

Self-Compassion Publications Sorted by Area of Study
(Specific articles may be included in multiple area categories)

- [Addiction and Substance Use](#)
- [Adolescents and Children](#)
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- [Self-Compassion-Based Interventions](#)
- [Self-Esteem](#)

- **Technology**
- **Trauma and PTSD**
- **Work and Professional Contexts**

Addiction and Substance Use

- Abdoli, N., Farnia, V., Radmehr, F., Alikhani, M., Moradinazar, M., Khodamoradi, M., Salemi, S., Rezaei, M., & Davarinejad, O. (2021). The effect of self-compassion training on craving and self-efficacy in female patients with methamphetamine dependence: A one-year follow-up. *Journal of Substance Use*, 26(5), 491–496. [PDF](#)
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- 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](#)
- Eaton, E., Capone, C., Shea, M. T., & Cameron, A. (2020). Evaluation of self-compassion focused group treatment for co-occurring PTSD and substance use in veterans with posttraumatic guilt: A case study. *International Journal of Group Psychotherapy*, 70(4), 481–508. [PDF](#)
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- Fauvel, B., Strika-Bruneau, L., & Piolino, P. (2021). Changes in self-rumination and self-compassion mediate the effect of psychedelic experiences on decreases in depression, anxiety, and stress. *Psychology of Consciousness: Theory, Research, and Practice*. [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](#)
- Garner, A. R., Gilbert, S. E., Shorey, R. C., Gordon, K. C., Moore, T. M., & Stuart, G. L. (2020). A longitudinal investigation on the relation between self-compassion and alcohol use in a treatment sample: A brief report. *Substance Abuse: Research and Treatment*, 14, 1178221820909356. [PDF](#)
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- Kaplan, J., Bergman, A. L., Green, K., Dapolonia, E., & Christopher, M. (2020). Relative impact of mindfulness, self-compassion, and psychological flexibility on alcohol use and burnout among law enforcement officers. *The Journal of Alternative and Complementary Medicine*, 26(12), 1190–1194. [PDF](#)
- Kotera, Y., & Rhodes, C. (2019). Pathways to sex

- addiction: Relationships with adverse childhood experience, attachment, narcissism, self-compassion and motivation in a gender-balanced sample. *Sexual Addiction & Compulsivity*, 26(1-2), 54-76. [PDF](#)
- Miron, L. R., Orcutt, H. K., Hannan, S. M., & Thompson, K. L. (2014). Childhood Abuse and Problematic Alcohol Use in College Females: The Role of Self-compassion. *Self and Identity*, 13(3), 364-379. [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](#)
- 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](#)
- Sperandio, K. R., Gutierrez, D., Kirk, M., Lopez, J., & Nathaniel Mason, W. (2021). Post-traumatic growth after the drug-related death of a loved one: Understanding the influence of self-compassion and hope. *The Family Journal*, 00(0), 1-11. [PDF](#)
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- Warner, R. C., McDonald, J. E., Grau, P. P., & Wetterneck, C. T. (2021). The relationships between addiction-related personality traits, self-compassion, and PTSD treatment target variables in a clinical sample. *Traumatology*. [PDF](#)
- Wisener, M., & Khoury, B. (2021). Specific emotion-regulation processes explain the relationship between mindfulness and self-compassion with coping-motivated alcohol and marijuana use. *Addictive Behaviors*, 112, 106590. [PDF](#)
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Adolescents and Children

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- 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](#)
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- 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](#)
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- 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](#)
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