & Gilbert, P. (2019). Commentary Regarding Wilson et al.(2018) “Effectiveness of ‘Self-Compassion’ Related Therapies: a Systematic Review and Meta-analysis.” All Is Not as It Seems. *Mindfulness*, 10(6), 1006-1016. [PDF](#)
- MacBeth, A., & Gumley, A. (2012). Exploring compassion: A meta-analysis of the association between self-compassion and psychopathology. *Clinical Psychology Review*, 32, 545-552. [PDF](#)
- Møller, S. A. Q., Sami, S., & Shapiro, S. L. (2019). Health benefits of (mindful) self-compassion meditation and the potential complementarity to mindfulness-based interventions: A review of randomized-controlled trials. *OBM Integrative and Complementary Medicine*, 4(1), 1-20. [PDF](#)
- Neff, K. D. (2009). The role of self-compassion in development: A healthier way to relate to oneself. *Human Development*, 52, 211-214. [PDF](#)
- Neff, K. D. (2003). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity*, 2, 85-102. [PDF](#)
- Neff, K. D., Long, P. Knox, M., Davidson, O., Kuchar, A., Costigan, A., Williamson, Z., Rohleder, N., Tóth-Király, I., & Breines, J. (2018). The forest and the trees: Examining the association of self-compassion and its positive and negative components with psychological functioning. *Self and Identity*. 17 (6), 627-645. [PDF](#)
- Neff, K. D., Tóth-Király, I., Yarnell, L., Arimitsu, K., Castilho, P., Ghorbani, N.,...Mantzios, M. (2019). Examining the Factor Structure of the Self-Compassion Scale using exploratory SEM bifactor analysis in 20 diverse samples: Support for use of a total score and six subscale scores. *Psychological Assessment*, 31 (1), 27-45. [PDF](#)
- Platt, K. A. (2018). Mindfulness and Self-Compassion Based Interventions for Substance Use Disorders: A Literature Review. *Journal Of Social Science Research*, 12(1), 2619-2633. [PDF](#)
- Raab, K. (2014). Mindfulness, Self-Compassion, and Empathy Among Health Care Professionals: A Review of the Literature. *Journal of health care chaplaincy*, 20(3), 95-108. [PDF](#)
- Shonin, E., Van Gordon, W., Compare, A., Zangeneh, M., & Griffiths, M. D. (2014). Buddhist-Derived Loving-Kindness and Compassion Meditation for the Treatment of Psychopathology: a Systematic Review. *Mindfulness*, 1-20. [PDF](#)
- Wilson, A. C., Mackintosh, K., Power, K., & Chan, S. W. (2019). Effectiveness of self-compassion related therapies: A systematic review and meta-analysis. *Mindfulness*, 10(6), 979-995. [PDF](#)
- Zessin, U., Dickhauser, O., & Garbade, S. (2015). The relationship between self-compassion and well-being: A meta-analysis. *Applied Psychology: Health and Well-Being*. doi:10.1111/aphw.12051 [PDF](#)

## Self-Compassion and Health

- Alizadeh, S., Khanahmadi, S., Vedadhir, A., & Barjasteh, S. (2018). The relationship between resilience with self-compassion, social support and sense of belonging in

- women with breast cancer. *Asian Pacific journal of cancer prevention: APJCP*, 19(9), 2469. [PDF](#)
- Arambasic, J., Sherman, K. A., Elder, E., & Breast Cancer Network Australia. (2019). Attachment styles, self-compassion, and psychological adjustment in long-term breast cancer survivors. *Psycho-oncology*, 28(5), 1134-1141. [PDF](#)
- Arts-de Jong, M., van Westerop, L. L., Hoogerbrugge, N., Massuger, L. F., Maas, A. H., van Beek, M. H., & de Hullu, J. A. (2018). Self-compassion, physical fitness and climacteric symptoms in oophorectomized BRCA1/2 mutation carriers. *Maturitas*, 108, 13-17. [PDF](#)
- Biber, D. D., & Ellis, R. (2017). The effect of self-compassion on the self-regulation of health behaviors: A systematic review. *Journal of Health Psychology*, 13591053177113361. [PDF](#)
- Brion, J. M., Leary, M. R., & Drabkin, A. S. (2014). Self-compassion and reactions to serious illness: The case of HIV. *Journal Of Health Psychology*, 19(2), 218-229. doi:10.1177/1359105312467391 [PDF](#)
- Brown, L., Bryant, C., Brown, V. M., Bei, B., & Judd, F. K. (2014). Self-Compassion Weakens the Association between Hot Flushes and Night Sweats and Daily Life Functioning and Depression. *Maturitas*. [PDF](#)
- Brown, L., Bryant, C., Brown, V., Bei, B., & Judd, F. (2015). Investigating how menopausal factors and self-compassion shape well-being: An exploratory path analysis. *Maturitas*, 81(2), 293-299. [PDF](#)
- Brown, L., Bryant, C., Brown, V., Bei, B., & Judd, F. (2015). Self-compassion, attitudes to ageing and indicators of health and well-being among midlife women. *Ageing & mental health*, 1-9. [PDF](#)
- Dewrsaran-van der Ven, C., van Broeckhuysen-Kloth, S., Thorsell, S., Scholten, R., De Gucht, V., & Geenen, R. (2018). Self-compassion in somatoform disorder. *Psychiatry research*, 262, 34-39. [PDF](#)
- Dunne, S., Sheffield, D., & Chilcot, J. (2018). Brief report: Self-compassion, physical health and the mediating role of health-promoting behaviours. *Journal of health psychology*, 23(7), 993-999. [PDF](#)
- Egan, H., Keyte, R., McGowan, K., Peters, L., Lemon, N., Parsons, S., ... & Mantzios, M. (2018). 'You Before Me': A Qualitative Study of Health Care Professionals' and Students' Understanding and Experiences of Compassion in the Workplace, Self-compassion, Self-care and Health Behaviours. *Health Professions Education*. [PDF](#)
- Ferrari, M., Dal Cin, M., & Steele, M. (2017). Self-compassion is associated with optimum self-care behaviour, medical outcomes and psychological well-being in a cross-sectional sample of adults with diabetes. *Diabetic Medicine*. [PDF](#)
- Friis, A. M., Consedine, N. S., & Johnson, M. H. (2015). Does Kindness Matter? Diabetes, Depression, and Self-Compassion: A Selective Review and Research Agenda. *Diabetes Spectrum*, 28(4), 252-257. [PDF](#)
- Friis, A. M., Johnson, M. H., & Consedine, N. S. (2016). Paradoxical Effects of Self-Compassion on Mood and Teeth Flossing Behavior in an Experimental Setting. *Mindfulness*, 1-9. [PDF](#)
- Friis, A. M., Johnson, M. H., Cutfield, R. G., & Consedine, N. S. (2016). Kindness matters: a randomized controlled trial of a mindful self-compassion intervention improves depression, distress, and HbA1c among patients with diabetes. *Diabetes*



Care, dc160416. [PDF](#)

- Galhardo, A., Cunha, M., Pinto-Gouveia, J., & Matos, M. (2013). The Mediator Role of Emotion Regulation Processes on Infertility-Related Stress. *Journal of clinical psychology in medical settings*, 20(4), 497-507. [PDF](#)
- Gedik, Z. (2019). Self-compassion and health-promoting lifestyle behaviors in college students. *Psychology, health & medicine*, 24(1), 108-114. [PDF](#)
- Hall, C. W., Row, K. A., Wuensch, K. L., & Godley, K. R. (2013). The role of self-compassion in physical and psychological well-being. *The Journal of psychology*, 147(4), 311-323. [PDF](#)
- Hallion, M., Taylor, A., Roberts, R., & Ashe, M. (2018). Exploring the association between physical activity participation and self-compassion in middle-aged adults. *Sport, Exercise, and Performance Psychology*. [PDF](#)
- Homan, K. J., & Sirois, F. M. (2017). Self-compassion and physical health: Exploring the roles of perceived stress and health-promoting behaviors. *Health Psychology Open*, 4(2), 2055102917729542. [PDF](#)
- Horan, K. A., & Taylor, M. B. (2018). Mindfulness and self-compassion as tools in health behavior change: An evaluation of a workplace intervention pilot study. *Journal of Contextual Behavioral Science*. [PDF](#)
- Hu, Y., Wang, Y., Sun, Y., Arteta-Garcia, J., & Purol, S. (2018). Diary Study: the Protective Role of Self-Compassion on Stress-Related Poor Sleep Quality. *Mindfulness*, 9(6), 1931-1940. [PDF](#)
- Kane, N. S., Hoogendoorn, C. J., Tanenbaum, M. L., & Gonzalez, J. S. (2018). Physical symptom complaints, cognitive emotion regulation strategies, self-compassion and diabetes distress among adults with Type 2 diabetes. *Diabetic Medicine*, 35(12), 1671-1677. [PDF](#)
- Kearney, K. G., & Hicks, R. E. (2016). Early nurturing experiences, self-compassion, hyperarousal and scleroderma the way we relate to ourselves may determine disease progression. *International Journal of Psychological Studies*, 8(4), 16. [PDF](#)
- Kearney, K. G., & Hicks, R. E. (2017). Self-compassion and breast cancer in 23 cancer respondents: Is the way you relate to yourself a factor in disease onset and progress?. *Psychology*, 8, 14. [PDF](#)
- Kelly, A. C., Zuroff, D. C., Foa, C. L., & Gilbert, P. (2009). Who benefits from training in self-compassionate self-regulation? A study of smoking reduction. *Journal of Social and Clinical Psychology*, 29, 727-755 [PDF](#)
- Li, Y., Deng, J., Lou, X., Wang, H., & Wang, Y. (2019). A daily diary study of the relationships among daily self-compassion, perceived stress and health-promoting behaviours. *International Journal of Psychology*. [PDF](#)
- Mantzios, M., & Egan, H. H. (2017). On the Role of Self-compassion and Self-kindness in Weight Regulation and Health Behavior Change. *Frontiers in psychology*, 8. [PDF](#)
- Møller, S. A. Q., Sami, S., & Shapiro, S. L. (2019). Health benefits of (mindful) self-compassion meditation and the potential complementarity to mindfulness-based interventions: A review of randomized-controlled trials. *OBM Integrative and Complementary Medicine*, 4(1), 1-20. [PDF](#)
- Morrison, A. E., Zaccardi, F., Chatterjee, S., Brady, E., Doherty, Y., Robertson, N., ... & Davies, M. J. (2019). Self-Compassion, Metabolic Control and Health Status in

- Individuals with Type 2 Diabetes: A UK Observational Study. *Experimental and Clinical Endocrinology & Diabetes*. [PDF](#)
- Nery-Hurwit, M., Yun, J., & Ebbeck, V. (2017). Examining the roles of self-compassion and resilience on health-related quality of life for individuals with Multiple Sclerosis. *Disability and health journal*, 1-6. [PDF](#)
- Ramos Salazar, L. (2018). The Effect of Patient Self-Advocacy on Patient Satisfaction: Exploring Self-Compassion as a Mediator. *Communication Studies*, 1-16. [PDF](#)
- Raque-Bogdan, T. L., & Hoffman, M. A. (2015). The Relationship Among Infertility, Self-Compassion, and Well-Being for Women With Primary or Secondary Infertility. *Psychology of Women Quarterly*, 0361684315576208. [PDF](#)
- Rose, C., Webel, A., Sullivan, K. M., Cuca, Y. P., Wantland, D., Johnson, M. O., & ... Holzemer, W. L. (2014). Self-compassion and risk behavior among people living with HIV/AIDS. *Research In Nursing & Health*, 37(2), 98-106. [PDF](#)
- Schellekens, M. P., Karremans, J. C., van der Drift, M. A., Molema, J., van den Hurk, D. G., Prins, J. B., & Speckens, A. E. (2016). Are Mindfulness and Self-Compassion Related to Psychological Distress and Communication in Couples Facing Lung Cancer? A Dyadic Approach. *Mindfulness*, 1-12. [PDF](#)
- Semenchuk, B. N., Strachan, S. M., & Fortier, M. (2018). Self-compassion and the self-regulation of exercise: Reactions to recalled exercise setbacks. *Journal of Sport and Exercise Psychology*, 40(1), 31-39. [PDF](#)
- Sirois, F. M. (2015). A self-regulation resource model of self-compassion and health behavior intentions in emerging adults. *Preventive Medicine Reports*, 2, 218-222. [PDF](#)
- Sirois, F. M., & Hirsch, J. K. (2018). Self-Compassion and Adherence in Five Medical Samples: the Role of Stress. *Mindfulness*, 10(1), 46-54. [PDF](#)
- Sirois, F. M., Kitner, R., & Hirsch, J. K. (2015). Self-compassion, affect, and health-promoting behaviors. *Health Psychology*, 34(6), 661. [PDF](#)
- Sirois, F. M., Nauts, S., & Molnar, D. S. (2019). Self-Compassion and Bedtime Procrastination: an Emotion Regulation Perspective. *Mindfulness*, 10(3), 434-445. [PDF](#)
- Sirois, F., & Rowse, G. (2016). The role of self-compassion in chronic illness care. *Journal of Clinical Outcomes Management*, 23(11), 521-527. [PDF](#)
- Skinta, M. D., Fekete, E. M., & Williams, S. L. (2018). HIV-Stigma, Self-Compassion, and Psychological Well-Being Among Gay Men Living With HIV. *Stigma and Health*. [PDF](#)
- Strachan, S. M., Bean, C., & Jung, M. E. (2018). 'I'm on the train and I can't stop it': Western Canadians' reactions to prediabetes and the role of self-compassion. *Health & social care in the community*, 26(6), 979-987. [PDF](#)
- Stuntzner, S. (2017). Compassion and Self-compassion: Conceptualization of and Application to Adjustment to Disability. *Journal of Applied Rehabilitation Counseling*, 48(2). [PDF](#)
- Stuntzner, S., & Hartley, M. T. (2015). Balancing Self-Compassion with Self-Advocacy: A New Approach for Persons with Disabilities. *Annals of Psychotherapy*. [PDF](#)
- Terry, M. L. & Leary, M. R. (2011). Self-compassion, self-regulation, and health. *Self and Identity*, 10, 352-362. [PDF](#)
- Terry, M. L., Leary, M. R., Mehta, S., & Henderson, K. (2013). Self-Compassionate

- Reactions to Health Threats. *Personality and Social Psychology Bulletin*, 39(7), 911-926. [PDF](#)
- Ventura, A. D., Nefs, G., Browne, J. L., Friis, A. M., Pouwer, F., & Speight, J. (2019). Is Self-Compassion Related to Behavioural, Clinical and Emotional Outcomes in Adults with Diabetes? Results from the Second Diabetes MILES—Australia (MILES-2) Study. *Mindfulness*, 10(7), 1222-1231. [PDF](#)
- Wayment, H. A., Huffman, A. H., & Irving, L. H. (2018). Self-Rated Health among Unemployed Adults: the Role of Quiet Ego, Self-Compassion, and Post-Traumatic Growth. *Occupational Health Science*, 2(3), 247-267. [PDF](#)
- Webel, A. R., Wantland, D., Rose, C. D., Kempainen, J., Holzemer, W. L., Chen, W. T., ... & Portillo, C. (2015). A Cross-Sectional Relationship Between Social Capital, Self-Compassion, and Perceived HIV Symptoms. *Journal of pain and symptom management*. [PDF](#)
- Wong, C. C., & Mak, W. W. (2016). Writing can heal: Effects of self-compassion writing among Hong Kong Chinese college students. *Asian American Journal of Psychology*, 7(1), 74. [PDF](#)
- Zhu, L., Yao, J., Wang, J., Wu, L., Gao, Y., Xie, J., ... & Schroevers, M. J. (2019). The predictive role of self-compassion in cancer patients' symptoms of depression, anxiety, and fatigue: a longitudinal study. *Psycho-Oncology*. [PDF](#)

## Self-Compassion and Interpersonal Concerns

- 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](#)
- Allen, A. B., Barton, J., & Stevenson, O. (2015). Presenting a Self-Compassionate Image After an Interpersonal Transgression. *Self and Identity*, 14(1), 33-50. [PDF](#)
- Arambasic, J., Sherman, K. A., Elder, E., & Breast Cancer Network Australia. (2019). Attachment styles, self-compassion, and psychological adjustment in long-term breast cancer survivors. *Psycho-oncology*, 28(5), 1134-1141. [PDF](#)
- Arslan, C. (2016). Interpersonal problem solving, self-compassion and personality traits in university students. *Educational Research and Reviews*, 11(7), 474-481. [PDF](#)
- Arslan, C., & Adıgüzel, G. (2018). Investigation of University Students' Aggression Levels in Terms of Empathic Tendency, Self-Compassion and Emotional. *European Journal of Education Studies*. [PDF](#)
- Baker, L. R., & McNulty, J. K. (2011). Self-compassion and relationship maintenance: The moderating roles of conscientiousness and gender. *Journal of Personality and Social Psychology*, 100, 853-873. [PDF](#)
- Barjoe, L. K., & Saeinia, M. (2016). The Effect of Self-Compassion Training on Self-Discrepancy of the Married Women Referred to the Family Counseling Centers in Naft Shahr County in Ahvaz. *International Journal of Humanities and Cultural Studies (IJHCS) ISSN 2356-5926*, 627-635. [PDF](#)
- Breines, J. G., & Chen, S. (2013). Activating the inner caregiver: The role of support-giving schemas in increasing state self-compassion. *Journal Of Experimental Social*

- Psychology*, 49(1), 58-64. [PDF](#)
- Brodar, K. E., Barnard Crosskey, L., & Thompson Jr, R. J. (2015). The Relationship of Self-Compassion with Perfectionistic Self-Presentation, Perceived Forgiveness, and Perceived Social Support in an Undergraduate Christian Community. *Journal of Psychology & Theology*, 43(4). [PDF](#)
- Chung, M. S. (2016). Relation Between Lack of Forgiveness and Depression The Moderating Effect of Self-Compassion. *Psychological Reports*, 119(3), 573-585. [PDF](#)
- Daltry, R. M., Mehr, K. E., Sauers, L., & Silbert, J. (2018). Examining the Relationship between Empathy for Others and Self-Compassion in College Students. *Educational Research and Reviews*, 13(17), 617-621. [PDF](#)
- Dev, V., Fernando, A. T., Lim, A. G., & Consedine, N. S. (2018). Does self-compassion mitigate the relationship between burnout and barriers to compassion? A cross-sectional quantitative study of 799 nurses. *International Journal of Nursing Studies*. [PDF](#)
- Fresnics, A., & Borders, A. (2016). Angry Rumination Mediates the Unique Associations Between Self-Compassion and Anger and Aggression. *Mindfulness*, 1-11. [PDF](#)
- Fulton, C. L. (2018). Self-Compassion as a Mediator of Mindfulness and Compassion for Others. *Counseling and Values*, 63(1), 45-56. [PDF](#)
- Fuochi, G., Veneziani, C. A., & Voci, A. (2018). Exploring the social side of self-compassion: Relations with empathy and outgroup attitudes. *European Journal of Social Psychology*, 48(6), 769-783. [PDF](#)
- Gerber, Z., Tolmacz, R., & Doron, Y. (2015). Self-compassion and forms of concern for others. *Personality and Individual Differences*, 86, 394-400. [PDF](#)
- Gouveia, M. J., Carona, C., Canavarro, M. C., & Moreira, H. (2016). Self-compassion and dispositional mindfulness are associated with parenting styles and parenting stress: the mediating role of mindful parenting. *Mindfulness*, 7(3), 700-712. [PDF](#)
- Hermanto, N., & Zuroff, D. C. (2016). The Social Mentality Theory of Self-Compassion and Self-Reassurance: The Interactive Effect of Care-Seeking and Caregiving. *The Journal of social psychology*, 1-13. [PDF](#)
- Jacobson, E. H. K., Wilson, K. G., Kurz, A. S., & Kellum, K. K. (2018). Examining Self-Compassion in Romantic Relationships. *Journal of Contextual Behavioral Science*. [PDF](#)
- Lindsay, E. K., & Creswell, J. D. (2014). Helping the self help others: self-affirmation increases self-compassion and pro-social behaviors. *Frontiers in psychology*, 5. [PDF](#)
- López, A., Sanderman, R., Ranchor, A. V., & Schroevers, M. J. (2017). Compassion for Others and Self-Compassion: Levels, Correlates, and Relationship with Psychological Well-being. *Mindfulness*, 1-7. [PDF](#)
- Mackintosh, K., Power, K., Schwannauer, M., & Chan, S. W. (2017). The Relationships Between Self-Compassion, Attachment and Interpersonal Problems in Clinical Patients with Mixed Anxiety and Depression and Emotional Distress. *Mindfulness*, 9(3), 961-971 [PDF](#)
- Marshall, S. L., Ciarrochi, J., Parker, P. D., & Sahdra, B. K. (2019). Is Self-Compassion Selfish? The Development of Self-Compassion, Empathy, and Prosocial Behavior in Adolescence. *Journal of Research on Adolescence*. [PDF](#)

- Moreira, H., Carona, C., Silva, N., Nunes, J., & Canavarro, M. C. (2015). Exploring the link between maternal attachment-related anxiety and avoidance and mindful parenting: The mediating role of self-compassion. *Psychology and Psychotherapy: Theory, Research and Practice*. [PDF](#)
- Neff, K. D., Beretvas, S. N. (2013). The role of self-compassion in romantic relationships. *Self and Identity*, 12(1), 78-98. [PDF](#)
- Neff, K. D., Pommier, E. (2013). The relationship between self-compassion and other-focused concern among college undergraduates, community adults, and practicing meditators. *Self and Identity*, 12(2), 160-176. [PDF](#)
- Park, J. J., Long, P., Choe, N. H., & Schallert, D. L. (2018). The contribution of self-compassion and compassion to others to students' emotions and project commitment when experiencing conflict in group projects. *International Journal of Educational Research*, 88, 20-30. [PDF](#)
- Rao, N., & Kemper, K. J. (2016). Online Training in Specific Meditation Practices Improves Gratitude, Well-Being, Self-Compassion, and Confidence in Providing Compassionate Care Among Health Professionals. *Journal of evidence-based complementary & alternative medicine*, 2156587216642102. [PDF](#)
- Salazar, L. R. Exploring the relationship between compassion, closeness, trust, and social support in same-sex friendships. *The Journal of Happiness & Well-Being*, 2015, 3(1), 1529. [PDF](#)
- Sbarra, D. A., Smith, H. L. & Mehl, M. R. (2012). When leaving your Ex, love yourself: Observational ratings of self-compassion predict the course of emotional recovery following marital separation. *Psychological Science*. 23(3), 261–269. [PDF](#)
- Schellekens, M. P., Karremans, J. C., van der Drift, M. A., Molema, J., van den Hurk, D. G., Prins, J. B., & Speckens, A. E. (2016). Are Mindfulness and Self-Compassion Related to Psychological Distress and Communication in Couples Facing Lung Cancer? A Dyadic Approach. *Mindfulness*, 1-12. [PDF](#)
- Tandler, N., & Petersen, L. E. (2018). Are self-compassionate partners less jealous? Exploring the mediation effects of anger rumination and willingness to forgive on the association between self-compassion and romantic jealousy. *Current Psychology*, 1-11. [PDF](#)
- Tierney, S., Ozer, C. T., & Perry, S. (2018). Having the “headspace” for compassion toward self and others: a qualitative study of medical students' views and experiences. *Teaching and learning in medicine*, 30(3), 274-283. [PDF](#)
- Wang, X., Chen, Z., Poon, K. T., Teng, F., & Jin, S. (2017). Self-compassion decreases acceptance of own immoral behaviors. *Personality and Individual Differences*, 106, 329-333. [PDF](#)
- Wayment, H. A., West, T. N., & Craddock, E. B. (2016). Compassionate values as a resource during the transition to college: quiet ego, compassionate goals, and self-compassion. *Journal of The First-Year Experience & Students in Transition*, 28(2), 93-114. [PDF](#)
- Wei, M., Liao, K., Ku, T., & Shaffer, P. A. (2011). Attachment, self-compassion, empathy, and subjective well-being among college students and community adults. *Journal of Personality*, 79, 191-221. [PDF](#)
- Welp, L. R., & Brown, C. M. (2014). Self-compassion, empathy, and helping intentions. *The Journal of Positive Psychology*, 9(1), 54-65. [PDF](#)



- Wiklund Gustin, L. (2017). Compassion for self and others as key aspects of well-being in changing times. *Scandinavian journal of caring sciences*, 31(3), 427-433. [PDF](#)
- Yang, Y., Guo, Z., Kou, Y., & Liu, B. (2019). Linking Self-Compassion and Prosocial Behavior in Adolescents: The Mediating Roles of Relatedness and Trust. *Child Indicators Research*, 1-15. [PDF](#)
- Yarnell, L. M., Neff, K. D. (2013). Self-compassion, interpersonal conflict resolutions, and well-being. *Self and Identity*. 2:2, 146-159. [PDF](#)
- Zhang, J. W., & Chen, S. (2017). Self-compassion promotes positive adjustment for people who attribute responsibility of a romantic breakup to themselves. *Self and Identity*, 16(6), 732-759. [PDF](#)

## Self-Compassion Interventions

- Albertson, E. R., Neff, K. D., & Dill-Shackleford, K. E. (2014). Self-Compassion and Body Dissatisfaction in Women: A Randomized Controlled Trial of a Brief Meditation Intervention. *Mindfulness*, 1-11. [PDF](#)
- Allen, A. B., Robertson, E., & Patin, G. A. (2017). Improving Emotional and Cognitive Outcomes for Domestic Violence Survivors: The Impact of Shelter Stay and Self-Compassion Support Groups. *Journal of interpersonal violence*, 0886260517734858. [PDF](#)
- Arch, J. J., Brown, K. W., Dean, D. J., Landy, L. N., Brown, K., & Laudenslager, M. L. (2014). Self-compassion training modulates alpha-amylase, heart rate variability, and subjective responses to social evaluative threat in women. *Psychoneuroendocrinology*. [PDF](#)
- Arimitsu, K. (2016). The effects of a program to enhance self-compassion in Japanese individuals: A randomized controlled pilot study. *The Journal of Positive Psychology*, 1-13. [PDF](#)
- Barjoe, L. K., & Saeinia, M. (2016). The Effect of Self-Compassion Training on Self-Discrepancy of the Married Women Referred to the Family Counseling Centers in Naft Shahr County in Ahvaz. *International Journal of Humanities and Cultural Studies (IJHCS) ISSN 2356-5926*, 627-635. [PDF](#)
- Beaumont, E., Galpin, A. & Jenkins, P. (2012). Being kinder to myself: A prospective comparative study, exploring post-trauma therapy outcome measures, for two groups of clients, receiving either Cognitive Behaviour Therapy or Cognitive Behaviour Therapy and Compassionate Mind Training. *Counseling Psychology Review*, 27 (1), 31-43. [PDF](#)
- Beaumont, E., Irons, C., Rayner, G., & Dagnall, N. (2016). Does Compassion-Focused Therapy Training for Health Care Educators and Providers Increase Self-Compassion and Reduce Self-Persecution and Self-Criticism?. *Journal of Continuing Education in the Health Professions*, 36(1), 4-10. [PDF](#)
- Beaumont, E. A., & Hollins Martin, C. J. (2016). Heightening levels of compassion towards self and others through use of compassionate mind training. *British Journal*

of Midwifery. [PDF](#)

- Beaumont, E., Irons, C., Rayner, G., & Dagnall, N. (2016). Does Compassion-Focused Therapy Training for Health Care Educators and Providers Increase Self-Compassion and Reduce Self-Persecution and Self-Criticism?. *Journal of Continuing Education in the Health Professions*, 36(1), 4-10. [PDF](#)
- Beaumont, E., & Martin, C. J. H. (2016). A proposal to support student therapists to develop compassion for self and others through Compassionate Mind Training. *The Arts in Psychotherapy*, 50, 111-118. [PDF](#)
- Beaumont, E., Rayner, G., Durkin, M., & Bowling, G. (2017). The effects of Compassionate Mind Training on student psychotherapists. *The Journal of Mental Health Training, Education and Practice*, 12(5), 300-312. [PDF](#)
- Beck, A. R., & Verticchio, H. (2018). Effectiveness of a Method for Teaching Self-Compassion to Communication Sciences and Disorders Graduate Students. *American journal of speech-language pathology*, 27(1), 192-206. [PDF](#)
- Bellosta-Batalla, M., Ruiz-Robledillo, N., Sariñana-González, P., Capella-Solano, T., Vitoria-Estruch, S., Hidalgo-Moreno, G., ... & Moya-Albiol, L. (2017). Increased Salivary IgA Response as an Indicator of Immunocompetence After a Mindfulness and Self-Compassion-Based Intervention. *Mindfulness*, 1-9. [PDF](#)
- Braehler, C., Gumley, A., Harper, J., Wallace, S., Norrie, J., & Gilbert, P. (2013). Exploring change processes in compassion focused therapy in psychosis: Results of a feasibility randomized controlled trial. *British Journal of Clinical Psychology*, 52(2), 199-214. [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](#)
- 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](#)
- Cebolla, A., Herrero, R., Ventura, S., Miragall, M., Bellosta-Batalla, M., Llorens, R., & Baños, R. M. (2019). Putting oneself in the body of others: A pilot study on the efficacy of an embodied virtual reality system to generate self-compassion. *Frontiers in Psychology*, 10. [PDF](#)
- Danucalov, M. A., Kozasa, E. H., Afonso, R. F., Galduroz, J. C., & Leite, J. R. (2016). Yoga and compassion meditation program improve quality of life and self-compassion in family caregivers of Alzheimer's disease patients: A randomized controlled trial. *Geriatrics & gerontology international*. [PDF](#)
- Delaney, M. C. (2018). Caring for the caregivers: Evaluation of the effect of an eight-week pilot mindful self-compassion (MSC) training program on nurses' compassion fatigue and resilience. *PloS one*, 13(11), e0207261. [PDF](#)
- 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](#)
- Dundas, I., Binder, P. E., Hansen, T. G., & Stige, S. H. (2017). Does a short self-compassion intervention for students increase healthy self-regulation? A randomized control trial. *Scandinavian journal of psychology*, 58(5), 443-450. [PDF](#)
- Duran, S., & Barlas, G. Ü. (2016). Effectiveness of psychoeducation intervention on subjective well being and self compassion of individuals with mental disabilities. *International Journal of Research in Medical Sciences*, 4(1), 181-188. [PDF](#)
- Eirini, K., & Anastasios, S. (2017). The Effectiveness of a Pilot Self-Compassion Program on Well Being Components. *Psychology*, 8(04), 538. [PDF](#)
- Eriksson, T., Germundsjö, L., Åström, E., & Rönnlund, M. (2018). Mindful Self-Compassion Training to Reduce Stress and Burnout Symptoms among practicing psychologists: A Randomized Controlled Trial of a Brief Web-Based Intervention. *Frontiers in psychology*, 9, 2340. [PDF](#)
- Falconer, C. J., Rovira, A., King, J. A., Gilbert, P., Antley, A., Fearon, P., ... & Brewin, C. R. (2016). Embodying self-compassion within virtual reality and its effects on patients with depression. *British Journal of Psychiatry Open*, 2(1), 74-80. [PDF](#)
- Falconer, C. J., Slater, M., Rovira, A., King, J. A., Gilbert, P., Antley, A., & Brewin, C. R. (2014). Embodying Compassion: A Virtual Reality Paradigm for Overcoming Excessive Self-Criticism. *PloS one*, 9(11), e111933. [PDF](#)
- Feliu-Soler, A., Pascual, J. C., Elices, M., Martín-Blanco, A., Carmona, C., Cebolla, A., ... & Soler, J. (2016). Fostering Self-Compassion and Loving-Kindness in Patients With Borderline Personality Disorder: A Randomized Pilot Study. *Clinical psychology & psychotherapy*. [PDF](#)
- Ferrari, M., Hunt, C., Harrysunker, A., Abbott, M. J., Beath, A. P., & Einstein, D. A. (2019). Self-compassion interventions and psychosocial outcomes: A meta-analysis of RCTs. *Mindfulness*, 1-19. [PDF](#)
- Finlay-Jones, A. L. (2017). The relevance of self-compassion as an intervention target in mood and anxiety disorders: A narrative review based on an emotion regulation framework. *Clinical Psychologist*, 21(2), 90-103. [PDF](#)
- Finlay-Jones, A., Kane, R., & Rees, C. (2016). Self-Compassion Online: A Pilot Study of an Internet-Based Self-Compassion Cultivation Program for Psychology Trainees. *Journal of Clinical Psychology*. [PDF](#)
- Finlay-Jones, A., Xie, Q., Huang, X., Ma, X., & Guo, X. (2017). A Pilot Study of the 8-Week Mindful Self-Compassion Training Program in a Chinese Community Sample. *Mindfulness*, 1-10. [PDF](#)
- Friis, A. M., Johnson, M. H., Cutfield, R. G., & Consedine, N. S. (2016). Kindness matters: a randomized controlled trial of a mindful self-compassion intervention improves depression, distress, and HbA1c among patients with diabetes. *Diabetes Care*, dc160416. [PDF](#)
- Georgakaki, S. K., & Karakasidou, E. (2017). The Effects of Motivational Self-Talk on Competitive Anxiety and Self-Compassion: A Brief Training Program among Competitive Swimmers. *Psychology*, 8(05), 677. [PDF](#)
- Germer, C. & Neff, K. (2013). The Mindful Self-Compassion training program. In T.

- Singer & M. Bolz (Eds.) *Compassion: Bridging theory and practice: A multimedia book* (pp. 365-396). Leipzig, Germany: Max-Planck Institute. [PDF](#)
- Gilbert, P. & Procter, S. (2006). Compassionate mind training for people with high shame and self-criticism: Overview and pilot study of a group therapy approach. *Clinical Psychology & Psychotherapy*, 13, 353-379. [PDF](#)
- Halamová, J., Kanovsky, M., Jurkova, V., & Kupeli, N. (2018). Effect of a Short-Term Online Version of a Mindfulness-Based Intervention on Self-criticism and Self-compassion in a Nonclinical Sample. *Studia Psychologica*, 60(4), 259-273. [PDF](#)
- Halamová, J., Kanovský, M., Varšová, K., & Kupeli, N. (2018). Randomised controlled trial of the new short-term online emotion focused training for self-compassion and self-protection in a nonclinical sample. *Current Psychology*, 1-11. [PDF](#)
- Haukaas, R. B., Gjerde, I. B., Varting, G., Hallan, H. E., & Solem, S. (2018). A randomized controlled trial comparing the attention training technique and mindful self-compassion for students with symptoms of depression and anxiety. *Frontiers in psychology*, 9, 827. [PDF](#)
- Held, P., & Owens, G. P. (2015). Effects of self-compassion workbook training on trauma-related guilt in a sample of homeless veterans: A pilot study. *Journal Of Clinical Psychology*, 71(6), 513-526. doi:10.1002/jclp.22170 [PDF](#)
- Held, P., Owens, G. P., Thomas, E. A., White, B. A., & Anderson, S. E. (2018). A pilot study of brief self-compassion training with individuals in substance use disorder treatment. *Traumatology*, 24(3), 219. [PDF](#)
- Horan, K. A., & Taylor, M. B. (2018). Mindfulness and self-compassion as tools in health behavior change: An evaluation of a workplace intervention pilot study. *Journal of Contextual Behavioral Science*. [PDF](#)
- Jazaeri, H. (et al.) (2012). Enhancing compassion: A randomized controlled trial of a compassion cultivation training program. *Journal of Happiness Studies*. DOI 10.1007/s10902-012-9373-z [PDF](#)
- Karakasidou, E., & Stalikas, A. (2017). Empowering the Battered Women: The Effectiveness of a Self-Compassion Program. *Psychology*, 8(13), 2200. [PDF](#)
- Kelly, A. C., & Carter, J. C. (2015). Self-compassion training for binge eating disorder: A pilot randomized controlled trial. *Psychology and psychotherapy: Theory, research and practice*, 88(3), 285-303. [PDF](#)
- Kelly, A. C., Carter, J. C., & Borairi, S. (2014). Are improvements in shame and self-compassion early in eating disorders treatment associated with better patient outcomes?. *International Journal of Eating Disorders*, 47(1), 54-64. [PDF](#)
- Kelly, A. C., Zuroff, D. C., Foa, C. L., & Gilbert, P. (2009). Who benefits from training in self-compassionate self-regulation? A study of smoking reduction. *Journal of Social and Clinical Psychology*, 29, 727-755 [PDF](#)
- Kelly, A. C., Zuroff, D. C., Shapira, L. B. (2009). Soothing oneself and resisting self-attacks: The treatment of two intrapersonal deficits in depression vulnerability. *Cognitive Therapy and Research*, 33, 301–313. [PDF](#)
- Khorami, E. S., Moeini, M., & Ghamarani, A. (2016). The Effectiveness of Self-Compassion Training: a field Trial. *Global Journal of Medicine Researches and Studies*, 3(1), 15-20. [PDF](#)

- Kirby, J. N. (2017). Compassion interventions: the programmes, the evidence, and implications for research and practice. *Psychology and Psychotherapy: Theory, Research and Practice*, 90(3), 432-455. [PDF](#)
- Ko, C. M., Grace, F., Chavez, G. N., Grimleya, S. J., Dalrymple, E. R., & Olson, L. E. (2018). Effect of seminar on compassion on student self-compassion, mindfulness and well-being: a randomized controlled trial. *Journal of American college health*. [PDF](#)
- Köhle, N., Drossaert, C. H., Jaran, J., Schreurs, K. M., Verdonck-de Leeuw, I. M., & Bohlmeijer, E. T. (2017). User-experiences with a web-based self-help intervention for partners of cancer patients based on acceptance and commitment therapy and self-compassion: a qualitative study. *BMC public health*, 17(1), 225. [PDF](#)
- Krieger, T., Martig, D. S., van den Brink, E., & Berger, T. (2016). Working on self-compassion online: A proof of concept and feasibility study. *Internet Interventions*, 6, 64-70. [PDF](#)
- Krieger, T., Reber, F., von Glutz, B., Urech, A., Moser, C. T., Schulz, A., & Berger, T. (2019). An internet-based compassion-focused intervention for increased self-criticism: a randomized controlled trial. *Behavior therapy*, 50(2), 430-445. [PDF](#)
- Lathren, C., Bluth, K., Campo, R., Tan, W., & Futch, W. (2018). Young adult cancer survivors' experiences with a mindful self-compassion (MSC) video-chat intervention: A qualitative analysis. *Self and Identity*, 17(6), 646-665. [PDF](#)
- Mahon, M. A., Mee, L., Brett, D., & Dowling, M. (2017). Nurses' perceived stress and compassion following a mindfulness meditation and self compassion training. *Journal of Research in Nursing*, 22(8), 572-583. [PDF](#)
- Mak, W. W., Tong, A. C., Yip, S. Y., Lui, W. W., Chio, F. H., Chan, A. T., & Wong, C. C. (2018). Efficacy and moderation of mobile app-based programs for mindfulness-based training, self-compassion training, and cognitive behavioral psychoeducation on mental health: Randomized controlled noninferiority trial. *JMIR mental health*, 5(4), e60. [PDF](#)
- Mak, W. W. S., Wong, C. C. Y., Chan, A. T. Y., & Lau, J. T. F. (2019). Mobile self-compassion programme for promotion of public mental health: a randomised controlled trial. *Hong Kong Med. J*, 25(1 Supplement 2). [PDF](#)
- Mantelou, A., & Karakasidou, E. (2017). The Effectiveness of a Brief Self-Compassion Intervention Program on Self-Compassion, Positive and Negative Affect and Life Satisfaction. *Psychology*, 8, 590-610. [PDF](#)
- Mantzios, M., & Wilson, J. C. (2014). Exploring mindfulness and mindfulness with self-compassion-centered interventions to assist weight loss: Theoretical considerations and preliminary results of a randomized pilot study. *Mindfulness*, 1-12. [PDF](#)
- Matos, M., Duarte, C., Duarte, J., Pinto-Gouveia, J., Petrocchi, N., Basran, J., & Gilbert, P. (2017). Psychological and Physiological Effects of Compassionate Mind Training: a Pilot Randomised Controlled Study. *Mindfulness*, 8(6), 1699-1712. [PDF](#)
- Mayhew S. & Gilbert P. (2008) Compassionate mind training with people who hear malevolent voices. A case series report. *Clinical Psychology and Psychotherapy*, 15, 113-38. [PDF](#)
- McEwan, K., Elander, J., & Gilbert, P. (2018). Evaluation of a web-based self-



- compassion intervention to reduce student assessment anxiety. *Interdisciplinary Education and Psychology*. [PDF](#)
- Mitchell, A. E., Whittingham, K., Steindl, S., & Kirby, J. (2018). Feasibility and acceptability of a brief online self-compassion intervention for mothers of infants. *Archives of women's mental health*, 1-9. [PDF](#)
- Mosewich, A. D., Crocker, P. E., Kowalski, K. C., & DeLongis, A. (2013). Applying self-compassion in sport: an intervention with women athletes. *Journal Of Sport & Exercise Psychology*, 35(5), 514-524. [PDF](#)
- Navarro-Gil, M., Lopez-del-Hoyo, Y., Modrego-Alarcón, M., Montero-Marin, J., Van Gordon, W., Shonin, E., & Garcia-Campayo, J. (2018). Effects of Attachment-Based Compassion Therapy (ABCT) on Self-compassion and Attachment Style in Healthy People. *Mindfulness*, 1-12. [PDF](#)
- Neff, K. D., & Germer, C. K. (2013). A pilot study and randomized controlled trial of the Mindful Self-Compassion program. *Journal Of Clinical Psychology*, 69(1), 28-44. [PDF](#)
- Palmeira, L., Cunha, M., & Pinto-Gouveia, J. (2017). Processes of change in quality of life, weight self-stigma, body mass index and emotional eating after an acceptance-, mindfulness-and compassion-based group intervention (Kg-Free) for women with overweight and obesity. *Journal of Health Psychology*, 1359105316686668. [PDF](#)
- Rodgers, R. F., Donovan, E., Cousineau, T., Yates, K., McGowan, K., Cook, E., ... & Franko, D. L. (2018). BodiMojo: Efficacy of a Mobile-Based Intervention in Improving Body Image and Self-Compassion among Adolescents. *Journal of youth and adolescence*, 1-10. [PDF](#)
- Saeinia, M., Barjoe, L. K., & Bozorgi, Z. D. (2016). The effect of Self-Compassion Training on the Emotion Regulation of married women who referred to counseling center. *International Journal of Humanities and Cultural Studies (IJHCS) ISSN 2356-5926*, 2(1), 726-735. [PDF](#)
- Shapira, L. B., & Mongrain, M. (2010). The benefits of self-compassion and optimism exercises for individuals vulnerable to depression. *The Journal of Positive Psychology*, 5, 377-389. [PDF](#)
- Shapira, L. B., & Mongrain, M. (2010). The benefits of self-compassion and optimism exercises for individuals vulnerable to depression. *The Journal of Positive Psychology*, 5, 377-389. [PDF](#)
- Sherman, K. A., Roper, T., & Kilby, C. J. (2019). Enhancing self-compassion in individuals with visible skin conditions: randomised pilot of the 'My Changed Body' self-compassion writing intervention. *Health Psychology and Behavioral Medicine*, 7(1), 62-77. [PDF](#)
- Smeets, E., Neff, K., Alberts, H., & Peters, M. (2014). Meeting Suffering With Kindness: Effects of a Brief Self-Compassion Intervention for Female College Students. *Journal of clinical psychology*, 70(9), 794-807. [PDF](#)
- Talbot, F., Thériault, J., & French, D. J. (2016). Self-Compassion: Evaluation of a Psychoeducational Website. *Behavioural and cognitive psychotherapy*, 1-6. [PDF](#)
- Toole, A. M., & Craighead, L. W. (2016). Brief self-compassion meditation training for body image distress in young adult women. *Body Image*, 19, 104-112. [PDF](#)

- Wong, C. C., & Mak, W. W. (2016). Writing can heal: Effects of self-compassion writing among Hong Kong Chinese college students. *Asian American Journal of Psychology*, 7(1), 74. [PDF](#)
- Yadavaia, J. E., Hayes, S. C., & Vilaradaga, R. (2014). Using acceptance and commitment therapy to increase self-compassion: A randomized controlled trial. *Journal of contextual behavioral science*, 3(4), 248-257. [PDF](#)

## Self-Compassion and Mindfulness

- Baer, R. A., Lykins, E. L. B., & Peters, J. R. (2012). Mindfulness and self-compassion as predictors of psychological wellbeing in long-term meditators and match nonmeditators. *Journal of Positive Psychology*. 7 (3), 230-238. [PDF](#)
- Bergen-Cico, D., & Cheon, S. (2013). The mediating effects of mindfulness and self-compassion on trait anxiety. *Mindfulness*, doi:10.1007/s12671-013-0205-y [PDF](#)
- Beshai, S., Prentice, J. L., & Huang, V. (2017). Building Blocks of Emotional Flexibility: Trait Mindfulness and Self-Compassion Are Associated with Positive and Negative Mood Shifts. *Mindfulness*, 1-10. [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](#)
- Bourgault, M., & Dionne, F. (2019). Therapeutic Presence and Mindfulness: Mediating Role of Self-Compassion and Psychological Distress among Psychologists. *Mindfulness*, 10(4), 650-656. [PDF](#)
- Campos, D., Cebolla, A., Quero, S., Bretón-López, J., Botella, C., Soler, J., ... & Baños, R. M. (2015). Meditation and happiness: Mindfulness and self-compassion may mediate the meditation–happiness relationship. *Personality and Individual Differences*. [PDF](#)
- Fulton, C. L. (2016). Mindfulness, Self-Compassion, and Counselor Characteristics and Session Variables. *Journal of Mental Health Counseling*, 38(4), 360-374. [PDF](#)
- Fulton, C. L. (2018). Self-Compassion as a Mediator of Mindfulness and Compassion for Others. *Counseling and Values*, 63(1), 45-56. [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](#)
- Gaiswinkler, L., Kaufmann, P., Pollheimer, E., Ackermann, A., Holasek, S., Kapfhammer, H. P., & Unterrainer, H. F. (2019). Mindfulness and Self-Compassion in Clinical Psychiatric Rehabilitation: a Clinical Trial. *Mindfulness*, 1-10. [PDF](#)
- Ge, J., Wu, J., Li, K., & Zheng, Y. (2019). Self-compassion and Subjective Well-being Mediates the Impact of Mindfulness on Balanced Time Perspective in Chinese College Students. *Frontiers in psychology*, 10, 367. [PDF](#)
- Gouveia, M. J., Carona, C., Canavarro, M. C., & Moreira, H. (2016). Self-compassion and dispositional mindfulness are associated with parenting styles and parenting stress: the mediating role of mindful parenting. *Mindfulness*, 7(3), 700-712. [PDF](#)

- Gupta, S., & Mishra, J. (2016). Mindlessness, Submissive Behavior and Thought Suppression: A Perceptual Buffering of Self-Compassion to Psychological Vulnerabilities Among Indians. *J Depress Anxiety*, 5(246), 2167-1044. [PDF](#)
- Hoge, E. A., Hölzel, B. K., Marques, L., Metcalf, C. A., Brach, N., Lazar, S. W., & Simon, N. M. (2013). Mindfulness and self-compassion in generalized anxiety disorder: Examining predictors of disability. *Evidence-Based Complementary and Alternative Medicine*, 2013. [PDF](#)
- Holzel, B.K., Lazar, S.W., Gard, T., Schuman-Olivier, Z., Vago, D.R., & Ott, U. (2011). How does mindfulness meditation work? Proposing mechanisms of action from a conceptual and neural perspective. *Perspectives on Psychological Science*, 6, 537-559. [PDF](#)
- Hsieh, C. C., Yu, C. J., Chen, H. J., Chen, Y. W., Chang, N. T., & Hsiao, F. H. (2019). Dispositional mindfulness, self-compassion, and compassion from others as moderators between stress and depression in caregivers of patients with lung cancer. *Psycho-Oncology*. [PDF](#)
- Hwang, Y. S., Medvedev, O. N., Krägeloh, C., Hand, K., Noh, J. E., & Singh, N. N. (2019). The Role of Dispositional Mindfulness and Self-compassion in Educator Stress. *Mindfulness*, 1-11. [PDF](#)
- Keng, S. L., & Liew, K. W. L. (2016). Trait Mindfulness and Self-Compassion as Moderators of the Association Between Gender Nonconformity and Psychological Health. *Mindfulness*, 1-12. [PDF](#)
- Khramtsova, I. I., & Chuykova, T. S. (2016). Mindfulness and self-compassion as predictors of humor styles in US and Russia. *Social Psychology & Society*, 7(2). [PDF](#)
- López, A., Sanderman, R., & Schroevers, M. J. (2016). Mindfulness and Self-compassion as Unique and Common Predictors of Affect in the General Population. *Mindfulness*, 7(6), 1289-1296. [PDF](#)
- Lykins, E. L. & Baer, R. A. (2009). Psychological functioning in a sample of long-term practitioners of mindfulness meditation. *Journal of Cognitive Psychotherapy: An International Quarterly*, 23, 226-241. [PDF](#)
- Neff, K. D., & Dahm, K. A. (2014). Self-Compassion: What it is, what it does, and how it relates to mindfulness (pp. 121-140). In M. Robinson, B. Meier & B. Ostafin (Eds.) *Mindfulness and Self-Regulation*. New York: Springer. [PDF](#)
- Perez-Blasco, J., Sales, A., Meléndez, J. C., & Mayordomo, T. (2016). The Effects of Mindfulness and Self-compassion on Improving the Capacity to Adapt to Stress Situations in Elderly People Living in the Community. *Clinical Gerontologist*, 39, 90-103. [PDF](#)
- Roemer, L., Lee, J. K., Salters-Pedneault, K., Erisman, S. M., Orsillo, S. M., & Mennin, D. S. (2009). Mindfulness and emotion regulation difficulties in generalized anxiety disorder: Preliminary evidence for independent and overlapping contributions. *Behavior Therapy*, 40, 142-154. [PDF](#)
- Rowe, A. C., Shepstone, L., Carnelley, K. B., Cavanagh, K., & Millings, A. (2016). Attachment Security and Self-compassion Priming Increase the Likelihood that First-time Engagers in Mindfulness Meditation Will Continue with Mindfulness Training. *Mindfulness*, 7(3), 642-650. [PDF](#)

- Schellekens, M. P., Karremans, J. C., van der Drift, M. A., Molema, J., van den Hurk, D. G., Prins, J. B., & Speckens, A. E. (2016). Are Mindfulness and Self-Compassion Related to Psychological Distress and Communication in Couples Facing Lung Cancer? A Dyadic Approach. *Mindfulness*, 1-12. [PDF](#)
- 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](#)
- Soysa, C. K., & Wilcomb, C. J. (2013). Mindfulness, Self-compassion, Self-efficacy, and Gender as Predictors of Depression, Anxiety, Stress, and Well-being. *Mindfulness*, 1-10. [PDF](#)
- Svendsen, J. L., Kvernenes, K. V., Wiker, A. S., & Dundas, I. (2016). Mechanisms of mindfulness: Rumination and self-compassion. *Nordic Psychology*, 1-12. [PDF](#)
- Tandler N, Kirkcaldy B, Petersen Le, Athanasou J. (2019) Is there a role for mindfulness and self-compassion in reducing stress in the teaching profession? *Minerva Psichiatria*. 60, 51-59. doi: 10.23736/s0391-1772.19.01998-8 [PDF](#)
- Thimm, J. C. (2017). Relationships between early maladaptive schemas, mindfulness, self-compassion, and psychological distress. *International Journal of Psychology and Psychological Therapy*, 17(1). [PDF](#)
- Tirch, D. D. (2010). Mindfulness as a context for the cultivation of compassion. *International Journal of Cognitive Therapy*, 3, 113-123. [PDF](#)
- Townshend, K., & Caltabiano, N. (2019). Self-Compassion and Mindfulness: Modeling Change Processes Associated with the Reduction of Perinatal Depression. *Journal of Child and Family Studies*, 1-13. [PDF](#)
- Van Dam, N. T., Sheppard, S. C., Forsyth, J. P., & Earleywine, M. (2011). Self-compassion is a better predictor than mindfulness of symptom severity and quality of life in mixed anxiety and depression. *Journal of Anxiety Disorders*, 25, 123–130. [PDF](#)
- Verhaeghen, P. (2019). The Mindfulness Manifold: Exploring How Self-Preoccupation, Self-Compassion, and Self-Transcendence Translate Mindfulness Into Positive Psychological Outcomes. *Mindfulness*, 10(1), 131-145. [PDF](#)
- Voci, A., Veneziani, C. A., & Fuochi, G. (2019). Relating Mindfulness, Heartfulness, and Psychological Well-Being: the Role of Self-Compassion and Gratitude. *Mindfulness*, 10(2), 339-351. [PDF](#)
- Yang, X., & Mak, W. W. (2016). The Differential Moderating Roles of Self-Compassion and Mindfulness in Self-Stigma and Well-Being Among People Living with Mental Illness or HIV. *Mindfulness*, 1-8. [PDF](#)
- Wisener, M., & Khoury, B. (2019). Associations Between Specific Mindfulness Facets, Self-Compassion, Internally Motivated Drinking, and Alcohol-Related Problems. *Mindfulness*, 1-9. [PDF](#)
- Woodruff, S. C., Glass, C. R., Arnkoff, D. B., Crowley, K. J., Hindman, R. K., & Hirschhorn, E. W. (2013). Comparing self-compassion, mindfulness, and psychological inflexibility as predictors of psychological health. *Mindfulness*, doi:10.1007/s12671-013-0195-9 [PDF](#)
- Woods, H., & Proeve, M. (2014). Relationships of Mindfulness, Self-Compassion, and Meditation Experience With Shame-Proneness. *Journal of Cognitive Psychotherapy*, 28(1), 20-33. [PDF](#)

Yip, S. Y., Mak, W. W., Chio, F. H., & Law, R. W. (2016). The Mediating Role of Self-Compassion Between Mindfulness and Compassion Fatigue Among Therapists in Hong Kong. *Mindfulness*, 1-11. [PDF](#)

## Self-Compassion in Mindfulness and Compassion Training

Bazzano, A., Wolfe, C., Zylowska, L., Wang, S., Schuster, E., Barrett, C., & Lehrer, D. (2013). Mindfulness Based Stress Reduction (MBSR) for Parents and Caregivers of Individuals with Developmental Disabilities: A Community-Based Approach. *Journal of Child and Family Studies*, 1-11. [PDF](#)

Beck, A. R., Verticchio, H., Seeman, S., Milliken, E., & Schaab, H. (2017). A Mindfulness Practice for Communication Sciences and Disorders Undergraduate and Speech-Language Pathology Graduate Students: Effects on Stress, Self-Compassion, and Perfectionism. *American Journal of Speech-Language Pathology*, 26(3), 893-907. [PDF](#)

Benn, R., Akiva, T., Arel, S., & Roeser, R. W. (2012). Mindfulness Training Effects for Parents and Educators of Children With Special Needs. *Developmental Psychology*, doi:10.1037/a0027537 [PDF](#)

Bibeau, M., Dionne, F., & Leblanc, J. (2015). Can Compassion Meditation Contribute to the Development of Psychotherapists' Empathy? A Review. *Mindfulness*, 1-9. [PDF](#)

Birnie, K., Speca, M., Carlson, L. E. (2010). Exploring Self-compassion and Empathy in the Context of Mindfulness-based Stress Reduction (MBSR). *Stress and Health*, 26, 359-371. [PDF](#)

Bluth, K., Roberson, P. N., & Gaylord, S. A. (2015). A Pilot Study of a Mindfulness Intervention for Adolescents and the Potential Role of Self-Compassion in Reducing Stress. *Explore (New York, NY)*. [PDF](#)

Boellinghausm, U., Jones, F. W. & Hutton, J. (2014). The Role of Mindfulness and Loving-Kindness Meditation in Cultivating Self-Compassion and Other-Focused Concern in Health Care Professionals. *Mindfulness*, 5:129–138. [PDF](#)

Brito-Pons, G., Campos, D., & Cebolla, A. (2018). Implicit or Explicit Compassion? Effects of Compassion Cultivation Training and Comparison with Mindfulness-based Stress Reduction. *Mindfulness*, 9(5), 1494-1508. [PDF](#)

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](#)

Chiesa, A., & Serretti, A. (2009). Mindfulness-Based Stress Reduction for Stress Management in Healthy People: A Review and Meta-Analysis. *The Journal of Alternative and Complementary Medicine*, 15, 593–600. [PDF](#)

Chou, C. Y., Tsoh, J. Y., Shumway, M., Smith, L. C., Chan, J., Delucchi, K., ... & Mathews, C. A. (2019). Treating hoarding disorder with compassion-focused therapy: A pilot study examining treatment feasibility, acceptability, and exploring treatment effects. *British Journal of Clinical Psychology*. [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](#)
- Dorian, M., & Killebrew, J. E. (2014). A study of mindfulness and self-care: a path to self-compassion for female therapists in training. *Women & Therapy*, 37(1-2), 155-163. [PDF](#)
- Dunn, C., Hanieh, E., Roberts, R., & Powrie, R. (2012). Mindful pregnancy and childbirth: Effects of a mindfulness-based intervention on womens psychological distress and well-being in the perinatal period. *Archives Of Womens Mental Health*, 15(2), 139-143. [PDF](#)
- Eisendrath, S., Chartier, M., & McLane, M. (2011). Adapting mindfulness-based cognitive therapy for treatment-resistant depression. *Cognitive And Behavioral Practice*, 18(3), 362-370. [PDF](#)
- Evans, S., Wyka, K., Blaha, K. T., & Allen, E. S. (2017). Self-Compassion Mediates Improvement in Well-being in a Mindfulness-Based Stress Reduction Program in a Community-Based Sample. *Mindfulness*, 1-8. [PDF](#)
- Felton, T. M., Coates, L. & Christopher, J. C. (2013). Impact of Mindfulness Training on Counseling Students' Perceptions of Stress. *Mindfulness*, DOI 10.1007/s12671-013-0240-8 [PDF](#)
- Galante, J., Galante, I., Bekkers, M. J., & Gallacher, J. (2014). Effect of kindness-based meditation on health and well-being: A systematic review and meta-analysis. *Journal of consulting and clinical psychology*, 82(6), 1101. [PDF](#)
- Goldin, P. R., & Jazaieri, H. (2018). Investigating moderators of compassion meditation training in a community sample. *Mindfulness*, 1-11. [PDF](#)
- Greenson, J. M., Juberg, M. K., Maytan, M., James, K., & Rogers, H. (2014). A Randomized Controlled Trial of Koru: A Mindfulness Program for College Students and Other Emerging Adults. *Journal of American College Health*. DOI: 10.1080/07448481.2014.887571 [PDF](#)
- Halamová, J., Kanovsky, M., Jurkova, V., & Kupeli, N. (2018). Effect of a Short-Term Online Version of a Mindfulness-Based Intervention on Self-criticism and Self-compassion in a Nonclinical Sample. *Studia Psychologica*, 60(4), 259-273. [PDF](#)
- Haukaas, R. B., Gjerde, I. B., Varting, G., Hallan, H. E., & Solem, S. (2018). A randomized controlled trial comparing the attention training technique and mindful self-compassion for students with symptoms of depression and anxiety. *Frontiers in psychology*, 9, 827. [PDF](#)
- Hicks, S. F. & Furlottea, C. (2010 ) An exploratory study of Radical Mindfulness Training with severely economically disadvantaged people: Findings of a Canadian study. *Australian Social Work*, 63, 281-298. [PDF](#)
- Hildebrandt, L., McCall, C., Singer, T. (2017). Differential Effects of Attention-, Compassion-, and Socio-Cognitively Based Mental Practices on Self-Reports of Mindfulness and Compassion. *Mindfulness*. [PDF](#)
- Hofmann, S. G., Grossman, P., & Hinton, D. E. (2011). Loving-kindness and compassion meditation: Potential for psychological interventions. *Clinical Psychology Review* 31 (2011) 1126–1132. [PDF](#)
- James, K., & Rimes, K. A. (2018). Mindfulness-based cognitive therapy versus pure cognitive behavioural self-help for perfectionism: a pilot randomised study. *Mindfulness*, 9(3), 801-814. [PDF](#)

- Jazaeri, H. (et al.) (2012). Enhancing compassion: A randomized controlled trial of a compassion cultivation training program. *Journal of Happiness Studies*. DOI 10.1007/s10902-012-9373-z [PDF](#)
- Jazaeri, H., Goldin, P. R., Werner, K., Ziv, M. & Gross, J. J. (2012). A randomized trial of MBSR versus aerobic exercise for social anxiety disorder. *Journal of Clinical Psychology*, 68(7), 715–731. [PDF](#)
- Kearney, D. J., Malte, C. A., McManus, C., Martinez, M. E., Felleman, B., & Simpson, T. L. (2013). Loving-Kindness Meditation for Posttraumatic Stress Disorder: A Pilot Study. *Journal of traumatic stress*, 26(4), 426-434. [PDF](#)
- Keng, S., Smoski, M. J., Robins, C. J., Ekblad, A. G., & Brantley, J. G. (2012). Mechanisms of change in mindfulness-based stress reduction: Self-compassion and mindfulness as mediators of intervention outcomes. *Journal Of Cognitive Psychotherapy*, 26(3), 270-280. [PDF](#)
- Kozasa, E. H., Lacerda, S. S., Menezes, C., Wallace, B. A., Radvany, J., Mello, L. E., & Sato, J. R. (2015). Effects of a 9-Day Shamatha Buddhist Meditation Retreat on Attention, Mindfulness and Self-Compassion in Participants with a Broad Range of Meditation Experience. *Mindfulness*, 1-7. [PDF](#)
- Kuyken, W., Watkins, E., Holden, E., White, K., Taylor, R. S., Byford, S., Dalgleish, T. (2010). How does mindfulness-based cognitive therapy work? *Behavior Research and Therapy*, 48, 1105-1112. [PDF](#)
- Lee, W. K. & Bang, H. L. (2010) The effects of mindfulness-based group intervention on the mental health of middle-aged Korean women in community. *Stress and Health* 26, 341–348. [PDF](#)
- L'Estrange, K., Timulak, L., Kinsella, L., & D'Alton, P. (2016). Experiences of Changes in Self-Compassion Following Mindfulness-Based Intervention with a Cancer Population. *Mindfulness*, 1-11. [PDF](#)
- LoParo, D., Mack, S. A., Patterson, B., Negi, L. T., & Kaslow, N. J. (2018). The efficacy of cognitively-based compassion training for African American suicide attempters. *Mindfulness*, 9(6), 1941-1954. [PDF](#)
- Mantzios, M., & Wilson, J. C. (2014). Exploring mindfulness and mindfulness with self-compassion-centered interventions to assist weight loss: Theoretical considerations and preliminary results of a randomized pilot study. *Mindfulness*, 1-12. [PDF](#)
- Matos, M., Duarte, J., Duarte, C., Gilbert, P., & Pinto-Gouveia, J. (2018). How one experiences and embodies compassionate mind training influences its effectiveness. *Mindfulness*, 9(4), 1224-1235. [PDF](#)
- Moore, P. (2008). Introducing mindfulness to clinical psychologists in training: An experiential course of brief exercises. *Journal of Clinical Psychology in Medical Settings*, 15, 331-337. [PDF](#)
- Newsome, S, Waldo, M. & Gruszka, C. (2012). Mindfulness group work: Preventing stress and increasing self-compassion among helping professionals in training, *The Journal for Specialists in Group Work*, DOI:10.1080/01933922.2012.690832 [PDF](#)
- Ortner, C. M., Kilner, S. J., & Zelazo, P. (2007). Mindfulness meditation and reduced emotional interference on a cognitive task. *Motivation And Emotion*, 31(4), 271-283. [PDF](#)
- Orzech, K. M., Shapiro, S. L., Brown, K. W., & McKay, M. (2009). Intensive mindfulness training-related changes in cognitive and emotional experience. *The*

- Journal of Positive Psychology*, 4, 212-222. [PDF](#)
- Pizutti, L. T., Carissimi, A., Valdivia, L. J., Ilgenfritz, C. A. V., Freitas, J. J., Sopezki, D., ... & Hidalgo, M. P. (2019). Evaluation of Breathworks' Mindfulness for Stress 8-week course: Effects on depressive symptoms, psychiatric symptoms, affects, self-compassion, and mindfulness facets in Brazilian health professionals. *Journal of clinical psychology*, 75(6), 970-984. [PDF](#)
- Proeve, M., Anton, R., & Kenny, M. (2018). Effects of mindfulness-based cognitive therapy on shame, self-compassion and psychological distress in anxious and depressed patients: A pilot study. *Psychology and Psychotherapy: Theory, Research and Practice*, 91(4), 434-449. [PDF](#)
- Raab, K., Sogge, K., Parker, N., & Flament, M. F. (2015). Mindfulness-based stress reduction and self-compassion among mental healthcare professionals: a pilot study. *Mental Health, Religion & Culture*, 18(6), 503-512. [PDF](#)
- Rimes, K. A., & Wingrove, J. (2011). Pilot study of Mindfulness-Based Cognitive Therapy for trainee clinical psychologists. *Behavioural and Cognitive Psychotherapy*, 39(2), 235-241. [PDF](#)
- Robins, C. J., Keng, S. L., Edblad, A. G., Brantley, J. G. (2012). Effects of Mindfulness-Based Stress reduction on emotional experience and expression: A randomized controlled trial. *Journal of Clinical Psychology*, 68(1), 117–131 [PDF](#)
- Rodríguez-Carvajal, R., García-Rubio, C., Paniagua, D., García-Diex, G., & de Rivas, S. (2016). Mindfulness Integrative Model (MIM): Cultivating positive states of mind towards oneself and the others through mindfulness and self-compassion. *Anales de Psicología/Annals of Psychology*, 32(3), 749-760. [PDF](#)
- Rose, A., McIntyre, R., & Rimes, K. A. (2018). Compassion-Focused Intervention for Highly Self-Critical Individuals: Pilot Study. *Behavioural and cognitive psychotherapy*, 46(5), 583-600. [PDF](#)
- Rowe, A. C., Shepstone, L., Carnelley, K. B., Cavanagh, K., & Millings, A. (2016). Attachment Security and Self-compassion Priming Increase the Likelihood that First-time Engagers in Mindfulness Meditation Will Continue with Mindfulness Training. *Mindfulness*, 7(3), 642-650. [PDF](#)
- Sakai, A., Terao, T., Kawano, N., Akase, M., Hatano, K., Shirahama, M., ... & Ishii, N. (2019). Existential and mindfulness-based intervention to increase self-compassion in apparently healthy subjects (the EXMIND Study): A randomised controlled trial. *Frontiers in Psychiatry*, 10, 538. [PDF](#)
- Schroevers, M. J., Brandsma, R. (2010) Is learning mindfulness associated with improved affect after mindfulness-based cognitive therapy? *British Journal of Psychology*, 101, 95–107. [PDF](#)
- Shahar, B., Szsepsenwol, O., Zilcha-Mano, S., Haim, N., Zamir, O., Levi-Yeshuvi, S., & Levit-Binnun, N. (2014). A Wait-List Randomized Controlled Trial of Loving-Kindness Meditation Programme for Self-Criticism. *Clinical psychology & psychotherapy*. [PDF](#)
- Shapiro, S. L., Astin, J. A., Bishop, S. R., and Cordova, M. (2005). Mindfulness-Based Stress Reduction for health care professionals: Results from a randomized trial. *International Journal of Stress Management*, 12, 164-176. [PDF](#)
- Shapiro, S. L., Brown, K., Thoresen, C., & Plante, T. G. (2011). The moderation of mindfulness-based stress reduction effects by trait mindfulness: Results from a

- randomized controlled trial. *Journal of Clinical Psychology*, 67(3), 267-277. [PDF](#)
- Shonin, E., Van Gordon, W., Compare, A., Zangeneh, M., & Griffiths, M. D. (2014). Buddhist-Derived Loving-Kindness and Compassion Meditation for the Treatment of Psychopathology: a Systematic Review. *Mindfulness*, 1-20. [PDF](#)
- Sommers-Spijkerman, M. P. J., Trompetter, H. R., Schreurs, K. M. G., & Bohlmeijer, E. T. (2018). Compassion-focused therapy as guided self-help for enhancing public mental health: A randomized controlled trial. *Journal of consulting and clinical psychology*, 86(2), 101.
- Sommers-Spijkerman, M., Trompetter, H., Schreurs, K., & Bohlmeijer, E. (2018). Pathways to improving mental health in compassion-focused therapy: Self-reassurance, self-criticism and affect as mediators of change. *Frontiers in psychology*, 9, 2442. [PDF](#)
- Takahashi, T., Sugiyama, F., Kikai, T., Kawashima, I., Guan, S., Oguchi, M., ... & Kumano, H. (2019). Changes in depression and anxiety through mindfulness group therapy in Japan: the role of mindfulness and self-compassion as possible mediators. *BioPsychoSocial medicine*, 13(1), 4. [PDF](#)
- van Wietmarschen, H., Tjaden, B., van Vliet, M., Battjes-Fries, M., & Jong, M. (2018). Effects of mindfulness training on perceived stress, self-compassion, and self-reflection of primary care physicians: a mixed-methods study. *BJGP open*, 2(4), bjpgopen18X101621. [PDF](#)
- Wallmark, E., Safarzadeh, K., Daukaantaite, D. & Maddux, R. E. (2012). Promoting altruism through meditation: An 8-week randomized controlled pilot study. *Mindfulness*, DOI 10.1007/s12671-012-0115-4. [PDF](#)
- Whitesman, S., & Mash, R. (2016). Examining the effects of a mindfulness-based professional training module on mindfulness, perceived stress, self-compassion and self-determination. *African Journal of Health Professions Education*, 7(2), 220-223. [PDF](#)

## Self-Compassion and Motivation

- Akın, U. (2014). Self-Compassion as a Predictor of Proactivity. *International Online Journal of Educational Sciences*, 6(1). [PDF](#)
- Babenko, O., Mosewich, A., Abraham, J., & Lai, H. (2018). Contributions of psychological needs, self-compassion, leisure-time exercise, and achievement goals to academic engagement and exhaustion of Canadian medical students. *Journal of educational evaluation for health professions*, 15, 2. [PDF](#)
- Babenko, O., & Oswald, A. (2019). The roles of basic psychological needs, self-compassion, and self-efficacy in the development of mastery goals among medical students. *Medical teacher*, 41(4), 478-481. [PDF](#)
- Barczak, N., & Eklund, R. C. (2018). The moderating effect of self-compassion on relationships between performance and subsequent coping and motivation. *International Journal of Sport and Exercise Psychology*, 1-13. [PDF](#)
- Barutçu Yıldırım, F., & Demir, A. (2019). Self-Handicapping Among University Students: The Role of Procrastination, Test Anxiety, Self-Esteem, and Self-Compassion. *Psychological reports*, 0033294118825099. [PDF](#)

- Bhayana, T. K., & Ahuja, S. (2015). Entrepreneurship and self-compassion among working class of Delhi-NCR region. *International Journal of Education and Management Studies*, 5(1), 31. [PDF](#)
- Breines, J. G., & Chen, S. (2012). Self-compassion increases self-improvement motivation. *Personality and Social Psychology Bulletin*, 38(9), 1133-1143. [PDF](#)
- Cox, A. E., Ullrich-French, S., Tylka, T. L., & McMahon, A. K. (2019). The roles of self-compassion, body surveillance, and body appreciation in predicting intrinsic motivation for physical activity: Cross-sectional associations, and prospective changes within a yoga context. *Body image*, 29, 110-117. [PDF](#)
- DeLury, S. S., & Poulin, M. J. (2018). Self-compassion and verbal performance: Evidence for threat-buffering and implicit self-related thoughts. *Self and Identity*, 17(6), 710-722. [PDF](#)
- Fontana, M. S., Fry, M. D., & Cramer, E. (2017). Exploring the Relationship Between Athletes' Perceptions of the Motivational Climate to Their Compassion, Self-Compassion, Shame, and Pride in Adult Recreational Sport. *Measurement in Physical Education and Exercise Science*, 21(2), 101-111. [PDF](#)
- Georgakaki, S. K., & Karakasidou, E. (2017). The Effects of Motivational Self-Talk on Competitive Anxiety and Self-Compassion: A Brief Training Program among Competitive Swimmers. *Psychology*, 8(05), 677. [PDF](#)
- Hope, N., Koestner, R., & Milyavskaya, M. (2014). The Role of Self-Compassion in Goal Pursuit and Well-Being Among University Freshmen. *Self and Identity*, (ahead-of-print), 1-15. [PDF](#)
- Iskender, M. (2009). The relationship between self-compassion, self-efficacy, and control beliefs about learning in Turkish university students. *Social Behavior and Personality*, 37, 711-720. [PDF](#)
- Kotera, Y., Conway, E., & Van Gordon, W. (2018). Ethical Judgement in UK Business Students: Relationship with Motivation, Self-Compassion and Mental Health. *International Journal of Mental Health and Addiction*, 1-15. [PDF](#)
- Kotera, Y., Conway, E., & Van Gordon, W. (2019). Mental health of UK university business students: Relationship with shame, motivation and self-compassion. *Journal of Education for Business*, 94(1), 11-20. [PDF](#)
- Long, P., & Neff, K. D. (2018). Self-compassion is associated with reduced self-presentation concerns and increased student communication behavior. *Learning and Individual Differences*, 67, 223-231. [PDF](#)
- Manavipour, D., & Saedian, Y. (2016). The role of self-compassion and control belief about learning in university students' self-efficacy. *Journal of Contextual Behavioral Science*. [PDF](#)
- Martin, R. D., & Kennett, D. J. (2017). To be kind or not to be kind: The moderating role of self-compassion in the relationship between general resourcefulness and academic self-regulation. *The Journal of social psychology*, 1-13. [PDF](#)
- Martin, R. D., Kennett, D. J., & Hopewell, N. M. (2018). Examining the importance of academic-specific self-compassion in the academic self-control model. *The Journal of social psychology*, 1-16. [PDF](#)
- Miyagawa, Y., Taniguchi, J., & Niiya, Y. (2018). Can self-compassion help people regulate unattained goals and emotional reactions toward setbacks?. *Personality and Individual Differences*, 134, 239-244. [PDF](#)



- Moffitt, R. L., Neumann, D. L., & Williamson, S. P. (2018). Comparing the efficacy of a brief self-esteem and self-compassion intervention for state body dissatisfaction and self-improvement motivation. *Body image, 27*, 67-76. [PDF](#)
- Neely, M. E., Schallert, D. L., Mohammed, S. S., Roberts, R. M., Chen, Y. (2009). Self-kindness when facing stress: The role of self-compassion, goal regulation, and support in college students well-being. *Motivation and Emotion, 33*, 88-97. [PDF](#)
- Neff, K. D., Hseih, Y., & Dejithirat, K. (2005). Self-compassion, achievement goals, and coping with academic failure. *Self and Identity, 4*, 263-287. [PDF](#)
- Petersen, L. E. (2014). Self-compassion and self-protection strategies: The impact of self-compassion on the use of self-handicapping and sandbagging. *Personality and Individual Differences, 56*, 133-138. [PDF](#)
- Semenchuk, B. N., Strachan, S. M., & Fortier, M. (2018). Self-compassion and the self-regulation of exercise: Reactions to recalled exercise setbacks. *Journal of Sport and Exercise Psychology, 40*(1), 31-39. [PDF](#)
- Shepherd, D. A. & Cardon, M. S. (2009). Negative emotional reactions to project failure and the self-compassion to learn from the experience. *Journal of Management Studies, 46*, 923-949. [PDF](#)
- Shimizu, M., Niiya, Y., & Shigemasu, E. (2015). Achievement goals and improvement following failure: moderating roles of self-compassion and contingency of self-worth. *Self and Identity, 107-115* doi: 10.1080/15298868.2015.1084371. [PDF](#)
- Sirois, F. M. (2014). Procrastination and stress: Exploring the role of self-compassion. *Self And Identity, 13*(2), 128-145. doi:10.1080/15298868.2013.763404 [PDF](#)
- Sirois, F. M., Nauts, S., & Molnar, D. S. (2019). Self-Compassion and Bedtime Procrastination: an Emotion Regulation Perspective. *Mindfulness, 10*(3), 434-445. [PDF](#)
- Wagner, L. K., Schindler, S., & Reinhard, M. A. (2017). The Positive Facet of Self-compassion Predicts Self-reported Use of and Attitudes toward Desirable Difficulties in Learning. *Frontiers in Psychology, 8*. [PDF](#)
- Wang, X., Chen, Z., Poon, K. T., Teng, F., & Jin, S. (2017). Self-compassion decreases acceptance of own immoral behaviors. *Personality and Individual Differences, 106*, 329-333. [PDF](#)
- Williams, J. G., Stark, S. K., & Foster, E. E. (2008). Start today or the very last day? The relationships among self-compassion, motivation, and procrastination. *American Journal of Psychological Research, 4*, 37-44. [PDF](#)
- Zhang, J. W., & Chen, S. (2016). Self-Compassion Promotes Personal Improvement From Regret Experiences via Acceptance. *Personality and Social Psychology Bulletin, 42*(2), 244-258. [PDF](#)
- Zhang, Y., Luo, X., Che, X., & Duan, W. (2016). Protective Effect of Self-Compassion to Emotional Response among Students with Chronic Academic Stress. *Frontiers in Psychology, 7*. [PDF](#)

## Self-Compassion and Physiological Functioning

Arch, J. J., Brown, K. W., Dean, D. J., Landy, L. N., Brown, K. D., & Laudenslager, M.

- L. (2014). Self-compassion training modulates alpha-amylase, heart rate variability, and subjective responses to social evaluative threat in women. *Psychoneuroendocrinology*, *42*, 49-58. [PDF](#)
- Arch, J. J., Landy, L. N., & Brown, K. W. (2016). Predictors and moderators of biopsychological social stress responses following brief self-compassion meditation training. *Psychoneuroendocrinology*, *69*, 35-40. [PDF](#)
- Arts-de Jong, M., van Westerop, L. L., Hoogerbrugge, N., Massuger, L. F., Maas, A. H., van Beek, M. H., & de Hullu, J. A. (2018). Self-compassion, physical fitness and climacteric symptoms in oophorectomized BRCA1/2 mutation carriers. *Maturitas*, *108*, 13-17. [PDF](#)
- Bellosta-Batalla, M., Ruiz-Robledillo, N., Sariñana-González, P., Capella-Solano, T., Vitoria-Estruch, S., Hidalgo-Moreno, G., ... & Moya-Albiol, L. (2017). Increased Salivary IgA Response as an Indicator of Immunocompetence After a Mindfulness and Self-Compassion-Based Intervention. *Mindfulness*, 1-9. [PDF](#)
- Breines, J. G., McInnis, C. M., Kuras, Y. I., Thoma, M. V., Gianferante, D., Hanlin, L., ... & Rohleder, N. (2015). Self-compassionate young adults show lower salivary alpha-amylase responses to repeated psychosocial stress. *Self and Identity*, (ahead-of-print), 1-13. [PDF](#)
- Breines, J. G., Thoma, M. V., Gianferante, D., Hanlin, L., Chen, X., & Rohleder, N. (2014). Self-compassion as a predictor of interleukin-6 response to acute psychosocial stress. *Brain, behavior, and immunity*, *37*, 109-114. [PDF](#)
- 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](#)
- Ceccarelli, L., Giuliano, R. J., Glazebrook, C., & Strachan, S. (2019). Self-compassion and psycho-physiological recovery from recalled sport failure. *Frontiers in Psychology*, *10*, 1564. [PDF](#)
- Friis, A. M., Johnson, M. H., Cutfield, R. G., & Consedine, N. S. (2015). Does kindness matter? Self-compassion buffers the negative impact of diabetes-distress on HbA1c. *Diabetic Medicine*. [PDF](#)
- Friis, A. M., Johnson, M. H., Cutfield, R. G., & Consedine, N. S. (2016). Kindness matters: a randomized controlled trial of a mindful self-compassion intervention improves depression, distress, and HbA1c among patients with diabetes. *Diabetes Care*, dc160416. [PDF](#)
- Herriot, H., Wrosch, C., & Gouin, J. P. (2018). Self-compassion, chronic age-related stressors, and diurnal cortisol secretion in older adulthood. *Journal of behavioral medicine*, *41*(6), 850-862. [PDF](#)
- Kamboj, S. K., Kilford, E. J., Minchin, S., Moss, A., Lawn, W., Das, R. K., ... & Freeman, T. P. (2015). Recreational 3, 4-methylenedioxy-N-methylamphetamine (MDMA) or 'ecstasy' and self-focused compassion: Preliminary steps in the development of a therapeutic psychopharmacology of contemplative practices. *Journal of Psychopharmacology*, 0269881115587143. [PDF](#)
- Kamboj, S. K., Walldén, Y. S., Falconer, C. J., Alotaibi, M. R., Blagbrough, I. S., Husbands, S. M., & Freeman, T. P. (2017). Additive Effects of 3, 4-

- Methylenedioxyamphetamine (MDMA) and Compassionate Imagery on Self-Compassion in Recreational Users of Ecstasy. *Mindfulness*, 9(4), 1134-1145. [PDF](#)
- Klich, U. (2016). Clinical Use of Self-Compassion Within Mindfulness-Based Biofeedback in the Treatment of Veterans and Spouses: A Case Study. *Biofeedback*, 44(3), 138-144. [PDF](#)
- Longe, O., Maratos, F. A., Gilbert, P. Evans, G., Volker, F., Rockliff, H., et al. (2009). Having a word with yourself: Neural correlates of self-criticism and self-reassurance. *Neuroimage*, 49, 1849–1856. [PDF](#)
- Luo, X., Qiao, L., & Che, X. (2018). Self-compassion Modulates Heart Rate Variability and Negative Affect to Experimentally Induced Stress. *Mindfulness*, 1-7. [PDF](#)
- Matos, M., Duarte, C., Duarte, J., Pinto-Gouveia, J., Petrocchi, N., Basran, J., & Gilbert, P. (2017). Psychological and Physiological Effects of Compassionate Mind Training: a Pilot Randomised Controlled Study. *Mindfulness*, 8(6), 1699-1712. [PDF](#)
- Pace et al. (2009). Effect of compassion meditation on neuroendocrine, innate immune and behavioral responses to psychosocial stress. *Psychoneuroendocrinology*, 34, 87-98. [PDF](#)
- Parrish, M. H., Inagaki, T. K., Muscatell, K. A., Haltom, K. E., Leary, M. R., & Eisenberger, N. I. (2018). Self-compassion and responses to negative social feedback: The role of fronto-amygdala circuit connectivity. *Self and Identity*, 17(6), 723-738. [PDF](#)
- Petrocchi, N., Ottaviani, C., & Couyoumdjian, A. (2016). Compassion at the mirror: Exposure to a mirror increases the efficacy of a self-compassion manipulation in enhancing soothing positive affect and heart rate variability. *The Journal of Positive Psychology*, 1-12. [PDF](#)
- Pires, F. B., Lacerda, S. S., Balardin, J. B., Portes, B., Tobo, P. R., Barrichello, C. R., ... & Kozasa, E. H. (2018). Self-compassion is associated with less stress and depression and greater attention and brain response to affective stimuli in women managers. *BMC women's health*, 18(1), 195. [PDF](#)
- Purdie, F., & Morley, S. (2015). Self-compassion, pain, and breaking a social contract. *Pain*, 156(11), 2354-2363. [PDF](#)
- Rockliff et al. (2008). A pilot exploration of heart rate variability and salivary cortisol responses to compassion-focused imagery. *Clinical Neuropsychiatry*, 5, 132-139. [PDF](#)
- Rockliff, H., Karl, A., McEwan, K., Gilbert, J., Matos, M., Gilbert, P. (2011). Effects of intranasal oxytocin on compassion focused imagery. *Emotion*, 11, 1388-1396. [PDF](#)
- Svendsen, J. L., Osnes, B., Binder, P. E., Dundas, I., Visted, E., Nordby, H., ... & Sørensen, L. (2016). Trait Self-Compassion Reflects Emotional Flexibility Through an Association with High Vagally Mediated Heart Rate Variability. *Mindfulness*, 1-11. [PDF](#)
- Wang, Y., Fan, L., Zhu, Y., Yang, J., Wang, C., Gu, L., ... & Luo, S. (2019). Neurogenetic Mechanisms of Self-Compassionate Mindfulness: the Role of Oxytocin-Receptor Genes. *Mindfulness*, 1-11. [PDF](#)
- Wiklund Gustin, L. (2017). Compassion for self and others as key aspects of well-being in changing times. *Scandinavian journal of caring sciences*, 31(3), 427-433. [PDF](#)

- Yeshua, M., Zohar, A. H., & Berkovich, L. (2019). “Silence! The body is speaking”—a correlational study of personality, perfectionism, and self-compassion as risk and protective factors for psychosomatic symptoms distress. *Psychology, health & medicine*, 24(2), 229-240. [PDF](#)
- Yu, N. X., Chan, J. S., Ji, X., Wan, A. H., Ng, S. M., Yuen, L. P., ... & Chan, C. H. (2019). Stress and psychosomatic symptoms in Chinese adults with sleep complaints: mediation effect of self-compassion. *Psychology, health & medicine*, 24(2), 241-252. [PDF](#)

## Self-Compassion and Positive Psychology

- 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](#)
- Campos, D., Cebolla, A., Quero, S., Bretón-López, J., Botella, C., Soler, J., ... & Baños, R. M. (2015). Meditation and happiness: Mindfulness and self-compassion may mediate the meditation–happiness relationship. *Personality and Individual Differences*. [PDF](#)
- Ford, J., Klibert, J. J., Tarantino, N., & Lamis, D. A. (2016). Savouring and Self-compassion as Protective Factors for Depression. *Stress and Health*. [PDF](#)
- Greene, D. C., & Britton, P. J. (2015). Predicting Adult LGBTQ Happiness: Impact of Childhood Affirmation, Self-Compassion, and Personal Mastery. *Journal of LGBT Issues in Counseling*, 9(3), 158-179. [PDF](#)
- Hollis-Walker, L., & Colosimo, K. (2011). Mindfulness, self-compassion, and happiness in non-meditators: A theoretical and empirical examination. *Personality and Individual Differences*, 50, 222-227. [PDF](#)
- Martin, M. M., Staggers, S. M. & Anderson, C. M. (2011). The relationships between cognitive flexibility with dogmatism, intellectual flexibility, preference for consistency, and self-compassion, *Communication Research Reports*, 28, 275-280 [PDF](#)
- Nalipay, M. J. N., & Alfonso, M. K. S. (2018). Career and Talent Development Self-Efficacy of Filipino Students: The Role of Self-Compassion and Hope. *Philippine Journal of Psychology*, 51(1), 101-120. [PDF](#)
- Neff, K. D., & Costigan, A. P. (2014). Self-compassion, wellbeing, and happiness. *Psychologie in Österreich*, 114-117. [PDF](#)
- Neff, K. D., & Rude, S. S., & Kirkpatrick, K. (2007). An examination of self-compassion in relation to positive psychological functioning and personality traits. *Journal of Research in Personality*, 41, 908-916. [PDF](#)
- Sharma, M., & Davidson, C. (2015). Self-compassion in relation to personal initiativeness, curiosity and exploration among young adults. *Indian Journal of Health and Wellbeing*, 6(2), 185. [PDF](#)
- Trompetter, H. R., de Kleine, E., & Bohlmeijer, E. T. (2016). Why Does Positive Mental Health Buffer Against Psychopathology? An Exploratory Study on Self-

- Compassion as a Resilience Mechanism and Adaptive Emotion Regulation Strategy. *Cognitive Therapy and Research*, 1-10. [PDF](#)
- Umphrey, L. R., & Sherblom, J. C. (2014). The relationship of hope to self-compassion, relational social skill, communication apprehension, and life satisfaction. *International Journal of Wellbeing*, 4(2). [PDF](#)
- Verhaeghen, P. (2019). The Mindfulness Manifold: Exploring How Self-Preoccupation, Self-Compassion, and Self-Transcendence Translate Mindfulness Into Positive Psychological Outcomes. *Mindfulness*, 10(1), 131-145. [PDF](#)
- Vötter, B., & Schnell, T. (2019). Cross-lagged analyses between life meaning, self-compassion, and subjective well-being among gifted adults. *Mindfulness*, 1-10. [PDF](#)
- Yang, Y., Zhang, M., & Kou, Y. (2016). Self-compassion and life satisfaction: The mediating role of hope. *Personality and Individual Differences*, 98, 91-95. [PDF](#)
- Wu, Q., Chi, P., Lin, X., & Du, H. (2018). Child maltreatment and adult depressive symptoms: roles of self-compassion and gratitude. *Child abuse & neglect*, 80, 62-69. [PDF](#)
- Yue, X., Anna, M. L. H., & Hiranandani, N. A. (2017). How Humor Styles Affect Self-compassion and Life Satisfaction: A Study in Hong Kong. *Acta Psychopathol*, 3(4), 41. [PDF](#)
- Zabelina, D. L., Robinson, M. D. (2010). Don't be so hard on yourself: Self-compassion facilitates creative originality among self-judgmental individuals. *Creativity Research Journal*, 22, 288-293. [PDF](#)

## Self-Compassion and Psychological Wellbeing

- Akin, A., & Akin, U. (2015). Does Self-Compassion Predict Spiritual Experiences of Turkish University Students?. *Journal of religion and health*, 1-9. [PDF](#)
- Alizadeh, S., Khanahmadi, S., Vedadhir, A., & Barjasteh, S. (2018). The relationship between resilience with self-compassion, social support and sense of belonging in women with breast cancer. *Asian Pacific journal of cancer prevention: APJCP*, 19(9), 2469. [PDF](#)
- Arambasic, J., Sherman, K. A., Elder, E., & Breast Cancer Network Australia. (2019). Attachment styles, self-compassion, and psychological adjustment in long-term breast cancer survivors. *Psycho-oncology*, 28(5), 1134-1141. [PDF](#)
- Arimitsu, K., Hitokoto, H., Kind, S., & Hofmann, S. G. (2019). Differences in Compassion, Well-being, and Social Anxiety Between Japan and the USA. *Mindfulness*, 10(5), 854-862. [PDF](#)
- Arimitsu, K., & Hofmann, S. G. (2015). Cognitions as mediators in the relationship between self-compassion and affect. *Personality And Individual Differences*, 7441-48. doi:10.1016/j.paid.2014.10.008 [PDF](#)
- Arimitsu, K., & Hofmann, S. G. (2015). Effects of compassionate thinking on negative emotions. *Cognition and Emotion*, 1-8. doi:10.1080/02699931.2015.1078292 [PDF](#)
- Arslan, C. (2016). Interpersonal problem solving, self-compassion and personality traits in university students. *Educational Research and Reviews*, 11(7), 474-481. [PDF](#)



- Atkinson, D. M., Rodman, J. L., Thuras, P. D., Shiroma, P. R., & Lim, K. O. (2017). Examining Burnout, Depression, and Self-Compassion in Veterans Affairs Mental Health Staff. *The Journal of Alternative and Complementary Medicine*. [PDF](#)
- Babenko, O., Mosewich, A., Abraham, J., & Lai, H. (2018). Contributions of psychological needs, self-compassion, leisure-time exercise, and achievement goals to academic engagement and exhaustion of Canadian medical students. *Journal of educational evaluation for health professions*, 15, 2. [PDF](#)
- Babenko, O., Mosewich, A. D., Lee, A., & Koppula, S. (2019). Association of Physicians' Self-Compassion with Work Engagement, Exhaustion, and Professional Life Satisfaction. *Medical Sciences*, 7(2), 29. [PDF](#)
- Babenko, O., & Oswald, A. (2019). The roles of basic psychological needs, self-compassion, and self-efficacy in the development of mastery goals among medical students. *Medical teacher*, 41(4), 478-481. [PDF](#)
- Baker, D. A., Caswell, H. L., & Eccles, F. J. (2019). Self-compassion and depression, anxiety, and resilience in adults with epilepsy. *Epilepsy & Behavior*, 90, 154-161. [PDF](#)
- Bakker, A. M., Cox, D. W., Hubley, A. M., & Owens, R. L. (2019). Emotion Regulation as a Mediator of Self-Compassion and Depressive Symptoms in Recurrent Depression. *Mindfulness*, 10(6), 1169-1180. [PDF](#)
- Barnett, M. D., & Flores, J. (2016). Narcissus, exhausted: Self-compassion mediates the relationship between narcissism and school burnout. *Personality and Individual Differences*, 97, 102-108. [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](#)
- Bergen-Cico, D., Smith, Y., Wolford, K., Gooley, C., Hannon, K., Woodruff, R., ... & Gump, B. (2018). Dog ownership and training reduces post-traumatic stress symptoms and increases self-compassion among veterans: results of a longitudinal control study. *The Journal of Alternative and Complementary Medicine*, 24(12), 1166-1175. [PDF](#)
- Berryhill, M. B., Hayes, A., & Lloyd, K. (2018). Chaotic-Enmeshment and Anxiety: The Mediating Role of Psychological Flexibility and Self-Compassion. *Contemporary Family Therapy*, 1-12. [PDF](#)
- Beshai, S., Prentice, J. L., & Huang, V. (2017). Building Blocks of Emotional Flexibility: Trait Mindfulness and Self-Compassion Are Associated with Positive and Negative Mood Shifts. *Mindfulness*, 1-10. [PDF](#)
- Blackie, R. A., & Kocovski, N. L. (2017). Examining the relationships among self-compassion, social anxiety, and post-event processing. *Psychological reports*, 0033294117740138. [PDF](#)
- Blackie, R. A., & Kocovski, N. L. (2017). Forgive and Let Go: Effect of Self-Compassion on Post-Event Processing in Social Anxiety. *Mindfulness*, 1-10. [PDF](#)
- Blackie, R. A., & Kocovski, N. L. (2019). Trait self-compassion as a buffer against post-event processing following performance feedback. *Mindfulness*, 10(5), 923-932. [PDF](#)
- Blanden, G., Butts, C., Reid, M., & Keen, L. (2018). Self-reported lifetime violence exposure and self-compassion associated with satisfaction of life in historically

- Black college and university students. *Journal of interpersonal violence*, 0886260518791596. [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., Mullarkey, M., & Lathren, C. (2018). Self-compassion: A potential path to adolescent resilience and positive exploration. *Journal of Child and Family Studies*, 27(9), 3037-3047. [PDF](#)
- Bohadana, G., Morrissey, S., & Paynter, J. (2019). Self-compassion: A Novel Predictor of Stress and Quality of Life in Parents of Children with Autism Spectrum Disorder. *Journal of autism and developmental disorders*, 1-14. [PDF](#)
- Booker, J. A., & Dunsmore, J. C. (2019). Testing direct and indirect ties of self-compassion with subjective well-being. *Journal of Happiness Studies*, 20(5), 1563-1585. [PDF](#)
- Brenner, R. E., Vogel, D. L., Lannin, D. G., Engel, K. E., Seidman, A. J., & Heath, P. J. (2018). Do self-compassion and self-coldness distinctly relate to distress and well-being? A theoretical model of self-relating. *Journal of counseling psychology*, 65(3), 346.
- Campion, M., & Glover, L. (2016). A qualitative exploration of responses to self-compassion in a non-clinical sample. *Health & Social Care in the Community*. [PDF](#)
- Cândeia, D. M., & Szentágotai-Tătar, A. (2018). The Impact of Self-Compassion on Shame-Proneness in Social Anxiety. *Mindfulness*, 1-9. [PDF](#)
- Castilho, P., Carvalho, S. A., Marques, S., & Pinto-Gouveia, J. (2016). Self-Compassion and Emotional Intelligence in Adolescence: A Multigroup Mediation Study of the Impact of Shame Memories on Depressive Symptoms. *Journal of Child and Family Studies*, 1-10. [PDF](#)
- Cassisa, C. & Neff, K. D. (2019). The promise of self-compassion for solos. *GPSolo*, 36(3), 18-21. [PDF](#)
- Chang, E. C., Yu, T., Najarian, A. S. M., Wright, K. M., Chen, W., Chang, O. D., ... & Hirsch, J. K. (2016). Understanding the Association Between Negative Life Events and Suicidal Risk in College Students: Examining Self-Compassion as a Potential Mediator. *Journal of Clinical Psychology*. [PDF](#)
- Choo, P. Y., & Marszalek, J. M. (2018). Self-Compassion: A Potential Shield Against Extreme Self-Reliance?. *Journal of Happiness Studies*, 1-24. [PDF](#)
- Chu, X. W., Fan, C. Y., Liu, Q. Q., & Zhou, Z. K. (2018). Cyberbullying victimization and symptoms of depression and anxiety among Chinese adolescents: Examining hopelessness as a mediator and self-compassion as a moderator. *Computers in Human Behavior*. [PDF](#)
- Chung, M. S. (2016). Relation Between Lack of Forgiveness and Depression The Moderating Effect of Self-Compassion. *Psychological Reports*, 119(3), 573-585. [PDF](#)

- Denckla, C. A., Consedine, N. S., & Bornstein, R. F. (2016). Self-compassion mediates the link between dependency and depressive symptomatology in college students. *Self and Identity*, 1-11. [PDF](#)
- Diac, A. E., Constantinescu, N., Seftor, I. I., Raşia, E. L., & Târgoveţu, E. (2017). Self-compassion, Well-being and Chocolate Addiction. *Romanian Journal of Cognitive Behavioral Therapy and Hypnosis*, 4(1-2). [PDF](#)
- Dundas, I., Svendsen, J. L., Wiker, A. S., Granli, K. V., & Schanche, E. (2015). Self-compassion and depressive symptoms in a Norwegian student sample. *Nordic Psychology*, 1-15. [PDF](#)
- Dupasquier, J. R., Kelly, A. C., Moscovitch, D. A., & Vidovic, V. (2017). Practicing Self-Compassion Weakens the Relationship Between Fear of Receiving Compassion and the Desire to Conceal Negative Experiences from Others. *Mindfulness*, 1-12. [PDF](#)
- Ehret, A. M., Joormann, J., & Berking, M. (2015). Examining risk and resilience factors for depression: The role of self-criticism and self-compassion. *Cognition and Emotion*, 29(8), 1496-1504. [PDF](#)
- Ehret, A. M., Joormann, J., & Berking, M. (2018). Self-compassion is more effective than acceptance and reappraisal in decreasing depressed mood in currently and formerly depressed individuals. *Journal of affective disorders*, 226, 220-226. [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](#)
- Ellingwood, L., Espinoza, M. A., Acevedo, M., & Olson, L. E. (2018). College student drinkers have higher self-compassion scores than nondrinkers. *International Journal of Mental Health and Addiction*, 1-9. [PDF](#)
- Ergün-Başak, B., & Can, G. (2018). The Relationships Between Self-Compassion, Social-Connectedness, Optimism and Psychological Resilience Among Low-Income University Students. *Ilkogretim Online*, 17(2). [PDF](#)
- Falconer, C. J., King, J. A., & Brewin, C. R. (2015). Demonstrating mood repair with a situation-based measure of self-compassion and self-criticism. *Psychology And Psychotherapy: Theory, Research And Practice*, doi:10.1111/papt.12056 [PDF](#)
- Falconer, C. J., Rovira, A., King, J. A., Gilbert, P., Antley, A., Fearon, P., ... & Brewin, C. R. (2016). Embodying self-compassion within virtual reality and its effects on patients with depression. *British Journal of Psychiatry Open*, 2(1), 74-80. [PDF](#)
- Falconer, C. J., Slater, M., Rovira, A., King, J. A., Gilbert, P., Antley, A., & Brewin, C. R. (2014). Embodying Compassion: A Virtual Reality Paradigm for Overcoming Excessive Self-Criticism. *PloS one*, 9(11), e111933. [PDF](#)
- Fard, H. R. S. (2016). The Relationship between Self-compassion with depression among couples. *Journal of Current Research in Science*, (2), 578. [PDF](#)
- Felder, J. N., Lemon, E., Shea, K., Kripke, K., & Dimidjian, S. (2016). Role of self-compassion in psychological well-being among perinatal women. *Archives of Women's Mental Health*, 1-4. [PDF](#)
- Ferrari, M., Dal Cin, M., & Steele, M. (2017). Self-compassion is associated with optimum self-care behaviour, medical outcomes and psychological well-being in a cross-sectional sample of adults with diabetes. *Diabetic Medicine*. [PDF](#)

- 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](#)
- Finlay-Jones, A. L. (2017). The relevance of self-compassion as an intervention target in mood and anxiety disorders: A narrative review based on an emotion regulation framework. *Clinical Psychologist*, *21*(2), 90-103. [PDF](#)
- 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](#)
- Fong, M., & Loi, N. M. (2016). The Mediating Role of Self-compassion in Student Psychological Health. *Australian Psychologist*, *51*(6), 431-441. [PDF](#)
- Ford, J., Klibert, J. J., Tarantino, N., & Lamis, D. A. (2016). Savouring and Self-compassion as Protective Factors for Depression. *Stress and Health*. [PDF](#)
- Fresnics, A., & Borders, A. (2016). Angry Rumination Mediates the Unique Associations Between Self-Compassion and Anger and Aggression. *Mindfulness*, 1-11. [PDF](#)
- Friis, A. M., Consedine, N. S., & Johnson, M. H. (2015). Does Kindness Matter? Diabetes, Depression, and Self-Compassion: A Selective Review and Research Agenda. *Diabetes Spectrum*, *28*(4), 252-257. [PDF](#)
- Frostadottir, A. D., & Dorjee, D. (2019). Effects of Mindfulness Based Cognitive Therapy (MBCT) and Compassion Focused Therapy (CFT) on Symptom Change, Mindfulness, Self-Compassion, and Rumination in Clients With Depression, Anxiety, and Stress. *Frontiers in psychology*, *10*. [PDF](#)
- Galante, J., Galante, I., Bekkers, M. J., & Gallacher, J. (2014). Effect of kindness-based meditation on health and well-being: A systematic review and meta-analysis. *Journal of consulting and clinical psychology*, *82*(6), 1101. [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](#)
- Ge, J., Wu, J., Li, K., & Zheng, Y. (2019). Self-compassion and Subjective Well-being Mediates the Impact of Mindfulness on Balanced Time Perspective in Chinese College Students. *Frontiers in psychology*, *10*, 367. [PDF](#)
- Ghorbani, N., Pourhosein, R., & Ghobadi, S. A. (2018). Self-compassion, mental health and work ethics: mediating role of self-compassion in the correlation between work stress and mental health. *Middle East Journal of Family Medicine*, *7*(10), 113. [PDF](#)
- 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](#)
- Gillanders, D. T., Sinclair, A. K., MacLean, M., & Jardine, K. (2015). Illness cognitions, cognitive fusion, avoidance and self-compassion as predictors of distress and quality of life in a heterogeneous sample of adults, after cancer. *Journal of Contextual Behavioral Science*, *4*(4), 300-311. [PDF](#)
- Gregory, W. E., Glazer, J. V., & Berenson, K. R. (2017). Self-Compassion, Self-Injury, and Pain. *Cognitive Therapy and Research*, 1-10. [PDF](#)
- Grevenstein, D., Aguilar-Raab, C., Schweitzer, J., & Bluemke, M. (2016). Through the tunnel, to the light: Why sense of coherence covers and exceeds resilience, optimism, and self-compassion. *Personality and Individual Differences*, *98*, 208-

217. [PDF](#)

- Gunnell, K. E., Mosewich, A. D., McEwen, C. E., Eklund, R. C., & Crocker, P. R. (2017). Don't be so hard on yourself! Changes in self-compassion during the first year of university are associated with changes in well-being. *Personality and Individual Differences, 107*, 43-48. [PDF](#)
- Harwood, E. M., & Kocovski, N. L. (2017). Self-Compassion Induction Reduces Anticipatory Anxiety Among Socially Anxious Students. *Mindfulness, 1-8*. [PDF](#)
- Heath, P. J., Brenner, R. E., Lannin, D. G., & Vogel, D. L. (2018). Self-compassion moderates the relationship of perceived public and anticipated self-stigma of seeking help. *Stigma and Health, 3*(1), 65. [PDF](#)
- Hermanto, N., & Zuroff, D. C. (2017). Experimentally enhancing self-compassion: Moderating effects of trait care-seeking and perceived stress. *The Journal of Positive Psychology, 1-10*. [PDF](#)
- Hlabangana, V., & Hearn, J. H. (2019). Depression in partner caregivers of people with neurological conditions; associations with self-compassion and quality of life. *Journal of Mental Health, 1-6*. [PDF](#)
- Homan, K. J. (2016). Secure attachment and eudaimonic well-being in late adulthood: The mediating role of self-compassion. *Aging & mental health, 1-8*. [PDF](#)
- Homan, K. J. (2016). Self-Compassion and Psychological Well-Being in Older Adults. *Journal of Adult Development, 23*(2), 111-119. [PDF](#)
- Homan, K. J. (2014). A mediation model linking attachment to God, self-compassion, and mental health. *Mental Health, Religion & Culture, 17*(10), 977-989. doi:10.1080/13674676.2014.984163 [PDF](#)
- Hu, Y., Wang, Y., Sun, Y., Arteta-Garcia, J., & Puroil, S. (2018). Diary Study: the Protective Role of Self-Compassion on Stress-Related Poor Sleep Quality. *Mindfulness, 1-10*. [PDF](#)
- Hwang, S., Kim, G., Yang, J. W., & Yang, E. (2016). The Moderating Effects of Age on the Relationships of Self-Compassion, Self-Esteem, and Mental Health. *Japanese Psychological Research. PDF*
- Hwang, Y. S., Medvedev, O. N., Krägeloh, C., Hand, K., Noh, J. E., & Singh, N. N. (2019). The Role of Dispositional Mindfulness and Self-compassion in Educator Stress. *Mindfulness, 1-11*. [PDF](#)
- Imrie, S. & Troop, N. A. (2012). A pilot study on the effects and feasibility of compassion-focused expressive writing in Day Hospice patients. *Palliative and Supportive Care, 10*, 115–122. [PDF](#)
- Imtiaz, S. (2016). Rumination, Optimism, and Psychological Well-Being among the Elderly: Self-Compassion as a Predictor. *Journal of Behavioural Sciences, 26*(1), 32. [PDF](#)
- Inwood, E., & Ferrari, M. (2018). Mechanisms of Change in the Relationship between Self-Compassion, Emotion Regulation, and Mental Health: A Systematic Review. *Applied Psychology: Health and Well-Being. PDF*
- James, K., Verplanken, B., & Rimes, K. A. (2015). Self-criticism as a mediator in the relationship between unhealthy perfectionism and distress. *Personality and Individual Differences, 79*, 123-128. [PDF](#)



- Jiang, Y., You, J., Hou, Y., Du, C., Lin, M. P., Zheng, X., & Ma, C. (2016). Buffering the effects of peer victimization on adolescent non-suicidal self-injury: the role of self-compassion and family cohesion. *Journal of Adolescence*, *53*, 107-115. [PDF](#)
- Jiang, Y., You, J., Ren, Y., Sun, R., Liao, S., Zhu, J., & Ma, N. (2017). Brief report: A preliminary comparison of self-compassion between adolescents with nonsuicidal self-injury thoughts and actions. *Journal of Adolescence*, *59*, 124-128. [PDF](#)
- Jiang, Y., You, J., Zheng, X., & Lin, M. P. (2017). The qualities of attachment with significant others and self-compassion protect adolescents from non suicidal self-injury. *School psychology quarterly*, *32*(2), 143. [PDF](#)
- Joeng, J. R., Turner, S. L., Kim, E. Y., Choi, S. A., Kim, J. K., & Lee, Y. J. (2017). Data for Korean college students' anxious and avoidant attachment, self-compassion, anxiety and depression. *Data in brief*, *13*, 316-319. [PDF](#)
- Joeng, J. R., Turner, S. L., Kim, E. Y., Choi, S. A., Lee, Y. J., & Kim, J. K. (2017). Insecure attachment and emotional distress: Fear of self-compassion and self-compassion as mediators. *Personality and Individual Differences*, *112*, 6-11. [PDF](#)
- Johnson, E. A., & O'Brien, K. A. (2013). Self-compassion soothes the savage EGO-threat system: Effects on negative affect, shame, rumination, and depressive symptoms. *Journal of Social and Clinical Psychology*, *32*(9), 939-963. [PDF](#)
- Johnson, S. B., Goodnight, B. L., Zhang, H., Daboin, I., Patterson, B., & Kaslow, N. J. (2017). Compassion-Based Meditation in African Americans: Self-Criticism Mediates Changes in Depression. *Suicide and Life-Threatening Behavior*. [PDF](#)
- Jokic, S., Albrecht, N., & Smith, S. (2019). Mindful self-compassion and adult learner retention in post-compulsory education. *OBM Integrative and Complementary Medicine*, *3*(1). [PDF](#)
- Kaniuka, A. R., Kelliher-Rabon, J., Chang, E. C., Sirois, F. M., & Hirsch, J. K. (2019). Symptoms of anxiety and depression and suicidal behavior in college students: Conditional indirect effects of non-suicidal self-injury and self-compassion. *Journal of College Student Psychotherapy*, 1-23. [PDF](#)
- Kelliher Rabon, J., Sirois, F. M., & Hirsch, J. K. (2018). Self-Compassion and Suicidal Behavior in College Students: Serial Indirect Effects via Depression and Wellness Behaviors. *Journal of American College Health*, *66*(2), 114-122. [PDF](#)
- Kelly, A. C., & Dupasquier, J. (2016). Social safeness mediates the relationship between recalled parental warmth and the capacity for self-compassion and receiving compassion. *Personality and Individual Differences*, *89*, 157-161. [PDF](#)
- Keng, S. L., & Liew, K. W. L. (2016). Trait Mindfulness and Self-Compassion as Moderators of the Association Between Gender Nonconformity and Psychological Health. *Mindfulness*, 1-12. [PDF](#)
- 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](#)
- Körner, A., Coroiu, A., Copeland, L., Gomez-Garibello, C., Albani, C., Zenger, M., & Brähler, E. (2015). The role of self-compassion in buffering symptoms of depression in the general population. *PLoS ONE*, *10*(10), e0136598. [PDF](#)
- Kotera, Y., Green, P., & Sheffield, D. (2018). Mental Health Attitudes, Self-Criticism, Compassion and Role Identity among UK Social Work Students. *The British Journal of Social Work*, *49*(2), 351-370. [PDF](#)

- Kreemers, L. M., van Hooft, E. A., & van Vianen, A. E. (2018). Dealing with negative job search experiences: The beneficial role of self-compassion for job seekers' affective responses. *Journal of Vocational Behavior*. [PDF](#)
- Krieger, T., Altenstein, D., Baettig, I., Doerig, N., & Holtforth, M. (2013). Self-compassion in depression: Associations with depressive symptoms, rumination, and avoidance in depressed outpatients. *Behavior Therapy*, *44*(3), 501-513. doi:10.1016/j.beth.2013.04.004 [PDF](#)
- Krieger, T., Berger, T., & grosse Holtforth, M. (2016). The relationship of self-compassion and depression: Cross-lagged panel analyses in depressed patients after outpatient therapy. *Journal of affective disorders*, *202*, 39-45 [PDF](#)
- Lathren, C., Bluth, K., & Park, J. (2019). Adolescent self-compassion moderates the relationship between perceived stress and internalizing symptoms. *Personality and Individual Differences*, *143*, 36-41. [PDF](#)
- Lawrence, C. (2015). The Caring Observer: Creating Self-Compassion through Psychodrama. *The Journal of Psychodrama, Sociometry, and Group Psychotherapy*, *63*(1), 65-72. [PDF](#)
- Leary, M. R., Tate, E. B., Adams, C. E., Allen, A. B., & Hancock, J. (2007). Self-compassion and reactions to unpleasant self-relevant events: The implications of treating oneself kindly. *Journal of Personality and Social Psychology*, *92*, 887-904. [PDF](#)
- Linnett, R. J., & Kibowski, F. (2017). Investigating the relationship between perfectionism and self-compassion: research protocol. *European Journal of Counselling Theory, Research and Practice*, *9*(4), 1-6. [PDF](#)
- López, A., Sanderman, R., Ranchor, A. V., & Schroevers, M. J. (2017). Compassion for Others and Self-Compassion: Levels, Correlates, and Relationship with Psychological Well-being. *Mindfulness*, 1-7. [PDF](#)
- López, A., Sanderman, R., & Schroevers, M. J. (2018). A Close Examination of the Relationship Between Self-Compassion and Depressive Symptoms. *Mindfulness*, 1-9. [PDF](#)
- Luo, Y., Meng, R., Li, J., Liu, B., Cao, X., & Ge, W. (2019). Self-compassion may reduce anxiety and depression in nursing students: a pathway through perceived stress. *Public health*, *174*, 1-10. [PDF](#)
- MacBeth, A., & Gumley, A. (2012). Exploring compassion: A meta-analysis of the association between self-compassion and psychopathology. *Clinical Psychology Review*, *32*, 545-552. [PDF](#)
- Mak, W. W., Tong, A. C., Yip, S. Y., Lui, W. W., Chio, F. H., Chan, A. T., & Wong, C. C. (2018). Efficacy and moderation of mobile app-based programs for mindfulness-based training, self-compassion training, and cognitive behavioral psychoeducation on mental health: Randomized controlled noninferiority trial. *JMIR mental health*, *5*(4), e60. [PDF](#)
- Mak, W. W. S., Wong, C. C. Y., Chan, A. T. Y., & Lau, J. T. F. (2019). Mobile self-compassion programme for promotion of public mental health: a randomised controlled trial. *Hong Kong Med. J*, *25*(1 Supplement 2). [PDF](#)
- Mansfield, C. D., Pasupathi, M., & McLean, K. C. (2015). Is narrating growth in stories of personal transgressions associated with increased well-being, self-compassion, and forgiveness of others?. *Journal of Research in Personality*, *58*, 69-83. [PDF](#)

- Mantzios, M. (2014). Exploring the Relationship between Worry and Impulsivity in Military Recruits: The Role of Mindfulness and Self-compassion as Potential Mediators. *Stress and Health*, 30(5), 397-404. [PDF](#)
- Marques, D. R., Castilho, P., Allen Gomes, A., & Pereira, A. (2019). Mindfulness and self-compassion along the chronotype: a cross-sectional study. *Chronobiology international*, 36(4), 541-547. [PDF](#)
- Marshall, E. J., & Brockman, R. N. (2016). The Relationships Between Psychological Flexibility, Self-Compassion, and Emotional Well-Being. *Journal of Cognitive Psychotherapy*, 30(1), 60-72. [PDF](#)
- Marta-Simões, J., Ferreira, C., & Mendes, A. L. (2018). Self-compassion: An adaptive link between early memories and women's quality of life. *Journal of health psychology*, 23(7), 929-938. [PDF](#)
- Mehr, K. E., & Adams, A. C. (2016). Self-Compassion as a Mediator of Maladaptive Perfectionism and Depressive Symptoms in College Students. *Journal of College Student Psychotherapy*, 30(2), 132-145. [PDF](#)
- Miller, J. J., Lee, J., Niu, C., Grise-Owens, E., & Bode, M. (2019). Self-Compassion as a Predictor of Self-Care: A Study of Social Work Clinicians. *Clinical Social Work Journal*, 1-11. [PDF](#)
- Mills, A., Gilbert, P., Bellew, R., McEwan, K. & Gale. C. (2007). Paranoid beliefs and self-criticism in students. *Clinical Psychology and Psychotherapy*, 14, 358–364. [PDF](#)
- Monteiro, F., Fonseca, A., Pereira, M., Alves, S., & Canavarro, M. C. (2019). What protects at-risk postpartum women from developing depressive and anxiety symptoms? The role of acceptance-focused processes and self-compassion. *Journal of affective disorders*, 246, 522-529. [PDF](#)
- Moreira, H., Gouveia, M. J., Carona, C., Silva, N., & Canavarro, M. C. (2014). Maternal attachment and children's quality of life: the mediating role of self-compassion and parenting stress. *Journal of Child and Family Studies*, 1-13. [PDF](#)
- Morley, R. H. (2018). The impact of mindfulness meditation and self-compassion on criminal impulsivity in a prisoner sample. *Journal of Police and Criminal Psychology*, 33(2), 118-122. [PDF](#)
- Morley, R. H. (2015). Violent criminality and self-compassion. *Aggression and violent behavior*, 24, 226-240. [PDF](#)
- Morley, R. M., Terranova, V. A., Cunningham, S. N., & Kraft, G. (2016). Self-Compassion and Predictors of Criminality. *Journal of Aggression, Maltreatment & Trauma*, 1-15. [PDF](#)
- Morley, R. H., Terranova, V., Cunningham, S., & Vaughn, T. (2016). The Role that Self-Compassion and Self-Control play in Hostility provoked from a Negative Life Event. *The International Journal of Indian Psychology*, 3(2), 125-141. [PDF](#)
- Mowlai, M., Mikaeili, N., Aghababaei, N., Ghaffari, M., & Poursmali, A. (2016). The Relationships of Sense of Coherence and Self-Compassion to Worry: the Mediating Role of Personal Intelligence. *Current Psychology*, 1-7. [PDF](#)
- Nalipay, M. J. N., & Alfonso, M. K. S. (2018). Career and Talent Development Self-Efficacy of Filipino Students: The Role of Self-Compassion and Hope. *Philippine Journal of Psychology*, 51(1), 101-120. [PDF](#)
- Neff, K. D. (2004). Self-compassion and psychological well-being. *Constructivism in the*

- Human Sciences*, 9, 27-37. [PDF](#)
- Neff, K. D., Kirkpatrick, K. & Rude, S. S. (2007). Self-compassion and its relation to adaptive psychological functioning. *Journal of Research in Personality*, 41, 139-154. [PDF](#)
- Neff, K. D., Long, P. Knox, M., Davidson, O., Kuchar, A., Costigan, A., Williamson, Z., Rohleder, N., Tóth-Király, I., & Breines, J. (2018). The forest and the trees: Examining the association of self-compassion and its positive and negative components with psychological functioning. *Self and Identity*. 17 (6), 627-645. [PDF](#)
- Neff, K. D., Tóth-Király I., Colisomo, K. (2018). Self-compassion is best measured as a global construct and is overlapping with but distinct from neuroticism: A response to Pfattheicher, Geiger, Hartung, Weiss, and Schindler (2017). *European Journal of Personality*, 1-22. DOI: 10.1002/per.2148 [PDF](#)
- Odou, N., & Brinker, J. (2015). Self-compassion, a better alternative to rumination than distraction as a response to negative mood. *The Journal of Positive Psychology*, 10(5), 447-457. [PDF](#)
- Øverup, C. S., McLean, E. A., Brunson, J. A., & Coffman, A. D. (2017). Belonging, Burdensomeness, and Self-Compassion as Mediators of the Association Between Attachment and Depression. *Journal of Social and Clinical Psychology*, 36(8), 675-703. [PDF](#)
- Pauley, G. & McPherson, S. (2010). The experience and meaning of compassion and self-compassion for individuals with depression or anxiety. *Psychology and Psychotherapy: Theory, Research and Practice*, 83, 129–143. [PDF](#)
- Parrish, M. H., Inagaki, T. K., Muscatell, K. A., Haltom, K. E., Leary, M. R., & Eisenberger, N. I. (2018). Self-compassion and responses to negative social feedback: The role of fronto-amygdala circuit connectivity. *Self and Identity*, 17(6), 723-738. [PDF](#)
- Pepping, C. A., Davis, P. J., O'Donovan, A., & Pal, J. (2015). Individual differences in self-compassion: The role of attachment and experiences of parenting in childhood. *Self And Identity*, 14(1), 104-117. doi:10.1080/15298868.2014.955050 [PDF](#)
- Petrocchi, N., Ottaviani, C., & Couyoumdjian, A. (2016). Compassion at the mirror: Exposure to a mirror increases the efficacy of a self-compassion manipulation in enhancing soothing positive affect and heart rate variability. *The Journal of Positive Psychology*, 1-12. [PDF](#)
- Phelps, C. L., Paniagua, S. M., Willcockson, I. U., & Potter, J. S. (2018). The relationship between self-compassion and the risk for substance use disorder. *Drug & Alcohol Dependence*, 183, 78-81. [PDF](#)
- Phillips, W. J. (2018). Future-outlook mediates the association between self-compassion and well-being. *Personality and Individual Differences*, 135, 143-148. [PDF](#)
- Phillips, W. J. (2018). Past to Future: Self-Compassion Can Change our Vision. *Journal of Positive Psychology and Wellbeing*, 2(2), 168-190. [PDF](#)
- Phillips, W. J. (2019). Self-compassion mindsets: The components of the self-compassion scale operate as a balanced system within individuals. *Current Psychology*. doi:10.1007/s12144-019-00452-1 [PDF](#)
- Phillips, W.J., & Ferguson, S.J., (2012). Self-compassion: A resource for positive aging. *Journals of Gerontology Series B: Psychological Sciences and Social Sciences*,

doi:10.1093/geronb/gbs091 [PDF](#)

- Phillips, W. J., Hine, D. W., & Marks, A. D. (2017). Self-compassion moderates the predictive effects of implicit cognitions on subjective well-being. *Stress and Health*. [PDF](#)
- Podina, I., Jucan, A., & David, D. (2015). Self-Compassion: A Buffer in the Pathway from Maladaptive Beliefs to Depression: An Exploratory Study. *Journal of Evidence-Based Psychotherapies*, 15(1), 97-109. [PDF](#)
- Raes, F. (2010). Rumination and worry as mediators of the relationship between self-compassion and depression and anxiety. *Personality and Individual Differences*, 48, 757–761. [PDF](#)
- Raes, F. (2011). The effect of self-compassion on the development of depression symptoms in a non-clinical sample. *Mindfulness*, 2, 33-36. [PDF](#)
- Raque-Bogdan, T. L., Ericson, S. K., Jackson, J., Martin, H. M., & Bryan, N. A. (2011). Attachment and mental and physical health: Self-compassion and mattering as mediators. *Journal of Counseling Psychology*, 58, 272-278. [PDF](#)
- Raque-Bogdan, T. L., & Hoffman, M. A. (2015). The Relationship Among Infertility, Self-Compassion, and Well-Being for Women With Primary or Secondary Infertility. *Psychology of Women Quarterly*, 0361684315576208. [PDF](#)
- Robinson, K. J., Mayer, S., Allen, A. B., Terry, M., Chilton, A., & Leary, M. R. (2016). Resisting self-compassion: Why are some people opposed to being kind to themselves?. *Self and Identity*, 15(5), 505-524. [PDF](#)
- Ryan, V., & Griffin, R. (2016). An Investigation Into Anxiety In Virtual Reality Following A Self-Compassion Induction. *Annual Review of Cybertherapy and Telemedicine*, 109. [PDF](#)
- Samaie, G. Farahani, H. A., (2011). Self-compassion as a moderator of the relationship between rumination, self-reflection and stress. *Procedia – Social and Behavioral Sciences*, 30, 978 – 982. [PDF](#)
- Saricaoglu, H., & Arslan, C. (2013). An Investigation into Psychological Well-Being Levels of Higher Education Students with Respect to Personality Traits and Self-Compassion. *Educational Sciences: Theory and Practice*, 13(4), 2097-2104. [PDF](#)
- Satici, S. A., Uysal, R., & Akin, A. (2013). Investigating the relationship between flourishing and self-compassion: a structural equation modeling approach. *Psychologica Belgica*, 53(4). [PDF](#)
- Schellenberg, B. J., Bailis, D. S., & Mosewich, A. D. (2016). You have passion, but do you have self-compassion? Harmonious passion, obsessive passion, and responses to passion-related failure. *Personality and Individual Differences*, 99, 278-285. [PDF](#)
- Schellenberg, B., Mosewich, A., Bailis, D., Gaudreau, P., & Verner-Filion, J. (2019). When Self-Compassion Loses its Luster: Ratings of Self-Compassionate and Self-Critical Responding among Passionate Students. [PDF](#)
- Shapira, L. B., & Mongrain, M. (2010). The benefits of self-compassion and optimism exercises for individuals vulnerable to depression. *The Journal of Positive Psychology*, 5, 377-389. [PDF](#)
- Shin, N. Y., & Lim, Y. J. (2018). Contribution of self-compassion to positive mental health among Korean university students. *International Journal of Psychology*. [PDF](#)
- Sirois, F. M., Bögels, S., & Emerson, L. M. (2019). Self-compassion improves parental



- well-being in response to challenging parenting events. *The Journal of psychology*, 153(3), 327-341. [PDF](#)
- Snaith, N., Schultz, T., Proeve, M., & Rasmussen, P. (2018). Mindfulness, self-compassion, anxiety and depression measures in South Australian yoga participants: implications for designing a yoga intervention. *Complementary therapies in clinical practice*, 32, 92-99. [PDF](#)
- Sommers-Spijkerman, M. P. J., Trompetter, H. R., Schreurs, K. M. G., & Bohlmeijer, E. T. (2018). Compassion-focused therapy as guided self-help for enhancing public mental health: A randomized controlled trial. *Journal of consulting and clinical psychology*, 86(2), 101.
- Sommers-Spijkerman, M., Trompetter, H., Schreurs, K., & Bohlmeijer, E. (2018). Pathways to improving mental health in compassion-focused therapy: Self-reassurance, self-criticism and affect as mediators of change. *Frontiers in psychology*, 9, 2442. [PDF](#)
- Stapleton, P., Richardson, K., & Kalla, M. (2018). How Aspects of Self-Compassion Contribute to Wellbeing and the Effect of Age. *International Journal*, 18(3), 1-12. [PDF](#)
- Stolow, D., Zuroff, D. C., Young, J. F., Karlin, R. A., & Abela, J. R. (2016). A prospective examination of self-compassion as a predictor of depressive symptoms in children and adolescents. *Journal of Social and Clinical Psychology*, 35(1), 1-20. [PDF](#)
- Stuntzner, S., & Hartley, M. T. (2015). Balancing Self-Compassion with Self-Advocacy: A New Approach for Persons with Disabilities. *Annals of Psychotherapy*. [PDF](#)
- Stutts, L. A., Leary, M. R., Zeveney, A. S., & Hufnagle, A. S. (2018). A longitudinal analysis of the relationship between self-compassion and the psychological effects of perceived stress. *Self and Identity*, 17(6), 609-626. [PDF](#)
- Sun, X., Chan, D. W., & Chan, L. K. (2016). Self-compassion and psychological well-being among adolescents in Hong Kong: Exploring gender differences. *Personality and Individual Differences*, 101, 288-292. [PDF](#)
- Sünbülü, Z. A., & Malkoç, A. (2018). A mindful pathway to flourishing: Mediating effects of self-compassion and valued living in college students. *European Journal of Education Studies*, 5(1), 175. [PDF](#)
- Sutherland, O., Dawczyk, A., De Leon, K., Cripps, J., & Lewis, S. P. (2014). Self-compassion in online accounts of nonsuicidal self-injury: An interpretive phenomenological analysis. *Counselling Psychology Quarterly*, 27(4), 409-433. [PDF](#)
- Tandler, N., & Petersen, L. E. (2018). Are self-compassionate partners less jealous? Exploring the mediation effects of anger rumination and willingness to forgive on the association between self-compassion and romantic jealousy. *Current Psychology*, 1-11. [PDF](#)
- Thimm, J. C. (2017). Relationships between early maladaptive schemas, mindfulness, self-compassion, and psychological distress. *International Journal of Psychology and Psychological Therapy*, 17(1). [PDF](#)
- Thurackal, J. T., Corveleyn, J., & Dezutter, J. (2016). Personality and Self-Compassion. *European Journal of Mental Health*, 11(01-02), 18-35. [PDF](#)

- Umphrey, L. R., & Sherblom, J. C. (2018). The Constitutive Relationship of Social Communication Competence to Self-Compassion and Hope. *Communication Research Reports*, 35(1), 22-32. [PDF](#)
- Vazeou-Nieuwenhuis, A., & Schumann, K. (2018). Self-compassionate and apologetic? How and why having compassion toward the self relates to a willingness to apologize. *Personality and Individual Differences*, 124, 71-76. [PDF](#)
- Verhaeghen, P. (2019). The Mindfulness Manifold: Exploring How Self-Preoccupation, Self-Compassion, and Self-Transcendence Translate Mindfulness Into Positive Psychological Outcomes. *Mindfulness*, 10(1), 131-145. [PDF](#)
- Vötter, B., & Schnell, T. (2019). Cross-lagged analyses between life meaning, self-compassion, and subjective well-being among gifted adults. *Mindfulness*, 1-10. [PDF](#)
- Wong, C. Y., & Mak, W. S. (2013). Differentiating the role of three self-compassion components in buffering cognitive-personality vulnerability to depression among Chinese in Hong Kong. *Journal Of Counseling Psychology*, 60(1), 162-169. [PDF](#)
- Wong, C. C., & Mak, W. W. (2016). Writing can heal: Effects of self-compassion writing among Hong Kong Chinese college students. *Asian American Journal of Psychology*, 7(1), 74. [PDF](#)
- Woodyatt, L., Wenzel, M., & Ferber, M. (2017). Two pathways to self-forgiveness: A hedonic path via self-compassion and a eudaimonic path via the reaffirmation of violated values. *British Journal of Social Psychology*. [PDF](#)
- Wu, Q., Chi, P., Zeng, X., Lin, X., & Du, H. (2019). Roles of Anger and Rumination in the Relationship Between Self-Compassion and Forgiveness. *Mindfulness*, 10(2), 272-278. [PDF](#)
- Xavier, A., Gouveia, J. P., & Cunha, M. (2016). Non-suicidal Self-Injury in Adolescence: The Role of Shame, Self-Criticism and Fear of Self-Compassion. In *Child & Youth Care Forum* (pp. 1-16). Springer US. 10.1007/s10566-016-934-1 [PDF](#)
- Yakın, D., Gençöz, T., Steenbergen, L., & Arntz, A. (2019). An integrative perspective on the interplay between early maladaptive schemas and mental health: The role of self-compassion and emotion regulation. *Journal of clinical psychology*, 75(6), 1098-1113. [PDF](#)
- Yamaguchi, A., Kim, M. S., & Akutsu, S. (2014). The effects of self-construals, self-criticism, and self-compassion on depressive symptoms. *Personality and Individual Differences*, 68, 65-70. [PDF](#)
- Yang, X., & Mak, W. W. (2016). The Differential Moderating Roles of Self-Compassion and Mindfulness in Self-Stigma and Well-Being Among People Living with Mental Illness or HIV. *Mindfulness*, 1-8. [PDF](#)
- Yeshua, M., Zohar, A. H., & Berkovich, L. (2019). “Silence! The body is speaking”—a correlational study of personality, perfectionism, and self-compassion as risk and protective factors for psychosomatic symptoms distress. *Psychology, health & medicine*, 24(2), 229-240. [PDF](#)
- Yu, N. X., Chan, J. S., Ji, X., Wan, A. H., Ng, S. M., Yuen, L. P., ... & Chan, C. H. (2019). Stress and psychosomatic symptoms in Chinese adults with sleep complaints: mediation effect of self-compassion. *Psychology, health & medicine*, 24(2), 241-252. [PDF](#)
- Zessin, U., Dickhauser, O., & Garbade, S. (2015). The relationship between self-compassion and well-being: A meta-analysis. *Applied Psychology: Health and*

- Well-Being*. doi:10.1111/aphw.12051 [PDF](#)
- Zhang, J. W., & Chen, S. (2017). Self-compassion promotes positive adjustment for people who attribute responsibility of a romantic breakup to themselves. *Self and Identity*, 16(6), 732-759. [PDF](#)
- Zhang, J. W., Chen, S., Tomova, T. K., Bilgin, B., Chai, W. J., Ramis, T., ... & Manukyan, A. (2019). A compassionate self is a true self? Self-compassion promotes subjective authenticity. *Personality and Social Psychology Bulletin*, 0146167218820914. [PDF](#)
- Zhang, J. W., Chen, S., & Tomova, T. K. (2019). From Me to You: Self-Compassion Predicts Acceptance of Own and Others' Imperfections. *Personality and Social Psychology Bulletin*, 0146167219853846. [PDF](#)
- Zhang, H., Watson-Singleton, N. N., Pollard, S. E., Pittman, D. M., Lamis, D. A., Fischer, N. L., ... & Kaslow, N. J. (2017). Self-Criticism and Depressive Symptoms: Mediating Role of Self-Compassion. *OMEGA-Journal of Death and Dying*, 0030222817729609. [PDF](#)
- Zhou, L., Chen, J., Liu, X., Lu, D., & Su, L. (2013). Negative cognitive style as a mediator between self-compassion and hopelessness depression. *Social Behavior and Personality: an international journal*, 41(9), 1511-1518. [PDF](#)

## Self-Compassion Scale: Translations and Psychometrics

- Altman, J. K., Linfield, K., Salmon, P. G., & Beacham, A. O. (2017). The body compassion scale: Development and initial validation. *Journal of health psychology*, 1359105317718924. [PDF](#)
- Arimitsu, K. (2014). Development and validation of the Japanese version of the Self-Compassion Scale. *The Japanese Journal of Psychology*, 85 (1), 50–59. [PDF](#)
- Azizi, A., Mohammadkhani, P., Lotfi, S., & Bahramkhani, M. (2013). The Validity and Reliability of the Iranian Version of the Self-Compassion Scale. *Iranian Journal of Clinical Psychology*, 2(3), 17-23. [PDF](#)
- Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J., Toney, L. (2006). Using self-report assessment methods to explore facets of mindfulness. *Assessment*, 13, 27-45. [PDF](#)
- Benda, J., & Reichová, A. (2016). Psychometrice Charakteristiky Ceske Verze Self-Compassion Scale (SCS-CZ). *Ceskoslovenska Psychologie*, 60(2), 120. [PDF](#)
- 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](#)
- Brenner, R. E., Heath, P. J., Vogel, D. L., & Credé, M. (2017). Two is more valid than one: Examining the factor structure of the Self-Compassion Scale (SCS). *Journal of Counseling Psychology*. [PDF](#)
- Brenner, R. E., Vogel, D. L., Lannin, D. G., Engel, K. E., Seidman, A. J., & Heath, P. J. (2018). Do self-compassion and self-coldness distinctly relate to distress and well-being? A theoretical model of self-relating. *Journal of counseling psychology*, 65(3), 346.
- Castilho, P., & Pinto-Gouveia, J. (2011). Self-Compassion: Validation of the Portuguese

- version of the Self-Compassion Scale and its relation with early negative experiences, social comparison and psychopathology. *Psychologica*, 54, 203-231. [PDF](#)
- Castilho, P., Pinto-Gouveia, J., & Duarte, J. (2015). Evaluating the Multifactor Structure of the Long and Short Versions of the Self-Compassion Scale in a Clinical Sample. *Journal of Clinical Psychology*. [PDF](#)
- Chen, J., Yan, L., & Zhou, L. (2011). Reliability and validity of Chinese version of Self-compassion Scale. *Chinese Journal Of Clinical Psychology*, 19(6), 734-736. (No pdf available.)
- Cleare, S., Gumley, A., Cleare, C. J., & O'Connor, R. C. (2018). An investigation of the factor structure of the Self-Compassion Scale. *Mindfulness*, 9(2), 618-628. [PDF](#)
- Coroiu, A., Kwakkenbos, L., Moran, C., Thombs, B., Albani, C., Bourkas, S., ... & Körner, A. (2018). Structural validation of the Self-Compassion Scale with a German general population sample. *PloS one*, 13(2), e0190771. [PDF](#)
- Costa, J., Marôco, J., Pinto-Gouveia, J., Ferreira, C., & Castilho, P. (2015). Validation of the psychometric properties of the Self-Compassion Scale. Testing the factorial validity and factorial invariance of the measure among borderline personality disorder, anxiety disorder, eating disorder and general populations. *Clinical Psychology & Psychotherapy*. [PDF](#)
- 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 Souza, L. K., & Hutz, C. S. (2016). Adaptation of the self-compassion scale for use in Brazil: evidences of construct validity. *Trends in Psychology*, 24(1), 159-172. [PDF](#)
- Deniz, M. E., Kesici, S., & Sumer, A. S. (2008). The validity and reliability of the Turkish version of the Self-Compassion Scale. *Social Behavior and Personality*, 36, 1151-1160. [PDF](#)
- Elices, M., Carmona, C., Pascual, J. C., Feliu-Soler, A., Martin-Blanco, A., & Soler, J. (2017). Compassion and self-compassion: Construct and measurement. *Mindfulness & Compassion*, 2(1), 34-40. [PDF](#)
- Garcia-Campayo, J., Navarro-Gil, M., Andrés, E., Montero-Marin, J., López-Artal, L., & Demarzo, M. M. (2014). Validation of the Spanish versions of the long (26 items) and short (12 items) forms of the Self-Compassion Scale (SCS). *Health and quality of life outcomes*, 12(1), 4. [PDF](#)
- Garnefski, N., & Kraaij, V. (2018). The Self-Compassionate Coping Measure (4 items): Psychometric features and relationships with depression and anxiety in adults. *Advances in Health and Behavior*, 1(1), 75-78. [PDF](#)
- Geiger, M., Pfattheicher, S., Hartung, J., Weiss, S., Schindler, S., & Wilhelm, O. (2018). Self-Compassion as a Facet of Neuroticism? A Reply to the Comments of Neff, Tóth-Király, and Colosimo (2018). *European Journal of Personality*, 32(4), 393-404. [PDF](#)
- Gilbert, P., Catarino, F., Duarte, C., Matos, M., Kolts, R., Stubbs, J., ... & Basran, J. (2017). The development of compassionate engagement and action scales for self and others. *Journal of Compassionate Health Care*, 4(1), 4. [PDF](#)
- Gilbert, P., McEwan, K., Matos, M., & Ravis, A. (2011). Fears of compassion:

- Development of three self-report measures. *Psychology And Psychotherapy: Theory, Research And Practice*, 84(3), 239-255. [PDF](#)
- Halamová, J., Kanovský, M., & Pacúchová, M. (2018). Self-compassion scale: IRT psychometric analysis, validation, and factor structure–slovak translation. *Psychologica Belgica*, 57(4), 190. [PDF](#)
- Hayes, J. A., Lockard, A. J., Janis, R. A., & Locke, B. D. (2016). Construct validity of the Self-Compassion Scale-Short Form among psychotherapy clients. *Counselling Psychology Quarterly*. [PDF](#)
- Hupfield, J. & Ruffieux, N. (2011) Validierung einer deutschen Version der Self-Compassion Scale (SCS-D). *Zeitschrift für Klinische Psychologie und Psychotherapie*, 40 (2), 115–123. [PDF](#)
- Karakasidou, E., Pezirkianidis, C., Galanakis, M., & Stalikas, A. (2017). Validity, Reliability and Factorial Structure of the Self Compassion Scale in the Greek Population. *Journal of Psychology and Psychotherapy*, 7, 313. [PDF](#)
- Kemppainen, J. K., Brion, J. M., Leary, M., Wantland, D., Sullivan, K., Nokes, K., ... & Eller, L. S. (2013). Use of a brief version of the self-compassion inventory with an international sample of people with HIV/AIDS. *AIDS care*, 25(12), 1513-1519. [PDF](#)
- Kotsou, I., & Leys, C. (2016). Self-Compassion Scale (SCS): Psychometric Properties of The French Translation and Its Relations with Psychological Well-Being, Affect and Depression. *PloS one*, 11(4), e0152880. [PDF](#)
- Kumlander, S., Lahtinen, O., Turunen, T., & Salmivalli, C. (2018). Two is more valid than one, but is six even better? The factor structure of the Self-Compassion Scale (SCS). *PloS one*, 13(12), e0207706. [PDF](#)
- Lee, W. K., & Lee, K. (2010). The validation study of the Korean version of Self-Compassion Scale with adult women in community [Korean]. *Journal of Korean Neuropsychiatric Association*, 49(2), 193-200. [PDF](#)
- Lockard, A. J., Hayes, J. A., Neff, K. D. & Locke, B. D. (2014). Self-Compassion Among College Counseling Center Clients: An Examination of Clinical Norms and Group Differences. *Journal of College Counseling*, 17, 249-259. [PDF](#)
- López, A., Sanderman, R., Smink, A., Zhang, Y., van Sonderen, E., Ranchor, A., & Schroevers, M. J. (2015). A reconsideration of the Self-Compassion Scale's total score: self-compassion versus self-criticism. *PloS One*, 10(7). [PDF](#)
- Mantzios, M., Wilson, J. C., & Giannou, K. (2013). Psychometric properties of the Greek versions of the self-compassion and mindful attention and awareness scales. *Mindfulness*, 6(1), 123-132. [PDF](#)
- Meng, R., Yu, Y., Chai, S., Luo, X., Gong, B., Liu, B., ... & Yu, C. (2019). Examining psychometric properties and measurement invariance of a Chinese version of the Self-Compassion Scale–Short Form (SCS-SF) in nursing students and medical workers. *Psychology Research and Behavior Management*, 12, 793-809. [PDF](#)
- Montero-Marín, J., Gaete, J., Demarzo, M., Rodero, B., Lopez, L. C. S., & García-Campayo, J. (2016). Self-criticism: A measure of uncompassionate behaviors toward the self, based on the negative components of the self-compassion scale. *Frontiers in Psychology*, 7. [PDF](#)
- Muris, P. (2015). A protective factor against mental health problems in youths? A critical note on the assessment of self-compassion. *Journal of Child and Family Studies*, 1-5. [PDF](#)



- Muris, P. & Otgaar, H. (2020). The process of science: A critical evaluation of more than 15 years of research on self-compassion with the Self-Compassion Scale. *Mindfulness*. Advance online publication. DOI: 10.1007/s12671-020-01363-0 [PDE](#)
- Muris, P., Otgaar, H., & Petrocchi, N. (2016). Protection as the mirror image of psychopathology: further critical notes on the self-compassion scale. *Mindfulness*, 1–4. [PDE](#)
- Muris, P., & Petrocchi, N. (2016). Protection or Vulnerability? A Meta-Analysis of the Relations Between the Positive and Negative Components of Self-Compassion and Psychopathology. *Clinical psychology & psychotherapy*. [PDE](#)
- Neff, K. D. (2003). Development and validation of a scale to measure self-compassion. *Self and Identity*, 2, 223-250. [PDF](#)
- Neff, K. D. (2016). The Self-Compassion Scale is a valid and theoretically coherent measure of self-compassion. *Mindfulness*, 7(1), 264-274. [PDE](#)
- Neff, K. D. (2016). Does Self-Compassion Entail Reduced Self-Judgment, Isolation, and Over-Identification? A Response to Muris, Otgaar, and Petrocchi (2016). *Mindfulness*. Advance online publication. DOI 10.1007/s12671-016-0531-y. [PDE](#)
- Neff, K. D. (2018). Setting the record straight about the Self-Compassion Scale. *Mindfulness*, 1-3. [PDE](#)
- Neff, K. D. (in press). Commentary on Muris and Otgaar (2020): Let the empirical evidence speak on the Self-Compassion Scale. *Mindfulness*. [PDE](#)
- Neff, K. D., Bluth, K., Tóth-Király, I., Davidson, O., Knox, M. C., Williamson, Z. & Costigan, A. (2020). Development and validation of the Self-Compassion Scale for Youth. *Journal of Personality Assessment*. Advance online publication. doi.org/10.1080/00223891.2020.1729774 [PDE](#)
- Neff, K. D., Long, P. Knox, M., Davidson, O., Kuchar, A., Costigan, A., Williamson, Z., Rohleder, N., Tóth-Király, I., & Breines, J. (2018). The forest and the trees: Examining the association of self-compassion and its positive and negative components with psychological functioning. *Self and Identity*. 17 (6), 627-645. [PDE](#)
- Neff, K. D., Tóth-Király I., Colisomo, K. (2018). Self-compassion is best measured as a global construct and is overlapping with but distinct from neuroticism: A response to Pfattheicher, Geiger, Hartung, Weiss, and Schindler (2017). *European Journal of Personality*, 1-22. DOI: 10.1002/per.2148 [PDE](#)
- Neff, K. D., Tóth-Király, I., Yarnell, L., Arimitsu, K., Castilho, P., Ghorbani, N.,...Mantios, M. (2019). Examining the Factor Structure of the Self-Compassion Scale using exploratory SEM bifactor analysis in 20 diverse samples: Support for use of a total score and six subscale scores. *Psychological Assessment*, 31 (1), 27-45. [PDE](#)
- Neff, K. D., Whittaker, T. & Karl, A. (2017). Evaluating the factor structure of the Self-Compassion Scale in four distinct populations: Is the use of a total self-compassion score justified? *Journal of Personality Assessment*, 99(6), 596-607. [PDE](#)
- Petrocchi, N., Ottaviani, C., & Couyoumdjian, A. (2013). Dimensionality of self-compassion: translation and construct validation of the self-compassion scale in an

- Italian sample. *Journal of Mental Health*, (0), 1-6. [PDF](#)
- Pfattheicher, S., Geiger, M., Hartung, J., Weiss, S., & Schindler, S. (2017). Old Wine in New Bottles? The Case of Self-compassion and Neuroticism. *European Journal of Personality*, 31(2), 160-169. [PDF](#)
- Pommier, E., Neff, K. D. & Tóth-Király I. (2019). The development and validation of the Compassion Scale. *Assessment*, 1-19. DOI: 10.1177/1073191119874108. [PDF](#)
- Raes, F., Pommier, E., Neff, K. D., & Van Gucht, D. (2011). Construction and factorial validation of a short form of the Self-Compassion Scale. *Clinical Psychology & Psychotherapy*. 18, 250-255 [PDF](#)
- Souza, L. K. D., & Hutz, C. S. (2016). Adaptation of the self-compassion scale for use in Brazil: evidences of construct validity. *Temas em Psicologia*, 24(1), 159-172. [PDF](#)
- Sutton, E., Schonert-Reichl, K. A., Wu, A. D., & Lawlor, M. S. (2017). Evaluating the Reliability and Validity of the Self-Compassion Scale Short Form Adapted for Children Ages 8–12. *Child Indicators Research*, 1-20. [PDF](#)
- Tanenbaum, M. L., Adams, R. N., Gonzalez, J. S., Hanes, S. J., & Hood, K. K. (2018). Adapting and validating a measure of diabetes-specific self-compassion. *Journal of diabetes and its complications*, 32(2), 196-202. [PDF](#)
- Tóth-Király, I., Bóthe, B., & Orosz, G. (2016). Exploratory Structural Equation Modeling Analysis of the Self-Compassion Scale. *Mindfulness*, 1-12. [PDF](#)
- Tóth-Király & Neff, K. D. (in press). Is self-compassion universal? Support for the measurement invariance of the Self-Compassion Scale across populations. *Assessment*. [PDF](#)
- Tsai, M. Y. (2015). Construction and Factorial Validation of the Chinese Version of the Self-Compassion Scale for Gifted Students. *Psychology*, 5(11), 634-644. [PDF](#)
- Ursic, N., Kocjancic, D., & Zvelc, G. (2019). Psychometric properties of the Slovenian long and short version of the self-compassion scale. *Psihologija*, 52(2), 107-125. doi:10.2298/psi180408029u [PDF](#)
- Veneziani, C. A., Fuochi, G., & Voci, A. (2017). Self-compassion as a healthy attitude toward the self: Factorial and construct validity in an Italian sample. *Personality and Individual Differences*, 119, 60-68. [PDF](#)
- Williams, M. J., Dalglish, T., Karl, A., & Kuyken, W. (2014). Examining the factor structures of the five facet mindfulness questionnaire and the self-compassion scale. *Psychological Assessment*, 26(2), 407. [PDF](#)
- Zeng, X., Wei, J., Oei, T. P., & Liu, X. (2016). The Self-Compassion Scale is Not Validated in a Buddhist Sample. *Journal of religion and health*, 1-14. [PDF](#)
- Zhang, H., Dong, L., Watson-Singleton, N. N., Tarantino, N., Carr, E. R., Niles-Carnes, L. V., ... & Kaslow, N. J. (2019). Psychometric Properties of the Self-Compassion Scale (SCS) in an African American Clinical Sample. *Mindfulness*, 10(7), 1395-1405. [PDF](#)

## Self-Compassion and Self-Esteem

- Barnett, M. D., & Flores, J. (2016). Narcissus, exhausted: Self-compassion mediates the relationship between narcissism and school burnout. *Personality and Individual Differences, 97*, 102-108. [PDF](#)
- Barry, C. T., Loflin, D. C., & Doucette, H. (2015). Adolescent self-compassion: Associations with narcissism, self-esteem, aggression, and internalizing symptoms in at-risk males. *Personality and Individual Differences, 77*, 118-123. [PDF](#)
- Barutçu Yıldırım, F., & Demir, A. (2019). Self-Handicapping Among University Students: The Role of Procrastination, Test Anxiety, Self-Esteem, and Self-Compassion. *Psychological reports, 0033294118825099*. [PDF](#)
- Beekman, J. B., Stock, M. L., & Howe, G. W. (2017). Stomaching rejection: Self-compassion and self-esteem moderate the impact of daily social rejection on restrictive eating behaviours among college women. *Psychology & Health, 1-23*. [PDF](#)
- Choi, Y. M., Lee, D. G., & Lee, H. K. (2014). The Effect of Self-compassion on Emotions when Experiencing a Sense of Inferiority Across Comparison Situations. *Procedia-Social and Behavioral Sciences, 114*, 949-953. [PDF](#)
- Donald, J. N., Ciarrochi, J., Parker, P. D., Sahdra, B. K., Marshall, S. L., & Guo, J. (2017). A worthy self is a caring self: Examining the developmental relations among self-esteem and self-compassion in adolescents. *Journal of Personality. PDF*
- Dowd, A. J., & Jung, M. E. (2017). Self-compassion directly and indirectly predicts dietary adherence and quality of life among adults with celiac disease. *Appetite, 113*, 293-300. [PDF](#)
- Ewert, C., Gaube, B., & Geisler, F. C. M. (2018). Dispositional self-compassion impacts immediate and delayed reactions to social evaluation. *Personality and Individual Differences, 125*, 91-96. [PDF](#)
- Johnson, E. A., & O'Brien, K. A. (2013). Self-Compassion Soothes the Savage EGO-Threat System: Effects on Negative Affect, Shame, Rumination, and Depressive Symptoms. *Journal of Social and Clinical Psychology, 32(9)*, 939-963. [PDF](#)
- Krieger, T., Hermann, H., Zimmermann, J., & grosse Holtforth, M. (2015). Associations of self-compassion and global self-esteem with positive and negative affect and stress reactivity in daily life: Findings from a smart phone study. *Personality and Individual Differences, 87*, 288-292. [PDF](#)
- Marshall, S. L., Parker, P. D., Ciarrochi, J., Sahdra, B., Jackson, C. J., & Heaven, P. C. (2015). Self-compassion protects against the negative effects of low self-esteem: A longitudinal study in a large adolescent sample. *Personality and Individual Differences, 74*, 116-121. [PDF](#)
- Machin, J. E., Adkins, N. R., Crosby, E., Farrell, J. R., & Mirabito, A. M. (2019). The marketplace, mental well-being, and me: Exploring self-efficacy, self-esteem, and self-compassion in consumer coping. *Journal of Business Research, 100*, 410-420. [PDF](#)
- Morley, R. H. (2017). The Effect of Self-Compassion on Impulsivity Provoked by a Reduction in Self-Esteem. *Current Psychology, 1-6*. [PDF](#)
- Neff, K. D. (2011). Self-compassion, self-esteem, and well-being. *Social and Personality Compass, 5*, 1-12. [PDF](#)
- Neff, K. D. & Vonk, R. (2009). Self-compassion versus global self-esteem: Two different

- ways of relating to oneself. *Journal of Personality*, 77, 23-50. [PDF](#)
- Persinger, J. (2012). An alternative to self-esteem: Fostering self-compassion in youth. *Communicative*, 40 (5), 20-23. [PDF](#)
- Petrocchi, N., Dentale, F., & Gilbert, P. (2018). Self-reassurance, not self-esteem, serves as a buffer between self-criticism and depressive symptoms. *Psychology and Psychotherapy: Theory, Research and Practice*. [PDF](#)
- Reilly, E. D., Rochlen, A. B., & Awad, G. H. (2013). Men's Self-Compassion and Self-Esteem: The Moderating Roles of Shame and Masculine Norm Adherence. *Psychology Of Men & Masculinity*, doi:10.1037/a0031028 [PDF](#)
- Seekis, V., Bradley, G. L., & Duffy, A. (2017). The effectiveness of self-compassion and self-esteem writing tasks in reducing body image concerns. *Body image*, 23, 206-213. [PDF](#)
- Stapleton, P., Crichton, G. J., Carter, B., & Pidgeon, A. (2017). Self-Esteem and Body Image in Females: The Mediating Role of Self-Compassion and Appearance Contingent Self-Worth. *The Humanistic Psychologist*, 45(3), 238-257. [PDF](#)
- Stephenson, E., Watson, P. J., Chen, Z. J., & Morris, R. J. (2017). Self-Compassion, Self-Esteem, and Irrational Beliefs. *Current Psychology*, 1-7. [PDF](#)
- Yang, X. (2016). Self-compassion, relationship harmony, versus self-enhancement: Different ways of relating to well-being in Hong Kong Chinese. *Personality and Individual Differences*, 89, 24-27. [PDF](#)

## Self-Compassion and Trauma

- Barlow, M. R., Turow, R. E. G., & Gerhart, J. (2017). Trauma appraisals, emotion regulation difficulties, and self-compassion predict posttraumatic stress symptoms following childhood abuse. *Child abuse & neglect*, 65, 37-47. [PDF](#)
- Beaumont, E., Galpin, A. & Jenkins, P. (2012). Being kinder to myself: A prospective comparative study, exploring post-trauma therapy outcome measures, for two groups of clients, receiving either Cognitive Behaviour Therapy or Cognitive Behaviour Therapy and Compassionate Mind Training. *Counseling Psychology Review*, 27 (1), 31-43. [PDF](#)
- Bensimon, M. (2017). Victimization in light of self-compassion: Development towards communal compassion. *Aggression and Violent Behavior*. [PDF](#)
- Bergen-Cico, D., Smith, Y., Wolford, K., Gooley, C., Hannon, K., Woodruff, R., ... & Gump, B. (2018). Dog ownership and training reduces post-traumatic stress symptoms and increases self-compassion among veterans: results of a longitudinal control study. *The Journal of Alternative and Complementary Medicine*, 24(12), 1166-1175. [PDF](#)
- Bistricky, S. L., Gallagher, M. W., Roberts, C. M., Ferris, L., Gonzalez, A. J., & Wetterneck, C. T. (2017). Frequency of Interpersonal Trauma Types, Avoidant Attachment, Self-Compassion, and Interpersonal Competence: A Model of Persisting Posttraumatic Symptoms. *Journal of Aggression, Maltreatment & Trauma*, 1-18. [PDF](#)
- Blanden, G., Butts, C., Reid, M., & Keen, L. (2018). Self-reported lifetime violence exposure and self-compassion associated with satisfaction of life in historically

- Black college and university students. *Journal of interpersonal violence*, 0886260518791596. [PDF](#)
- Boykin, D. M., Himmerich, S. J., Pinciotti, C. M., Miller, L. M., Miron, L. R., & Orcutt, H. K. (2018). Barriers to self-compassion for female survivors of childhood maltreatment: the roles of fear of self-compassion and psychological inflexibility. *Child abuse & neglect*, 76, 216-224. [PDF](#)
- Crews, D. A., Stolz-Newton, M., & Grant, N. S. (2016). The use of yoga to build self-compassion as a healing method for survivors of sexual violence. *Journal of Religion & Spirituality in Social Work: Social Thought*, 35(3), 139-156. [PDF](#)
- Dahm, K., Meyer, E. C., Neff, K. D., Kimbrel, N. A., Gulliver, S. B., & Morissette, S. B. (2015). Mindfulness, self-compassion, posttraumatic stress disorder symptoms, and functional disability in U.S. Iraq and Afghanistan war veterans. *Journal of Traumatic Stress*, (ahead-of-print), 1-5. [PDF](#)
- Forkus, S. R., Breines, J. G., & Weiss, N. H. (2019). Morally injurious experiences and mental health: The moderating role of self-compassion. *Psychological trauma: theory, research, practice, and policy*. [PDF](#)
- Forkus, S. R., Breines, J. G., & Weiss, N. H. (2019). PTSD and alcohol misuse: Examining the mediating role of fear of self-compassion among military veterans. *Psychological trauma: theory, research, practice and policy*. [PDF](#)
- Hamrick, L. A., & Owens, G. P. (2019). Exploring the mediating role of self-blame and coping in the relationships between self-compassion and distress in females following the sexual assault. *Journal of clinical psychology*, 75(4), 766-779. [PDF](#)
- Held, P., & Owens, G. P. (2015). Effects of self-compassion workbook training on trauma-related guilt in a sample of homeless veterans: A pilot study. *Journal Of Clinical Psychology*, 71(6), 513-526. doi:10.1002/jclp.22170 [PDF](#)
- Held, P., Owens, G. P., Thomas, E. A., White, B. A., & Anderson, S. E. (2018). A pilot study of brief self-compassion training with individuals in substance use disorder treatment. *Traumatology*, 24(3), 219. [PDF](#)
- Hiraoka, R., Meyer, E.C., Kimbrel, N. A., B. DeBeer, B. B., Gulliver, S. B., & Morissette, S. B. (2015). Self-compassion as a prospective predictor of PTSD symptom severity among trauma-exposed U.S. Iraq and Afghanistan war veterans. *Journal of Traumatic Stress*, 28, 1-7. [PDF](#)
- Hoffart, A., Øktedalen, T., & Langkaas, T. F. (2015). Self-compassion influences PTSD symptoms in the process of change in trauma-focused cognitive-behavioral therapies: a study of within-person processes. *Frontiers in psychology*, 6. [PDF](#)
- Hotchkiss, J. T. (2018). Mindful self-care and secondary traumatic stress mediate a relationship between compassion satisfaction and burnout risk among hospice care professionals. *American Journal of Hospice and Palliative Medicine®*, 35(8), 1099-1108. [PDF](#)
- Hotchkiss, J. T., & Leshner, R. (2018). Factors predicting burnout among chaplains: compassion satisfaction, organizational factors, and the mediators of mindful self-care and secondary traumatic stress. *Journal of Pastoral Care & Counseling*, 72(2), 86-98. [PDF](#)
- Játiva, R., & Cerezo, M. (2014). The mediating role of self-compassion in the relationship between victimization and psychological maladjustment in a sample of adolescents. *Child Abuse & Neglect*, doi:10.1016/j.chiabu.2014.04.005 [PDF](#)



- Karatzias, T., Hyland, P., Bradley, A., Fyvie, C., Logan, K., Easton, P., ... & Cloitre, M. (2019). Is self-compassion a worthwhile therapeutic target for ICD-11 Complex PTSD (CPTSD)? *Behavioural and cognitive psychotherapy*, 47(3), 257-269. [PDF](#)
- Karris, M., & Caldwell, B. E. (2015). Integrating Emotionally Focused Therapy, Self-Compassion, and Compassion-Focused Therapy to Assist Shame-Prone Couples Who Have Experienced Trauma. *The Family Journal*, 23(4), 346-357. [PDF](#)
- Kaurin, A., Schönfelder, S., & Wessa, M. (2018). Self-compassion buffers the link between self-criticism and depression in trauma-exposed firefighters. *Journal of counseling psychology*, 65(4), 453. [PDF](#)
- Kearney, D. J., Malte, C. A., McManus, C., Martinez, M. E., Felleman, B., & Simpson, T. L. (2013). Loving-Kindness Meditation for Posttraumatic Stress Disorder: A Pilot Study. *Journal of traumatic stress*, 26(4), 426-434. [PDF](#)
- Kelley, M. L., Bravo, A. J., Davies, R. L., Hamrick, H. C., Vinci, C., & Redman, J. C. (2019). Moral injury and suicidality among combat-wounded veterans: The moderating effects of social connectedness and self-compassion. *Psychological trauma: theory, research, practice, and policy*. [PDF](#)
- Maheux A., & Price, M. (2015). Investigation of the Relation Between PTSD Symptoms and Self-Compassion: Comparison Across DSM IV and DSM 5 PTSD Symptom Clusters. *Self and Identity*, (ahead-of-print), 1-11. [PDF](#)
- Maheux, A., & Price, M. (2016). The indirect effect of social support on post-trauma psychopathology via self-compassion. *Personality and Individual Differences*, 88, 102-107. [PDF](#)
- McLean, L., Bambling, M., & Steindl, S. R. (2018). Perspectives on self-compassion from adult female survivors of sexual abuse and the counselors who work with them. *Journal of interpersonal violence*, 0886260518793975. [PDF](#)
- McLean, C. L., Fiorillo, D., & Follette, V. M. (2018). Self-compassion and psychological flexibility in a treatment-seeking sample of women survivors of interpersonal violence. *Violence and victims*, 33(3), 472-485. [PDF](#)
- Meyer, E. C., Frankfurt, S. B., Kimbrel, N. A., DeBeer, B. B., Gulliver, S. B., & Morrisette, S. B. (2018). The influence of mindfulness, self-compassion, psychological flexibility, and posttraumatic stress disorder on disability and quality of life over time in war veterans. *Journal of Clinical Psychology*. [PDF](#)
- Meyer, E. C., Szabo, Y. Z., Frankfurt, S. B., Kimbrel, N. A., DeBeer, B. B., & Morissette, S. B. (2019). Predictors of recovery from post-deployment posttraumatic stress disorder symptoms in war veterans: The contributions of psychological flexibility, mindfulness, and self-compassion. *Behaviour research and therapy*, 114, 7-14. [PDF](#)
- Miron, L. R., Seligowski, A. V., Boykin, D. M., & Orcutt, H. K. (2016). The Potential Indirect Effect of Childhood Abuse on Posttrauma Pathology Through Self-Compassion and Fear of Self-Compassion. *Mindfulness*, 7(3), 596-605. [PDF](#)
- Miron, L. R., Sherrill, A. M., & Orcutt, H. K. (2015). Fear of self-compassion and psychological inflexibility interact to predict PTSD symptom severity. *Journal of Contextual Behavioral Science*, 4(1), 37-41. [PDF](#)
- Rabon, J. K., Hirsch, J. K., Kaniuka, A. R., Sirois, F., Brooks, B. D., & Neff, K. (2019). Self-Compassion and Suicide Risk in Veterans: When the Going Gets Tough, Do

- the Tough Benefit More from Self-Compassion? *Mindfulness*, 10(12), 2544-2554. [PDF](#)
- Reffi, A. N., Boykin, D. M., & Orcutt, H. K. (2018). Examining Pathways of Childhood Maltreatment and Emotional Dysregulation Using Self-Compassion. *Journal of Aggression, Maltreatment & Trauma*, 1-17. [PDF](#)
- Ross, N. D., Kaminski, P. L., & Herrington, R. (2019). From childhood emotional maltreatment to depressive symptoms in adulthood: the roles of self-compassion and shame. *Child abuse & neglect*, 92, 32-42. [PDF](#)
- Scoglio, A. A., Rudat, D. A., Garvert, D., Jarmolowski, M., Jackson, C., & Herman, J. L. (2015). Self-compassion and responses to trauma: The role of emotion regulation. *Journal of interpersonal violence*, 33(13), 2016-2036. [PDF](#)
- Tanaka, M., Wekerle, C., Schmuck, M. L., Paglia-Boak, A., MAP Research Team (2011). The linkages among childhood maltreatment, adolescent mental health, and self-compassion in child welfare adolescents. *Child Abuse & Neglect*, 35, 887-898. [PDF](#)
- Tarber, D. N., Cohn, T. J., Casazza, S., Hastings, S. L., & Steele, J. (2016). The Role of Self-compassion in Psychological Well-being for Male Survivors of Childhood Maltreatment. *Mindfulness*, 7(5), 1193-1202. [PDF](#)
- Tesh, M., Learman, J., & Pulliam, R. M. (2013). Mindful Self-Compassion Strategies for Survivors of Intimate Partner Abuse. *Mindfulness*, 1-10. [PDF](#)
- Thompson, B. L., Waltz, J. (2008) Self-compassion and PTSD symptom severity. *Journal of Traumatic Stress*, 21, 556-558. [PDF](#)
- Valdez, C. E., & Lilly, M. M. (2015). Self-Compassion and Trauma Processing Outcomes Among Victims of Violence. *Mindfulness*, 1-11. [PDF](#)
- Valdez, C. E., & Lilly, M. M. (2019). Modes of Processing Trauma: Self-Compassion Buffers Affective Guilt. *Mindfulness*, 10(5), 824-832. [PDF](#)
- Vettese, L. C., Dyer, C. E., Li W. L. & Wekerle, C. (2011). Does self-compassion mitigate the association between childhood maltreatment and later emotional regulation difficulties? A preliminary investigation. *International Journal of Mental Health and Addiction*, 9, 480-491. [PDF](#)
- Wong, C. C. Y., & Yeung, N. C. (2017). Self-compassion and Posttraumatic Growth: Cognitive Processes as Mediators. *Mindfulness*, 1-10. [PDF](#)
- Wu, Q., Chi, P., Lin, X., & Du, H. (2018). Child maltreatment and adult depressive symptoms: roles of self-compassion and gratitude. *Child abuse & neglect*, 80, 62-69. [PDF](#)
- Zeller, M., Yuval, K., Nitzan-Assayag, Y., & Bernstein, A. (2014). Self-compassion in recovery following potentially traumatic stress: longitudinal study of at-risk youth. *Journal of abnormal child psychology*, 1-9. [PDF](#)

## Self-Compassion in Work and Professional Contexts

- Abaci, R., & Arda, D. (2013). Relationship between Self-compassion and Job Satisfaction in White Collar Workers. *Procedia-Social and Behavioral Sciences*, 106, 2241-2247. [PDF](#)
- Babenko, O., Mosewich, A. D., Lee, A., & Koppula, S. (2019). Association of

- Physicians' Self-Compassion with Work Engagement, Exhaustion, and Professional Life Satisfaction. *Medical Sciences*, 7(2), 29. [PDF](#)
- Bhayana, T. K., & Ahuja, S. (2015). Entrepreneurship and self-compassion among working class of Delhi-NCR region. *International Journal of Education and Management Studies*, 5(1), 31. [PDF](#)
- Cassisa, C. & Neff, K. D. (2019). The promise of self-compassion for solos. *GPSolo*, 36(3), 18-21. [PDF](#)
- Chiacchia, D. J., Greenglass, E. R., Katter, J. K., & Fiksenbaum, L. (2018). The role of self-compassion during difficult economic times. *Anxiety, Stress, & Coping*, 31(6), 611-625. [PDF](#)
- Devenish-Meares, P. (2015). Call to compassionate self-care: Introducing self-compassion into the workplace treatment process. *Journal Of Spirituality In Mental Health*, 17(1), 75-87. doi:10.1080/19349637.2015.985579. [PDF](#)
- Egan, H., Keyte, R., McGowan, K., Peters, L., Lemon, N., Parsons, S., ... & Mantzios, M. (2018). 'You Before Me': A Qualitative Study of Health Care Professionals' and Students' Understanding and Experiences of Compassion in the Workplace, Self-compassion, Self-care and Health Behaviours. *Health Professions Education*. [PDF](#)
- Ghorbani, N., Pourhosein, R., & Ghobadi, S. A. (2018). Self-compassion, mental health and work ethics: mediating role of self-compassion in the correlation between work stress and mental health. *Middle East Journal of Family Medicine*, 7(10), 113. [PDF](#)
- Horan, K. A., & Taylor, M. B. (2018). Mindfulness and self-compassion as tools in health behavior change: An evaluation of a workplace intervention pilot study. *Journal of Contextual Behavioral Science*. [PDF](#)
- Hotchkiss, J. T. (2018). Mindful self-care and secondary traumatic stress mediate a relationship between compassion satisfaction and burnout risk among hospice care professionals. *American Journal of Hospice and Palliative Medicine®*, 35(8), 1099-1108. [PDF](#)
- Hotchkiss, J. T., & Leshner, R. (2018). Factors predicting burnout among chaplains: compassion satisfaction, organizational factors, and the mediators of mindful self-care and secondary traumatic stress. *Journal of Pastoral Care & Counseling*, 72(2), 86-98. [PDF](#)
- Iacono, G. (2017). A Call for Self-Compassion in Social Work Education. *Journal of Teaching in Social Work*, 37(5), 454-476. [PDF](#)
- Jennings, P. A. (2014). Early childhood teachers' well-being, mindfulness, and self-compassion in relation to classroom quality and attitudes towards challenging students. *Mindfulness*, doi:10.1007/s12671-014-0312-4 [PDF](#)
- Karanika, K., & Hogg, M. (2015). Self-Compassion, Social Comparison and Coping Strategies: The Case of Downwardly Mobile Consumers. *Advances in Consumer Research*, 43. [PDF](#)
- Karanika, K., & Hogg, M. K. (2015). Being kind to ourselves: Self-compassion, coping, and consumption. *Journal of Business Research*. [PDF](#)
- Kotera, Y., Green, P., and Sheffield, D. (2019) Mental health shame of UK construction workers: Relationship with masculinity, work motivation, and self-compassion. *Journal of Work<sub>SEP</sub> and Organizational Psychology*, 35(2), pp. 1-9. [PDF](#)
- Kreemers, L. M., van Hooft, E. A., & van Vianen, A. E. (2018). Dealing with negative job search experiences: The beneficial role of self-compassion for job seekers'

- affective responses. *Journal of Vocational Behavior*. [PDF](#)
- Lewis, A. B., & Ebbeck, V. (2014). Mindful and Self-Compassionate Leadership Development: Preliminary Discussions with Wildland Fire Managers. *Journal of Forestry*, 112(2), 230-236. [PDF](#)
- Long, P., & Neff, K. D. (2018). Self-compassion is associated with reduced self-presentation concerns and increased student communication behavior. *Learning and Individual Differences*, 67, 223-231. [PDF](#)
- McArthur, M., Mansfield, C., Matthew, S., Zaki, S., Brand, C., Andrews, J., & Hazel, S. (2017). Resilience in veterinary students and the predictive role of mindfulness and Self-compassion. *Journal of Veterinary Medical Education*, 44(1), 106-115. [PDF](#)
- Pires, F. B., Lacerda, S. S., Balardin, J. B., Portes, B., Tobo, P. R., Barrichello, C. R., ... & Kozasa, E. H. (2018). Self-compassion is associated with less stress and depression and greater attention and brain response to affective stimuli in women managers. *BMC women's health*, 18(1), 195. [PDF](#)
- Ramos Salazar, L. (2017). The Influence of Business Students' Listening Styles on Their Compassion and Self-Compassion. *Business and Professional Communication Quarterly*, 2329490617712495. [PDF](#)
- Reizer, A. (2019). Bringing self-kindness into the workplace: Exploring the mediating role of self-compassion in the associations between attachment and organizational outcomes. *Frontiers in psychology*, 10. [PDF](#)
- Vaillancourt, E. S., & Wasyliw, L. (2019). The Intermediary Role of Burnout in the Relationship Between Self-Compassion and Job Satisfaction Among Nurses. *Canadian Journal of Nursing Research*, 0844562119846274. [PDF](#)
- Waldron, A. L., & Ebbeck, V. (2015). The relationship of mindfulness and self-compassion to desired wildland fire leadership. *International Journal of Wildland Fire*, 24(2), 201-211. [PDF](#)
- Wayment, H. A., Huffman, A. H., & Irving, L. H. (2018). Self-Rated Health among Unemployed Adults: the Role of Quiet Ego, Self-Compassion, and Post-Traumatic Growth. *Occupational Health Science*, 2(3), 247-267. [PDF](#)