

## Self-Compassion Publications Sorted by Area of Study

(Specific articles may be included in multiple area categories)

- Adolescents and Children
- Aging
- Athletics
- Body Image and Eating Behavior
- Caregiving and Burnout
- Clinical Issues
- Coping and Resilience
- Culture
- Experimental Methods
- Family, Parenting and Attachment
- Gender and Sexual Orientation
- General Reviews
- Health and Wellness
- Interpersonal Concerns
- Mindful Self-Compassion (MSC) and MSC Adaptations
- Mindfulness
- Motivation and Learning
- Physiological Functioning
- Positive Psychology
- Psychopathology
- Self-Compassion in Mindfulness and Compassion Training
- Self-Compassion Scale: Translations and Psychometrics
- Self-Compassion-Based Interventions
- Self-Esteem
- Technology
- Trauma and PTSD
- Work and Professional Contexts

## 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](#)
- Allen, L. M., Roberts, C., Zimmer-Gembeck, M. J., & Farrell, L. J. (2020). Exploring the relationship between self-compassion and body dysmorphic symptoms in adolescents. *Journal of Obsessive-Compulsive and Related Disorders*, 100535. [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](#)
- Barcaccia, B., Cervin, M., Pozza, A., Medvedev, O. N., Baiocco, R., & Pallini, S. (2020). Mindfulness, self-compassion and attachment: A network analysis of psychopathology symptoms in adolescents. *Mindfulness*, 11(11), 2531–2541. [PDF](#)
- Berardini, Y., Chalmers, H., & Ramey, H. (2021). Unfolding what self-compassion means in young carers' lives. *Child and Adolescent Social Work Journal*, 38(5), 533–545. [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., Park, J., & Lathren, C. (2020). Is Parents' Education Level Associated with Adolescent Self-Compassion?. *EXPLORE*. [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](#)

- Boggiss, A. L., Consedine, N. S., Jefferies, C., Bluth, K., Hofman, P. L., & Serlachius, A. S. (2020). Protocol for a feasibility study: a brief self-compassion intervention for adolescents with type 1 diabetes and disordered eating. *BMJ open*, 10(2). [PDF](#)
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- Campo, R. A., Bluth, K., Santacroce, S. J., Knapik, S., Tan, J., Gold, S., ... & Asher, G. N. (2017). A mindful self-compassion videoconference intervention for nationally recruited posttreatment young adult cancer survivors: feasibility, acceptability, and psychosocial outcomes. *Supportive Care in Cancer*, 25(6), 1759-1768. [PDF](#)
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- Chishima, Y., Mizuno, M., Sugawara, D., & Miyagawa, Y. (2018). The Influence of Self-Compassion on Cognitive Appraisals and Coping with Stressful 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](#)
- Dakers, J., & Guse, T. (2020). Can dimensions of parenting style contribute to self-compassion among South African adolescents? *Journal of Family Studies*, 0(0), 1–14. [PDF](#)
- Dávila Gómez, M., Dávila Pino, J., & Dávila Pino, R. (2020). Self-Compassion and Predictors of Criminal Conduct in Adolescent Offenders. *Journal of Aggression, Maltreatment & Trauma*, 1-14. [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](#)

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- Fong, R. W., & Cai, Y. (2019). Perfectionism, self-compassion and test-related hope in Chinese primary school students. *The Asia-Pacific Education Researcher*, 1-10. [PDF](#)
- Galla, B. M. (2016). Within-person changes in mindfulness and self-compassion predict enhanced emotional well-being in healthy, but stressed adolescents. *Journal of Adolescence*, 49, 204-217. [PDF](#)
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- Yang, Y., Kong, X., Guo, Z., & Kou, Y. (2021). Can self-compassion promote gratitude and prosocial behavior in adolescents? A 3-year longitudinal study from China. *Mindfulness*, 12(6), 1377–1386. [PDF](#)
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## Aging

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- Bendre, V. M. (2020). Self-compassion, wellbeing and collective family efficacy of women: An intergenerational study. *Journal of Psychosocial Research*, 15(2), 629–637. [PDF](#)
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- Kunuroglu, F., & Vural Yuzbasi, D. (2021). Factors promoting successful aging in turkish older adults: Self compassion, psychological resilience, and attitudes towards aging. *Journal of Happiness Studies*. [PDF](#)
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## Culture

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