|  |  |
| --- | --- |
| **Reference** | **Findings** |
| Neff, K. (2003). The development and validation of a scale to measure self-compassion. *Self and Identity*, 2, 85-101. | Connectedness: Positive correlation between self-compassion and self-reported social connectedness  Anxiety/Depression: Self-compassion was negatively correlated with subclinical anxiety, subclinical depression, and rumination (controlling for self-criticism) |
| Neff, K. (2003). Self-Compassion: An Alternative Conceptualization of a Healthy Attitude Toward Oneself. *Self and Identity, 2,* 85-101. | Social Desirability: Self-compassion is NOT correlated with social desirability |
| Neff, K., Hsieh, Y., & Dejitterat, K. (2005). Self-compassion, achievement goals, and coping with academic failure. Self and Identity, 4, 263-287. | Anxiety: Self-compassion was negatively correlated with subclinical anxiety (controlling for fear of failure and perceived competence)  Students higher in self-compassion showed greater acceptance, positive reinterpretation and less likelihood of suppressing emotion after failure |
| Neff, K., Kirkpatrick, K., & Rude, S. (2007). Self-compassion and adaptive psychological functioning. *Journal of Research in Personality, 41*, 139-154. | Connectedness: Positive correlation between self-compassion and self-reported social connectedness. Positive correlation between change scores in self-compassion and change scores in connectedness, even after controlling for anxiety.  Common Humanity: Those high in self-compassion are likely to see their weaknesses as something others experience, too rather than as separating them from others  Self-compassion was negatively correlated with subclinical anxiety, subclinical depression, thought suppression and avoidance (controlling for self-esteem).  Increases in self-compassion positively correlated with decreases in rumination and thought suppression.  Positive/Negative Affect: Self-compassion positively correlated with positive affect and negatively correlated with negative affect |
| Neff, K., Rude, 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. | Connectedness: Self-compassion is positively correlation with self-reported social connectedness.  Anxiety: Self-compassion negatively correlated with anxiety even after controlling for self-esteem.  Agreeableness: Self-compassion is positively correlated with agreeableness.  Self-compassion was positively correlated with self-reported measures of happiness, optimism, positive affect, wisdom, personal initiative, curiosity and exploration, agreeableness, extroversion, and conscientiousness. It was negatively correlated with negative affect and neuroticism. |
| Leary, M.R., Tate, E.B., Adams, C.E., Batts Allen, A., & Hancock, J. (2007). Self-compassion and reactions to unpleasant self-relevant events: The implications of treating oneself kindly. *Journal of* Personality and Social Psychology, 92, 887-904. | High self-compassion is *positively* correlated with positive affect and equanimity (even after controlling for self-esteem).  High self-compassion is *negatively* correlated with negative affect, personalizing, and catastrophizing (even after controlling for self-esteem).  Low self-compassion is positively correlated with negative affect and negatively correlated with positive affect. |
| Thompson, B.L. & Waltz, J. (2008). Self-compassion and PTSD symptom severity. *Journal of Traumatic Stress, 21*, 556-558. | PTSD/avoidance: For undergrads with PTSD, self-compassion was negatively correlated with avoidance strategies. |
| Neely, M.E., Schallert, D.L., Mohammed, S.S., Roberts, R.M., & Chen, Y.J. (2009). Self-kindness when facing stress: The role of self-compassion, goal regulation, and support in college students’ well-being. *Motivation and Emotion, 33*, 88-97. | Well-being: Self-compassion is positively correlated with a sense of well-being: having sense of purpose in life, a sense of self-mastery, low perceived stress, low negative affect, and high satisfaction with life |
| Neff, K., & Vonk, R. (2009). Self-compassion versus global self-esteem: Two different ways of relating to oneself. *Journal of Personality, 77*, 23-50. | Self-compassion is *positively* correlated with positive affect, happiness, and optimism even when controlling for self-esteem  Self-compassion is *negatively* correlated with anger and self-rumination even after controlling for self-esteem.  Self-compassion is NOT correlated with a general positive outlook  Self-compassion was protective when “things went wrong” and plays significant role in people “feeling connected, worthy and acceptable” |
| Ying, Y.W. (2009). Contribution of self-compassion to competence and mental health in social work students. *Journal of Social Work Education, 45*, 309-323. | Depression: Self-compassion is negatively associated with depression even when controlling for sense that life lacks meaning, is incomprehensible, and unmanageable. |
| Raes, F. (2010). Rumination and worry as mediators of the relationship between self-compassion and depression and anxiety. *Personality and Individual Differences, 48,* 757-761. | Anxiety/Depression: Increases in self-compassion are associated with decreases in subclinical anxiety, subclinical depression, and brooding rumination. |
| Barnard, L.K., & Curry, J.F. (2011). The relationship of clergy burnout to self-compassion and other personality dimensions. *Pastoral Psychology*. | Clergy higher in self-compassion have less desire to please congregants and a greater ability to say no to requests  Self-compassion in clergy was negatively correlated with emotional exhaustion in ministry and positively correlated with satisfaction in the ministry. |
| Kristin D. Neff & S. Natasha Beretvas (2012): The Role of Self-compassion in Romantic Relationships, *Self and Identity,* 12. | Self-compassion is significantly related to healthier romantic relationships. |