

**PUBLICATIONS BY KRISTIN NEFF AND COLLEAGUES
(IN CHRONOLOGICAL ORDER)**

- Kuchar, A. L., Neff, K. D. & Mosewich, A. D. (2023). Resilience and Enhancement in Sport, Exercise, & Training (RESET): A Brief Self-Compassion Intervention with NCAA Student-Athletes. *Psychology of Sport and Exercise*. DOI: 10.1016/j.psychsport.2023.102426 [PDF](#)
- Miyagawa, Y. & Neff, K. D. (2023). How self-compassion operates within individuals: An examination of latent profiles of state self-compassion in the U.S. and Japan. *Mindfulness* DOI: 0.1007/s12671-023-02143-2 [PDF](#)
- Neff, K. D. (2023). Self-Compassion: Theory, Method, Research, and Intervention. *Annual Review of Psychology*, 74:193-217. [PDF](#)
- Neff, K. D. (2022). The differential effects fallacy in the study of self-compassion: Misunderstanding the nature of bipolar continuums. *Mindfulness*, 13, 572-576. [PDF](#)
- Neff, K. D. & Tóth-Király, I. (2022). Self-Compassion Scale (SCS), In N. Oleg, O. N. Medvedev, C. U. Krägeloh, R. J. Siegert, & N. N. Singh (Eds.) *Handbook of Assessment in Mindfulness*. New York: Springer. DOI: 10.1007/978-3-030-77644-2_36-1 [PDF](#)
- Neff, K. D. & Germer, C. (2022). The role of self-compassion in psychotherapy. *World Psychiatry*, 21 (1), 58-59. [PDF](#)
- Braehler, C., & Neff, K. (2020). Self-compassion in PTSD. In *Emotion in Posttraumatic Stress Disorder* (pp. 567-596). Academic Press. [PDF](#)
- Neff, K. D., Tóth-Király, I., Knox, M., Kuchar, A. & Davidson, O. (2020). 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. [PDF](#)
- Neff, K. D. (2020). Commentary on Muris and Otgaar (2020): Let the empirical evidence speak on the Self-Compassion Scale. *Mindfulness*, 11, 1900–1909. [PDF](#)
- Neff, K. D., Bluth, K., Tóth-Király, I., Davidson, O., Knox, M. C., Williamson, Z., & Costigan, A. (2021). Development and validation of the Self-Compassion Scale for Youth. *Journal of personality assessment*, 103(1), 92-105. [PDF](#)
- Neff, K. D., Knox, M. C., Long, P., Gregory, K. (2020). Caring for others without losing yourself: An adaptation of the Mindful Self-Compassion Program for Healthcare Communities. *Journal of Clinical Psychology*, 76(9), 1543-1562. [PDF](#)
- Tóth-Király, I., & Neff, K. D. (2021). Is self-compassion universal? Support for the measurement invariance of the Self-Compassion Scale across populations. *Assessment*, 28(1), 169-185. [PDF](#)
- Cassisa, C. & Neff, K. D. (2019). The promise of self-compassion for solos. *GPSolo*, 36 (3), 18-21. [PDF](#)
- Germer, C. & Neff, K. D. (2019). Mindful Self-Compassion (MSC). In I. Itvzan (Ed.) *The handbook of mindfulness-based programs: Every established intervention, from medicine to education* (pp. 357-367). London: Routledge. [PDF](#)
- 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. [PDF](#)
- Pommier, E., Neff, K. D., & Tóth-Király, I. (2020). The development and validation of the

- Compassion Scale. *Assessment*, 27(1), 21-39. [PDF](#)
- Rabon, J. K., Hirsch, J. K., Kaniuka, A. R., Sirois, F., Brooks, B. D., & Neff, K. (2019). Self-Compassion and Suicide Risk in Veterans: When the Going Gets Tough, Do the Tough Benefit More from Self-Compassion?. *Mindfulness*, 10(12), 2544-2554. [PDF](#)
- Long, P., & Neff, K. D. (2018). Self-compassion is associated with reduced self-presentation concerns and increased student communication behavior. *Learning and Individual Differences*, 67, 223-231. [PDF](#)
- Neff, K. D. (2019). Setting the record straight about the Self-Compassion Scale. *Mindfulness*, 10(1), 200-202. [PDF](#)
- Neff, K. D., Long, P. Knox, M., Davidson, O., Kuchar, A., Costigan, A., Williamson, Z., Rohleder, N., Tóth-Király, I., & Breines, J. (2018). The forest and the trees: Examining the association of self-compassion and its positive and negative components with psychological functioning. *Self and Identity*. 17 (6), 627-645. [PDF](#)
- Neff, K. D., Tóth-Király, I., & Colosimo, K. (2018). Self-compassion is best measured as a global construct and is overlapping with but distinct from neuroticism: A response to Pfattheicher, Geiger, Hartung, Weiss, and Schindler (2017). *European Journal of Personality*, 32(4), 371-392. [PDF](#)
- Shapiro, S., Siegel, R., & Neff, K. D. (2018). Paradoxes of mindfulness. *Mindfulness*, 9(6), 1693-1701. [PDF](#)
- Yarnell, L. M., Neff, K. D., Davidson, O. A., & Mullarkey, M. (2019). Gender differences in self-compassion: Examining the role of gender role orientation. *Mindfulness*, 10(6), 1136-1152. [PDF](#)
- McGehee, P., Germer, C. & Neff, K. D. (2017). Core values in Mindful Self-Compassion. In L. M. Monteiro, R. F. Musten & J. C. Compson (Eds.) *A practitioner's guide to mindfulness and ethics* (pp. 279-294). New York: Springer. [PDF](#)
- Neff, K. D. & Germer, C. (2017). Self-Compassion and Psychological Wellbeing. In J. Doty (Ed.) *Oxford Handbook of Compassion Science*, Ch. 27. Oxford University Press. [PDF](#)
- Neff, K. D., & Knox, M. (2017). Self-Compassion. In V. Zeigler-Hill & T. Shackelford (Ed.), *Encyclopedia of Personality and Individual Differences*. New York: Springer. [PDF](#)
- Neff, K. D., Whittaker, T. & Karl, A. (2017). Evaluating the factor structure of the Self-Compassion Scale in four distinct populations: Is the use of a total self-compassion score justified? *Journal of Personality Assessment*, 99(6), 596-607. [PDF](#)
- Warren, R., Smeets, E. & Neff, K. D. (2016). Self-criticism and self-compassion: Risk and resilience for psychopathology. *Current Psychiatry*, 15(12), 18-32. [PDF](#)
- Neff, K. D. (2016). Does self-compassion entail reduced self-judgment, isolation, and over-identification? A response to Muris, Otgaar, and Petrocchi (2016). *Mindfulness*, 7(3), 791-797. [PDF](#)
- Neff, K. D. (2016). The Self-Compassion Scale is a valid and theoretically coherent measure of self-compassion. *Mindfulness*, 7(1), 264-274. [PDF](#)
- Neff, K. D. & Davidson, O. (2016). Self-compassion: Embracing suffering with kindness. In I. Ivtzan & T. Lomas (Eds.), *Mindfulness in Positive Psychology* (pp. 37-50). Rutledge. [PDF](#)
- Neff, K. D., & Seppala, E. (2016). Compassion, Well-Being, and the Hypoegoic Self. In K. W. Brown & M. Leary (Eds), *Oxford Handbook of Hypo-egoic Phenomena: Theory and Research on the Quiet Ego* (pp. 189 -202). Oxford Press. [PDF](#)
- Albertson, E. R., Neff, K. D., & Dill-Shackelford, K. E. (2015). Self-compassion and body

- dissatisfaction in women: A randomized controlled trial of a brief meditation intervention. *Mindfulness*, 6(3), 444-454. [PDF](#)
- Dahm, K. A., Meyer, E. C., Neff, K. D., Kimbrel, N. A., Gulliver, S. B., & Morissette, S. B. (2015). Mindfulness, self-compassion, posttraumatic stress disorder symptoms, and functional disability in US Iraq and Afghanistan war veterans. *Journal of Traumatic Stress*, 28(5), 460-464. [PDF](#)
- Germer, C. K., & Neff, K. D. (2015). Cultivating self-compassion in trauma survivors. In V. M. Follette, J. Briere, D. Rozelle, J. W. Hopper, D. I. Rome, V. M. Follette, ... D. I. Rome (Eds.), *Mindfulness-oriented interventions for trauma: Integrating contemplative practices* (pp. 43-58). New York, NY, US: Guilford Press. [PDF](#)
- Neff, K. D., & Faso, D. J. (2015). Self-compassion and well-being in parents of children with autism. *Mindfulness*, 6(4), 938-947. [PDF](#)
- Yarnell, L. M., Stafford, R. E., Neff, K. D., Reilly, E. D., Knox, M. C., & Mullarkey, M. (2015). Meta-analysis of gender differences in self-compassion. *Self and Identity*, 14(5), 499-520. [PDF](#)
- Lockard, A. J., Hayes, J. A., Neff, K. D. & Locke, B. D. (2014). Self-Compassion Among College Counseling Center Clients: An Examination of Clinical Norms and Group Differences. *Journal of College Counseling*, 17, 249-259. [PDF](#)
- Neff, K. D., & Costigan, A. P. (2014). Self-compassion, wellbeing, and happiness. *Psychologie in Österreich*, 114-117. [PDF](#)
- Neff, K. D., & Dahm, K. A. (2014). Self-Compassion: What it is, what it does, and how it relates to mindfulness (pp. 121-140). In M. Robinson, B. Meier & B. Ostafin (Eds.) *Mindfulness and Self-Regulation*. New York: Springer. [PDF](#)
- Smeets, E., Neff, K., Alberts, H., & Peters, M. (2014). Meeting Suffering With Kindness: Effects of a Brief Self-Compassion Intervention for Female College Students. *Journal of clinical psychology*, 70(9), 794-807. [PDF](#)
- Germer, C. K., & Neff, K. D. (2013). Self-compassion in clinical practice. *Journal Of Clinical Psychology*, 69(8), 856-867. [PDF](#)
- Germer, C. & Neff, K. (2013). The Mindful Self-Compassion training program. In T. Singer & M. Bolz (Eds.) *Compassion: Bridging theory and practice: A multimedia book* (pp. 365-396). Leipzig, Germany: Max-Planck Institute. [PDF](#)
- Neff, K. D., Beretvas, S. N. (2013). The role of self-compassion in romantic relationships. *Self and Identity*, 12(1), 78-98. [PDF](#)
- Neff, K. D., & Germer, C. K. (2013). A pilot study and randomized controlled trial of the Mindful Self-Compassion program. *Journal Of Clinical Psychology*, 69(1), 28-44. [PDF](#)
- Neff, K. & Germer, C. (2013). Being kind to yourself: The science of self-compassion. In T. Singer & M. Bolz (Eds.) *Compassion: Bridging theory and practice: A multimedia book* (pp. 291-312). Leipzig, Germany: Max-Planck Institute. [PDF](#)
- Neff, K. D., Pommier, E. (2013). The relationship between self-compassion and other-focused concern among college undergraduates, community adults, and practicing meditators. *Self and Identity*, 12(2), 160-176. [PDF](#)
- Neff, K., & Tirsch, D. (2013). Self-compassion and ACT. In T. B. Kashdan, J. Ciarrochi (Eds.), *Mindfulness, acceptance, and positive psychology: The seven foundations of well-being* (pp. 78-106). Oakland, CA US: Context Press/New Harbinger Publications. [PDF](#)
- Neff, K. D. (2012). The science of self-compassion. In C. Germer & R. Siegel (Eds.), *Compassion and Wisdom in Psychotherapy*, 79-92. New York: Guilford Press. [PDF](#)

- Yarnell, L. M., Neff, K. D. (2013). Self-compassion, interpersonal conflict resolutions, and well-being. *Self and Identity*, 2:2, 146-159. [PDF](#)
- Neff, K. D. (2011). Self-compassion, self-esteem, and well-being. *Social and Personality Compass*, 5, 1-12. [PDF](#)
- Raes, F., Pommier, E., Neff, K. D., & Van Gucht, D. (2011). Construction and factorial validation of a short form of the Self-Compassion Scale. *Clinical Psychology & Psychotherapy*, 18, 250-255 [PDF](#)
- Neff, K. (2010). Review of The mindful path to self-compassion: Freeing yourself from destructive thoughts and emotions. *British Journal of Psychology*, 101, 179-181. [PDF](#)
- Neff, K. D. & McGeehee, P. (2010). Self-compassion and psychological resilience among adolescents and young adults. *Self and Identity*, 9, 225-240. [PDF](#)
- Neff, K. D. (2009). Self-Compassion. In M. R. Leary & R. H. Hoyle (Eds.), *Handbook of Individual Differences in Social Behavior* (pp. 561-573). New York: Guilford Press. [PDF](#)
- Neff, K. D. (2009). The role of self-compassion in development: A healthier way to relate to oneself. *Human Development*, 52, 211-214. [PDF](#)
- Neff, K. D. & Lamb, L. M. (2009). Self-Compassion. In S. Lopez (Ed.), *The Encyclopedia of Positive Psychology* (pp. 864-867). Blackwell Publishing. [PDF](#)
- Neff, K. D. & Vonk, R. (2009). Self-compassion versus global self-esteem: Two different ways of relating to oneself. *Journal of Personality*, 77, 23-50. [PDF](#)
- Neff, K. D. (2008). Self-compassion: Moving beyond the pitfalls of a separate self-concept. In J. Bauer & H. A. Wayment (Eds.) *Transcending Self-Interest: Psychological Explorations of the Quiet Ego*(95-105). APA Books, Washington DC. [PDF](#)
- Neff, K. D., Pisitsungkagarn, K., & Hsieh, Y. (2008). Self-compassion and self-construal in the United States, Thailand, and Taiwan. *Journal of Cross-Cultural Psychology*, 39, 267-285. [PDF](#)
- Neff, K. D., Kirkpatrick, K. & Rude, S. S. (2007). Self-compassion and its [PDF](#) to adaptive psychological functioning. *Journal of Research in Personality*, 41, 139-154. [PDF](#)
- Neff, K. D., & Rude, S. S., & Kirkpatrick, K. (2007). An examination of self-compassion in relation to positive psychological functioning and personality traits. *Journal of Research in Personality*, 41, 908-916. [PDF](#)
- Neff, K. D., Hsieh, Y., & Dejithirat, K. (2005). Self-compassion, achievement goals, and coping with academic failure. *Self and Identity*, 4, 263-287. [PDF](#)
- Neff, K. D. (2004). Self-compassion and psychological well-being. *Constructivism in the Human Sciences*, 9, 27-37. [PDF](#)
- Neff, K. D. (2003a). Development and validation of a scale to measure self-compassion. *Self and Identity*, 2, 223-250. [PDF](#)
- Neff, K. D. (2003b). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity*, 2, 85-102. [PDF](#)