

SELF-COMPASSION PUBLICATIONS SORTED BY AREA OF STUDY

(Due to the enormous amount of new self-compassion research, this list will not be regularly updated after 2022. Please use google scholar to find the latest research.)

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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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- Chen, G. (2019). The Role of Self-Compassion in Recovery from Substance Use Disorders. *Obm Icm*, 4, 1-1. [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](#)
- 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](#)
- 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](#)
- 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](#)
- 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](#)
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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](#)
- 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](#)
- Spillane, N. S., Schick, M. R., Goldstein, S. C., Nalven, T., & Kahler, C. W. (2021). The protective effects of self-compassion on alcohol-related problems among first nation adolescents. *Addiction Research & Theory*, 0(0), 1-8. [PDF](#)
- 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](#)
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Adolescents and Children

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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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- 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](#)
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- 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](#)
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