

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

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- [Technology](#)
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Addiction and Substance Use

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