



To Whom It May Concern:

Dr. Kristin Neff grants permission to use the State Self-Compassion Scales (Neff et al., 2021) for any purpose whatsoever, including research, clinical work, teaching, etc. Please cite:

Neff, K. D., Tóth-Király, I., Knox, M. C., Kuchar, A., & Davidson, O. (2021). The Development and Validation of the State Self-Compassion Scale (Long-and Short Form). *Mindfulness, 12*(1), 121-140.

Permission is also given to translate the State Self-Compassion Scale using the analytic approach to validate the factor structure that was established in:

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.

Best wishes,

Kristin Neff, PhD

The State Self-Compassion Scale Long Form (SSCS-L)

Think about a situation you are experiencing right now that is painful or difficult. It could be some challenge in your life, or perhaps you are feeling inadequate in some way. Please indicate how well each statement applies to how you are feeling toward yourself right now as you think about this situation, using the following scale:

**Not at all
true for me**

1

2

3

4

**Very
true for me**

5

1. I'm giving myself the caring and tenderness I need.
2. I'm obsessing and fixating on everything that's wrong.
3. I see my difficulties as part of life that everyone goes through.
4. I'm being pretty tough on myself.
5. I'm keeping my emotions in balanced perspective.
6. I feel separate and cut off from the rest of the world.
7. I'm being kind to myself.
8. I'm getting carried away with my feelings.
9. I'm remembering that there are lots of others in the world feeling like I am.
10. I'm being a bit cold-hearted towards myself.
11. I'm taking a balanced view of this painful situation.
12. I feel like I'm struggling more than others right now.
13. I'm being supportive toward myself.
14. I'm blowing this painful incident out of proportion.
15. I'm remembering that difficult feelings are shared by most people.
16. I feel intolerant and impatient toward myself.
17. I'm keeping things in perspective.
18. I'm feeling all alone right now.

Reference: [Neff, K. D., Tóth-Király, I., Knox, M. C., Kuchar, A., & Davidson, O. \(2021\). The Development and Validation of the State Self-Compassion Scale \(Long-and Short Form\). *Mindfulness*, 12\(1\), 121-140.](#)

SCORING KEY

Kindness: 1, 7, 13

Self-judgment (reverse scored): 4, 10, 16

Common humanity: 3, 9, 15

Isolation (reverse scored): 6, 12, 18

Mindfulness: 5, 11, 17

Over-identification (reverse scored): 2, 8, 14

To reverse score items (1=5, 2=4, 3=3, 4=2, 5=1).

To compute a total state self-compassion score: Take the mean of each subscale, then compute a total mean (the average of the six subscale means).

When examining subscale scores, higher scores on the self-judgment, isolation and over-identification scale indicate *less* self-compassion before reverse-coding, and *more* self-compassion after reverse coding. You can choose to report subscale scores with or without reverse-coding, but these three negative subscales must be reverse coded before calculating a total self-compassion score.

The State Self-Compassion Scale Short Form (SSCS-S)

Think about a situation you are experiencing right now that is painful or difficult. It could be some challenge in your life, or perhaps you are feeling inadequate in some way. Please indicate how well each statement applies to how you are feeling toward yourself right now as you think about this situation, using the following scale:

Not at all true for me					Very true for me
1	2	3	4	5	

1. I'm giving myself the caring and tenderness I need.
2. I'm obsessing and fixating on everything that's wrong.
3. I'm remembering that there are lots of others in the world feeling like I am.
4. I feel intolerant and impatient toward myself.
5. I'm keeping things in perspective.
6. I feel like I'm struggling more than others right now.

SCORING KEY:

Reverse code items 2, 4 and 6 (1=5, 2=4, 3=3, 4=2, 5=1). Then take a total mean to calculate a total state self-compassion score.

NORMS AND SCORE SIGNIFICANCE

There are no clinical norms or scores which indicate that an individual is high or low in state self-compassion. Rather, State SCS scores are mainly used in a comparative manner to examine outcomes for people scoring higher or lower in state self-compassion.

As an ad hoc rubric, however, you can consider scores 1.0-2.49 to be low, between 2.5-3.5 to be moderate, and 3.51-5.0 to be high. When trying to determine whether state self-compassion levels are high or low relevant to a particular sample, some researchers use a median split.

SCALE DEVELOPMENT, RELIABILITY AND VALIDITY

Neff et al. (2021) created a long and short state form of the SCS to be used for the experimental study of self-compassion: The 18-item SSCS-L can measure the six components of self-compassion, and the six-item SSCS-S can measure global levels of self-compassion only. In Study 1 (N=588), participants were given 26 potential items that transformed the 26 trait SCS items into state form. Three items per

subscale were selected to create the 18-item SSCS-L. A bifactor-ESEM representation (with one global factor representing self-compassion and six specific factors representing its components) had excellent model fit. The SSCS-L total score was reliable ($\alpha = .94$), as were the six subscales (α 's $> .73$). The 6-item SSCS-S was created by selecting one item from each SSCS-L subscale with a strong loading on the general self-compassion factor. CFA found adequate model fit for a single factor of state self-compassion. The SSCS-S had a near perfect ($r = .96$) correlation with the SSCS-L. The SSCS-S also demonstrated good reliability ($\alpha = .86$).

In Study 2 ($n=411$), participants were given a self-compassionate mindstate induction which was found to increase state self-compassion using both the SSCS-L and SSCS-S with large effect sizes. The six subscales of the SSCS-L also changed to a remarkably similar degree. The factor structure of the SSCS-L was replicated before and after manipulation, suggesting it is a robust measure of state self-compassion. Reliability was high for both the SSCS-L and SSCS-S. Global state self-compassion and the six components were associated with positive and negative affect in the expected directions, providing construct validity.

ANALYTIC APPROACH FOR VALIDATION AND TRANSLATION

In order to validate the factor structure of the SSCS-L (including for translations) we strongly recommend the use of bifactor ESEM, as this is the most appropriate method to assess the operation of self-compassion components as a system. Information on this analytic method can be found in ([Neff et al., 2019](#)). Moreover, appropriate syntax for how to conduct these analyses for the SCS using Mplus can be found in the online supplement to that article and also [here](#).