

# MSC BIBLIOGRAPHY

Updated August 2014 by Kristin Neff



## GENERAL REVIEWS

- Barnard, L. K., & Curry, J. F. (2011). Self-compassion: Conceptualizations, correlates, & interventions. *Review Of General Psychology, 15*, No. 4, 289–303
- 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.
- Neff, K. D. (2003). Self-compassion: An alternative conceptualization of a healthy attitude toward oneself. *Self and Identity, 2*, 85-102.
- 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.
- 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.
- Neff, K. D. (2009). The role of self-compassion in development: A healthier way to relate to oneself. *Human Development, 52*, 211-214.
- 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.
- Neff, K. D. & Lamb, L. M. (2009). Self-Compassion. In S. Lopez (Ed.), *The Encyclopedia of Positive Psychology* (pp. 864-867). Blackwell Publishing.
- Raab, K. (2014). Mindfulness, Self-Compassion, and Empathy Among Health Care Professionals: A Review of the Literature. *Journal of health care chaplaincy, 20*(3), 95-108.

## SELF-COMPASSION INTERVENTIONS

- Albertson, E. R., Neff, K. D., & Dill-Shackleford, K. E. (2014). Self-Compassion and Body Dissatisfaction in Women: A Randomized Controlled Trial of a Brief Meditation Intervention. *Mindfulness, 1-11*.
- Germer, C. & Neff, K. (2013). The Mindful Self-Compassion training program. In T. Singer & M. Bolz.. *Compassion: Bridging theory and practice: A multimedia book* (pp. 365-396). Leipzig, Germany: Max-Planck Institute.
- 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.

Smeets, E., Neff, K. D., Alberts, H. & Peters, M. (in press). Meeting suffering with kindness: Effects of a brief self-compassion intervention for female college students. *Journal of Clinical Psychology*.

Shapira, L. B., & Mongrain, M. (2010). The benefits of self-compassion and optimism exercises for individuals vulnerable to depression. *The Journal of Positive Psychology*, 5, 377-389.

## PSYCHOLOGICAL WELLBEING

Akin, A. (2009). Self-compassion and submissive behavior. *Education and Science*, 34, 138-147.

Imrie, S. & Troop, N. A. (2012). A pilot study on the effects and feasibility of compassion-focused expressive writing in Day Hospice patients. *Palliative and Supportive Care*, 10, 115–122.

Krieger, T., Altenstein, D., Baettig, I., Doerig, N., & Holtforth, M. (2013). Self-compassion in depression: Associations with depressive symptoms, rumination, and avoidance in depressed outpatients. *Behavior Therapy*, 44(3), 501-513. doi:10.1016/j.beth.2013.04.004

Leary, M. R., Tate, E. B., Adams, C. E., Allen, A. B., & 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.

MacBeth, A., & Gumley, A. (2012). Exploring compassion: A meta-analysis of the association between self-compassion and psychopathology. *Clinical Psychology Review*, 32, 545-552.

Mills, A., Gilbert, P., Bellew, R., McEwan, K. & Gale, C. (2007). Paranoid beliefs and self-criticism in students. *Clinical Psychology and Psychotherapy*, 14, 358–364.

Neff, K. D. (2004). Self-compassion and psychological well-being. *Constructivism in the Human Sciences*, 9, 27-37.

Neff, K. D., Kirkpatrick, K. & Rude, S. S. (2007). Self-compassion and its link to adaptive psychological functioning. *Journal of Research in Personality*, 41, 139-154.

Oudou, N., & Brinker, J. (2014). Exploring the Relationship between Rumination, Self-compassion, and Mood. *Self and Identity*, 13(4), 449-459.

Pauley, G. & McPherson, S. (2010). The experience and meaning of compassion and self-compassion for individuals with depression or anxiety. *Psychology and Psychotherapy: Theory, Research and Practice*, 83, 129–143.

- Phillips, W.J., & Ferguson, S.J., (2012). Self-compassion: A resource for positive aging. *Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, doi:10.1093/geronb/gbs091
- 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.
- Raes, F. (2011). The effect of self-compassion on the development of depression symptoms in a non-clinical sample. *Mindfulness*, 2, 33-36.
- Raque-Bogdan, T. L., Ericson, S. K., Jackson, J., Martin, H. M., & Bryan, N. A. (2011). Attachment and mental and physical health: Self-compassion and mattering as mediators. *Journal of Counseling Psychology*, 58, 272-278.
- Samaie, G. Farahani, H. A., (2011). Self-compassion as a moderator of the relationship between rumination, self-reflection and stress. *Procedia - Social and Behavioral Sciences*, 30, 978 – 982.
- Shapira, L. B., & Mongrain, M. (2010). The benefits of self-compassion and optimism exercises for individuals vulnerable to depression. *The Journal of Positive Psychology*, 5, 377-389.
- Weeks, J. W., Heimberg, R. G., Rodebaugh, T. L., & Norton P. J. (2008). Exploring the relationship between fear of positive evaluation and social anxiety. *Journal of Anxiety Disorders*, 22, 386–400.
- Wong, C. Y., & Mak, W. S. (2013). Differentiating the role of three self-compassion components in buffering cognitive-personality vulnerability to depression among Chinese in Hong Kong. *Journal Of Counseling Psychology*, 60(1), 162-169.
- Yamaguchi, A., Kim, M. S., & Akutsu, S. (2014). The effects of self-construals, self-criticism, and self-compassion on depressive symptoms. *Personality and Individual Differences*, 68, 65-70.

## **POSITIVE PSYCHOLOGY**

- Breen, W. E., Kashdan, T. B., Lenser, M. L., Fincham, G. D. (2010). Gratitude and forgiveness: Convergence and divergence on self-report and informant ratings. *Personality and Individual Differences*, 49, 932–937.
- Hollis-Walker, L., & Colosimo, K. (2011). Mindfulness, self-compassion, and happiness in non-meditators: A theoretical and empirical examination. *Personality and Individual Differences*, 50, 222-227.
- Martin, M. M., Staggars, S. M. & Anderson, C. M. (2011). The relationships between cognitive flexibility with dogmatism, intellectual flexibility, preference for

consistency, and self-compassion, *Communication Research Reports*, 28, 275-280

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.

Zabelina, D. L., Robinson, M. D. (2010). Dont be so hard on yourself: Self-compassion facilitates creative originality among self-judgmental individuals. *Creativity Research Journal*, 22, 288-293.

## **COPING AND RESILIENCE**

Akin, U. (2014). The predictive role of the self-compassion on psychological vulnerability in Turkish University Students. *International Journal of Social Sciences & Education*, 4(3).

Allen, A., & Leary, M. R. (2010). Self-compassion, stress, and coping. *Social and Personality Psychology Compass*, 4(2), 107-118.

Brion, J. M., Leary, M. R., & Drabkin, A. S. (2014). Self-compassion and reactions to serious illness: The case of HIV. *Journal Of Health Psychology*, 19(2), 218-229. doi:10.1177/1359105312467391

Costa, J. & Pinto-Gouveia, J. (2011). Acceptance of pain, self-compassion and psychopathology: Using the chronic pain acceptance questionnaire to identify patients subgroups. *Clinical Psychology and Psychotherapy*, 18, 292-302.

Galhardo, A., Cunha, M., Pinto-Gouveia, J., & Matos, M. (2013). The Mediator Role of Emotion Regulation Processes on Infertility-Related Stress. *Journal of clinical psychology in medical settings*, 20(4), 497-507.

Hayter, M. R., & Dorstyn, D. S. (2013). Resilience, self-esteem and self-compassion in adults with spina bifida. *Spinal cord*.

Howland LC, Pickler RH, McCain NL, Glaser D, Lewis M. (2011). Exploring biobehavioral outcomes in mothers of preterm infants. *MCN Am J Matern Child Nurs*,36(2). 91-97.

Játiva, R., & Cerezo, M. (2014). The mediating role of self-compassion in the relationship between victimization and psychological maladjustment in a sample of adolescents. *Child Abuse & Neglect*, doi:10.1016/j.chiabu.2014.04.005

Johnson, E. A., Nozick, K. J., (2011). Personality, adjustment, and identity style influences on stability in identity and self-concept during the transition to university. *Identity*, 11, 25-46.

- Kearney, D. J., Malte, C. A., McManus, C., Martinez, M. E., Felleman, B., & Simpson, T. L. (2013). Loving-Kindness Meditation for Posttraumatic Stress Disorder: A Pilot Study. *Journal of traumatic stress, 26*(4), 426-434.
- Kemppainen, J. J., Johnson, M. O., Phillips, J. C., Sullivan, K. M., Corless, I. B., Reid, P. P., & ... Beamon, E. R. (2013). A multinational study of self-compassion and human immunodeficiency virus-related anxiety. *International Nursing Review, 60*(4), 477-486. doi:10.1111/inr.12056
- 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.
- Przezdziecki, A. et al. (2012). My changed body: breast cancer, body image, distress and self-compassion. *Psycho-Oncology*, DOI: 10.1002/pon.3230
- Terry, M. L., Leary, M. R., & Mehta, S. (2012). Self-compassion as a buffer against homesickness, depression, and dissatisfaction in the transition to college. *Self and Identity*, DOI:10.1080/15298868.2012.667913
- Tesh, M., Learman, J., & Pulliam, R. M. (2013). Mindful Self-Compassion Strategies for Survivors of Intimate Partner Abuse. *Mindfulness, 1*-10.
- Thompson, B. L., Waltz, J. (2008) Self-compassion and PTSD symptom severity. *Journal of Traumatic Stress, 21*, 556-558.
- Vettese, L. C., Dyer, C. E., Li W. L. & Wekerle, C. (2011). Does self-compassion mitigate the association between childhood maltreatment and later emotional regulation difficulties? A preliminary investigation. *International Journal of Mental Health and Addiction, 9*, 480-491.
- Wren, A. A., Somers, T. J., Wright, M. A., Goetz, M. C., Leary, M. R., Fras, A. M., Huh, B. K., Rogers, L. L. (2012). Self-Compassion in patients with persistent musculoskeletal pain: Relationship of self-compassion to adjustment to persistent pain. *Journal of Pain and Symptom Management, 43* (4),759-770.

## **BODY IMAGE AND EATING**

- Adams, C. E., & Leary, M. R. (2007). Promoting self-compassionate attitudes toward eating among restrictive and guilty eaters. *Journal of Social and Clinical Psychology, 26*, 1120-1144.
- Berry, K. A., Kowalski, K. C. Ferguson, L. J. & McHugh, T. F. (2011). An empirical phenomenology of young adult women exercisers body self-compassion. *Qualitative Research in Sport and Exercise, 2*, 293–312.

- Breines, J., Toole, A., Tu, C., & Chen, S. (2014). Self-compassion, Body Image, and Self-reported Disordered Eating. *Self and Identity*, 13(4), 432-448.
- Ferreira, C., Pinto-Gouveia, J., & Duarte, C. (2013). Self-compassion in the face of shame and body image dissatisfaction: Implications for eating disorders. *Eating Behaviors*, 14(2), 207-210.
- Kelly, A. C., Carter, J. C., Zuroff, D. C., & Borairi, S. (2013). Self-compassion and fear of self-compassion interact to predict response to eating disorders treatment: A preliminary investigation. *Psychotherapy Research*, 23(3), 252-264. doi:10.1080/10503307.2012.717310
- Kelly, A. C., Vimalakanthan, K., & Carter, J. C. (2014). Understanding the roles of self-esteem, self-compassion, and fear of self-compassion in eating disorder pathology: An examination of female students and eating disorder patients. *Eating Behaviors*, 15(3), 388-391.
- Mantzios, M., & Wilson, J. C. (2014). Exploring Mindfulness and Mindfulness with Self-Compassion-Centered Interventions to Assist Weight Loss: Theoretical Considerations and Preliminary Results of a Randomized Pilot Study. *Mindfulness*, 1-12.
- Mantzios, M., Wilson, J., Linnell, M., & Morris, P. (2014). The role of negative cognition, intolerance of uncertainty, mindfulness, and self-compassion in weight regulation among male army recruits. *Mindfulness*, doi:10.1007/s12671-014-0286-2
- Schoenefeld, S. J., & Webb, J. B. (2013). Self-compassion and intuitive eating in college women: Examining the contributions of distress tolerance and body image acceptance and action. *Eating behaviors*, 14(4), 493-496.
- Wasylikiw, L., MacKinnon, A. L., & MacLellan, A. M. (2012). Exploring the between self-compassion and body image in university women. *Body Image*, 9(2), 236-245.
- Webb, J. B., & Forman, M. J. (2013). Evaluating the indirect effect of self-compassion on binge eating severity through cognitive-affective self-regulatory pathways. *Eating Behaviors*, 14(2), 224-228. doi:10.1016/j.eatbeh.2012.12.005

## **MOTIVATION**

- Akin, A. (2008). Self-compassion and achievement goals: A structural equation modeling approach. *Eurasian Journal of Educational Research*, 31, 1-15.
- Breines, J. G. & Chen, S. (2012). Self-compassion increases self-improvement motivation. *Personality and Social Psychology Bulletin*. DOI: 10.1177/0146167212445599
- Dong, Y., Zhou, H., & Yu, G. (2011). Coping negative academic evaluation: The role of self-compassion. *Chinese Journal Of Clinical Psychology*, 19(6), 810-813.

- Franklin, J & Doran, J. (2009). Does all coaching enhance objective performance independently evaluated by blind assessors? The importance of the coaching model and content. *International Coaching Psychology Review*, 4 (2), 128-144.
- Hope, N., Koestner, R., & Milyavskaya, M. (2014). The Role of Self-Compassion in Goal Pursuit and Well-Being Among University Freshmen. *Self and Identity*, (ahead-of-print), 1-15.
- Iskender, M. (2009). The relationship between self-compassion, self-efficacy, and control beliefs about learning in Turkish university students. *Social Behavior and Personality*, 37, 711-720
- Neely, M. E., Schallert, D. L., Mohammed, S. S., Roberts, R. M., Chen, Y. (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.
- Neff, K. D., Hseih, Y., & Dejjitthirat, K. (2005). Self-compassion, achievement goals, and coping with academic failure. *Self and Identity*, 4, 263-287.
- Petersen, L. E. (2014). Self-compassion and self-protection strategies: The impact of self-compassion on the use of self-handicapping and sandbagging. *Personality and Individual Differences*, 56, 133-138.
- Shepherd, D. A. & Cardon, M. S. (2009). Negative emotional reactions to project failure and the self-compassion to learn from the experience. *Journal of Management Studies*, 46, 923-949.
- Sirois, F. M. (2013). Procrastination and stress: Exploring the role of self-compassion. *Self and Identity*, (ahead-of-print), 1-18.
- Williams, J. G., Stark, S. K., & Foster, E. E. (2008). Start today or the very last day? The relationships among self-compassion, motivation, and procrastination. *American Journal of Psychological Research*, 4, 37-44.

## **WORK CONTEXTS**

- Abaci, R., & Arda, D. (2013). Relationship between Self-compassion and Job Satisfaction in White Collar Workers. *Procedia-Social and Behavioral Sciences*, 106, 2241-2247.
- Jennings, P. A. (2014). Early childhood teachers' well-being, mindfulness, and self-compassion in relation to classroom quality and attitudes towards challenging students. *Mindfulness*, doi:10.1007/s12671-014-0312-4
- Lewis, A. B., & Ebbeck, V. (2014). Mindful and Self-Compassionate Leadership Development: Preliminary Discussions with Wildland Fire Managers. *Journal of Forestry*, 112(2), 230-236.



## COMPARISONS WITH SELF-ESTEEM

- Choi, Y. M., Lee, D. G., & Lee, H. K. (2014). The Effect of Self-compassion on Emotions when Experiencing a Sense of Inferiority Across Comparison Situations. *Procedia-Social and Behavioral Sciences*, 114, 949-953.
- Johnson, E. A., & O'Brien, K. A. (2013). Self-Compassion Soothes the Savage EGO-Threat System: Effects on Negative Affect, Shame, Rumination, and Depressive Symptoms. *Journal of Social and Clinical Psychology*, 32(9), 939-963.
- Johnson, E. A., & O'Brien, K. A. (2013). Self-Compassion Soothes the Savage EGO-Threat System: Effects on Negative Affect, Shame, Rumination, and Depressive Symptoms. *Journal of Social and Clinical Psychology*, 32(9), 939-963.
- Kwan, V. S. Y., Kuang, L. L., & Hui, N. H. H. (2009). Identifying the sources of self-esteem: The mixed medley of benevolence, merit, and bias. *Self and Identity*, 8, 176-195.
- Neff, K. D. (2011). Self-compassion, self-esteem, and well-being. *Social and Personality Compass*, 5, 1-12.
- 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.
- Persinger, J. (2012). An alternative to self-esteem: Fostering self-compassion in youth. *Communique*, 40 (5), 20-23.
- Vonk, R. & Smit, H. (2012) Optimal self-esteem is contingent: Intrinsic versus extrinsic and upward versus downward contingencies. *European Journal of Personality*. 26, 182-193.

## AGE AND DEVELOPMENT

- Allen, A. B., Goldwasser, E. R., & Leary, M. R. (2012). Self-compassion and wellbeing among older adults. *Self and Identity*, DOI: 10.1080/15298868.2011.595082.
- Allen, A., & Leary, M. R. (2013). A self-compassionate response to aging. *The Gerontologist*, doi:10.1093/geront/gns204
- Bluth, K. L. & Blanton, P. W. (2013). Mindfulness and Self-Compassion: Exploring Pathways to Adolescent Emotional Well-Being. *Journal of Child Family Studies*. DOI 10.1007/s10826-013-9830-2

- Bluth, K., & Blanton, P. W. (2014). The influence of self-compassion on emotional well-being among early and older adolescent males and females. *The Journal of Positive Psychology*, 1-12.
- Edwards, M., Adams, E. M., Waldo, M., Hadfield, O. D., & Biegel, G. M. (2014). Effects of a Mindfulness Group on Latino Adolescent Students: Examining Levels of Perceived Stress, Mindfulness, Self-Compassion, and Psychological Symptoms. *The Journal for Specialists in Group Work*, 39(2), 145-163.
- Játiva, R., & Cerezo, M. (2014). The mediating role of self-compassion in the relationship between victimization and psychological maladjustment in a sample of adolescents. *Child Abuse & Neglect*, doi:10.1016/j.chiabu.2014.04.005
- Neff, K. D. & McGeehee, P. (2010). Self-compassion and psychological resilience among adolescents and young adults. *Self and Identity*, 9, 225-240.
- Tanaka, M., Wekerle, C., Schmuck, M. L., Paglia-Boak, A., MAP Research Team (2011). The ages among childhood, adolescent mental health, and self-compassion in child welfare adolescents. *Child Abuse & Neglect*, 35, 887-898.

## **GENDER AND CULTURE**

- Edwards, M., Adams, E. M., Waldo, M., Hadfield, O. D., & Biegel, G. M. (2014). Effects of a Mindfulness Group on Latino Adolescent Students: Examining Levels of Perceived Stress, Mindfulness, Self-Compassion, and Psychological Symptoms. *The Journal for Specialists in Group Work*, 39(2), 145-163.
- Ghorbani, N., Watson, P. J., Chen, Z & Norballa, F. Self-compassion in Iranian Muslims: Relationships with integrative self-knowledge, mental health, and religious orientation. *International Journal for the Psychology of Religion*, 22 (2), 106-118.
- 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.
- Reid, R. C, Temko, J., Moghaddam, J. F., & Fong, T. W. (2014). Shame, Rumination, and Self-Compassion in Men Assessed for Hypersexual Disorder. *Journal of Psychiatric Practice*, 20(4), 260-268.
- Reilly, E. D., Rochlen, A. B., & Awad, G. H. (2013). Men's Self-Compassion and Self-Esteem: The Moderating Roles of Shame and Masculine Norm Adherence. *Psychology Of Men & Masculinity*, doi:10.1037/a0031028
- Shea, J. L. (2014). Revolutionary narratives of self-compassion among older women in post-Mao Beijing. *Anthropology & medicine*, 21(1).
- Watson, P. J., Chen, Z. & Sisemore, T. A. (2011). Grace and Christian psychology - Part 2: Psychometric refinements and relationships with self-compassion,

depression, beliefs about sin, and religious orientation. *Edification: The Transdisciplinary Journal of Christian Psychology*, 4, 64-72.

Wong, C. Y., & Mak, W. S. (2013). Differentiating the role of three self-compassion components in buffering cognitive-personality vulnerability to depression among Chinese in Hong Kong. *Journal Of Counseling Psychology*, 60(1), 162-169.

Yamaguchi, A., Kim, M. S., & Akutsu, S. (2014). The effects of self-construals, self-criticism, and self-compassion on depressive symptoms. *Personality and Individual Differences*, 68, 65-70.

## HEALTH BEHAVIORS

Brion, J. M., Leary, M. R., & Drabkin, A. S. (2014). Self-compassion and reactions to serious illness: The case of HIV. *Journal Of Health Psychology*, 19(2), 218-229. doi:10.1177/1359105312467391

Brown, L., Bryant, C., Brown, V. M., Bei, B., & Judd, F. K. (2014). Self-Compassion Weakens the Association between Hot Flashes and Night Sweats and Daily Life Functioning and Depression. *Maturitas*.

Ferguson, L. J., Kowalski, K. C., Mack, D. E., & Sabiston, C. M. (2014). Exploring self-compassion and eudaimonic well-being in young women athletes. *Journal of sport & exercise psychology*, 36(2), 203-216.

Galhardo, A., Cunha, M., Pinto-Gouveia, J., & Matos, M. (2013). The Mediator Role of Emotion Regulation Processes on Infertility-Related Stress. *Journal of clinical psychology in medical settings*, 20(4), 497-507.

Gard, T., Brach, N., Holzel, B. K., Noggle, J. J. & Conboy, L. A. (2012). Effects of a yoga-based intervention for young adults on quality of life and perceived stress: The potential mediating roles of mindfulness and self-compassion. *Journal of Positive Psychology*, 7(3), 165-175.

Hall, C. W., Row, K. A., Wuensch, K. L., & Godley, K. R. (2013). The role of self-compassion in physical and psychological well-being. *The Journal of psychology*, 147(4), 311-323.

Kelly, A. C., Zuroff, D. C., Foa, C. L., & Gilbert, P. (2009). Who benefits from training in self-compassionate self-regulation? A study of smoking reduction. *Journal of Social and Clinical Psychology*, 29, 727-755

Magnus, C. M. R., Kowalski, K. C., & McHugh, T. L. F. (2010). The role of self-compassion in womens self-determined motives to exercise and exercise-related outcomes. *Self & Identity*. 9, 363-382.

- Mosewich, A. D., Kowalski, K. C., Sabiston, C. M., Sedgwick, W. A., & Tracy, J. L. (2011). Self-compassion: A potential resource for young women athletes. *Journal of Sport & Exercise Psychology*, 33, 103-123.
- Nedeljkovic M., Wirtz, P. H. & Ausfeld-Hafter, B. (2012). Effects of Taiji practice on mindfulness and self-compassion in healthy participants—A randomized controlled trial. *Mindfulness*. DOI 10.1007/s12671-012-0092-7
- Rose, C., Webel, A., Sullivan, K. M., Cuca, Y. P., Wantland, D., Johnson, M. O., & ... Holzemer, W. L. (2014). Self-compassion and risk behavior among people living with HIV/AIDS. *Research In Nursing & Health*, 37(2), 98-106.
- Terry, M. L. & Leary, M. R. (2011). Self-compassion, self-regulation, and health. *Self and Identity*, 10, 352-362.
- Terry, M. L., Leary, M. R., Mehta, S., & Henderson, K. (2013). Self-Compassionate Reactions to Health Threats. *Personality and Social Psychology Bulletin*, 39(7), 911-926.

## PHYSIOLOGICAL FUNCTIONING

- Arch, J. J., Brown, K. W., Dean, D. J., Landy, L. N., Brown, K., & Laudenslager, M. L. (2014). Self-compassion training modulates alpha-amylase, heart rate variability, and subjective responses to social evaluative threat in women. *Psychoneuroendocrinology*
- Breines, J. G., Thoma, M. V., Gianferante, D., Hanlin, L., Chen, X., & Rohleder, N. (in press). Self-compassion as a predictor of interleukin-6 response to acute psychosocial stress. *Brain, behavior, and immunity*.
- Longe, O., Maratos, F. A., Gilbert, P., Evans, G., Volker, F., Rockliff, H., et al. (2009). Having a word with yourself: Neural correlates of self-criticism and self-reassurance. *Neuroimage*, 49, 1849–1856.
- Pace et al. (2009). Effect of compassion meditation on neuroendocrine, innate immune and behavioral responses to psychosocial stress. *Psychoneuroendocrinology*, 34, 87-98.
- Rockcliff et al. (2008). A pilot exploration of heart rate variability and salivary cortisol responses to compassion-focused imagery. *Clinical Neuropsychiatry*, 5, 132-139.
- Rockliff, H., Karl, A., McEwan, K., Gilbert, J., Matos, M., Gilbert, P. (2011). Effects of intranasal oxytocin on compassion focused imagery. *Emotion*, 11, 1388-1396.

## **INTERPERSONAL CONCERNS AND RELATIONSHIPS**

- Baker, L. R., & McNulty, J. K. (2011). Self-compassion and relationship maintenance: The moderating roles of conscientiousness and gender. *Journal of Personality and Social Psychology, 100*, 853-873.
- Breines, J. G., & Chen, S. (2013). Activating the inner caregiver: The role of support-giving schemas in increasing state self-compassion. *Journal Of Experimental Social Psychology, 49(1)*, 58-64.
- Crocker, J. & Canevello, A. (2008). Creating and undermining social support in communal relationships: The role of compassionate and self-image goals. *Journal of Personality and Social Psychology, 95*, 555-575.
- Howell, A. J., Dopko, R. L., Turowski, J. B., & Buro, K. (2011). The disposition to apologize. *Personality And Individual Differences, 51(4)*, 509-514.
- Lindsay, E. K., & Creswell, J. D. (2014). Helping the self help others: self-affirmation increases self-compassion and pro-social behaviors. *Frontiers in psychology, 5*.
- Neff, K. D., Beretvas, S. N. (2013). The role of self-compassion in romantic relationships. *Self and Identity, 12(1)*, 78-98.
- 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.
- Sbarra, D. A., Smith, H. L. & Mehl, M. R. (2012). When leaving your Ex, love yourself: Observational ratings of self-compassion predict the course of emotional recovery following marital separation. *Psychological Science. 23(3)*, 261–269.
- Wei, M., Liao, K., Ku, T., & Shaffer, P. A. (2011). Attachment, self-compassion, empathy, and subjective well-being among college students and community adults. *Journal of Personality, 79*, 191-221.
- Welp, L. R., & Brown, C. M. (2014). Self-compassion, empathy, and helping intentions. *The Journal of Positive Psychology, 9(1)*, 54-65.
- Yarnell, L. M., Neff, K. D. (2012). Self-compassion, interpersonal conflict resolutions, and well-being. *Self and Identity*. DOI:10.1080/15298868.2011.649545

## **CAREGIVING AND BURNOUT**

- Barnard, L. K., Curry, J. F. (2012). The relationship of clergy burnout to self-compassion and other personality dimensions. *Pastoral Psychology, 61*, 149–163

- Gustin, L. W. & Wagner, L (2012). The butterfly effect of caring – clinical nursing teachers understanding of self-compassion as a source to compassionate care. *Scandinavian Journal of Caring Sciences*. doi: 10.1111/j.1471-6712.2012.01033
- Heffernan, M., Griffin, M., McNulty, S., & Fitzpatrick, J. J. (2010). Self-compassion and emotional intelligence in nurses. *International Journal of Nursing Practice*, 16, 366-373.
- Reyes, M. (2011). Self-compassion: A concept analysis. *Journal of Holistic Nursing*.
- Shapiro, S. L., Brown, K. W., & Biegel, G. M (2007). Teaching self-care to caregivers: Effects of mindfulness-based stress reduction on the mental health of therapists in training. *Training and Education in Professional Psychology*, 1, 105-115.
- Woo Kyeong, L. (2013). Self-compassion as a moderator of the relationship between academic burn-out and psychological health in Korean cyber university students. *Personality and Individual Differences*.
- Ying, Y. (2009). Contribution of self-compassion to competence and mental health in social work students. *Journal of Social Work Education*, 45, 309-323.

## **COMPARISONS WITH MINDFULNESS**

- Baer, R. A., Lykins, E. L. B., & Peters, J. R. (2012). Mindfulness and self-compassion as predictors of psychological wellbeing in long-term meditators and match nonmeditators. *Journal of Positive Psychology*. 7 (3), 230-238.
- Bergen-Cico, D., & Cheon, S. (2013). The mediating effects of mindfulness and self-compassion on trait anxiety. *Mindfulness*, doi:10.1007/s12671-013-0205-y
- Holzel, B.K., Lazar, S.W., Gard, T., Schuman-Olivier, Z., Vago, D.R., & Ott, U. (2011). How does mindfulness meditation work? Proposing mechanisms of action from a conceptual and neural perspective. *Perspectives on Psychological Science*, 6, 537-559.
- Lykins, E. L. & Baer, R. A. (2009). Psychological functioning in a sample of long-term practitioners of mindfulness meditation. *Journal of Cognitive Psychotherapy: An International Quarterly*, 23, 226-241.
- Neff, K. D., & Dahm, K. A. (in press). Self-Compassion: What it is, what it does, and how it relates to mindfulness. To appear in in M. Robinson, B. Meier & B. Ostafin (Eds.) *Mindfulness and Self-Regulation*. New York: Springer.
- Roemer, L., Lee, J. K., Salters-Pedneault, K., Erisman, S. M., Orsillo, S. M., & Mennin, D. S. (2009). Mindfulness and emotion regulation difficulties in generalized anxiety disorder: Preliminary evidence for independent and overlapping contributions. *Behavior Therapy*, 40, 142-154.

- Soysa, C. K., & Wilcomb, C. J. (2013). Mindfulness, Self-compassion, Self-efficacy, and Gender as Predictors of Depression, Anxiety, Stress, and Well-being. *Mindfulness*, 1-10.
- Tirch, D. D. (2010). Mindfulness as a context for the cultivation of compassion. *International Journal of Cognitive Therapy*, 3, 113-123.
- Van Dam, N. T., Sheppard, S. C., Forsyth, J. P., & Earleywine, M. (2011). Self-compassion is a better predictor than mindfulness of symptom severity and quality of life in mixed anxiety and depression. *Journal of Anxiety Disorders*, 25, 123–130.
- Woodruff, S. C., Glass, C. R., Arnkoff, D. B., Crowley, K. J., Hindman, R. K., & Hirschhorn, E. W. (2013). Comparing self-compassion, mindfulness, and psychological inflexibility as predictors of psychological health. *Mindfulness*, doi:10.1007/s12671-013-0195-9
- Woods, H., & Proeve, M. (2014). Relationships of Mindfulness, Self-Compassion, and Meditation Experience With Shame-Proneness. *Journal of Cognitive Psychotherapy*, 28(1), 20-33.

## **MINDFULNESS-BASED AND COMPASSION-BASED INTERVENTIONS**

- Baer, R. A. (2010). Self-compassion as a mechanism of change in mindfulness- and acceptance-based treatments. In R. A. Baer, R. A. Baer (Eds.), *Assessing mindfulness and acceptance processes in clients: Illuminating the theory and practice of change* (pp. 135-153). Oakland, CA: New Harbinger Publications.
- Bazzano, A., Wolfe, C., Zylowska, L., Wang, S., Schuster, E., Barrett, C., & Lehrer, D. (2013). Mindfulness Based Stress Reduction (MBSR) for Parents and Caregivers of Individuals with Developmental Disabilities: A Community-Based Approach. *Journal of Child and Family Studies*, 1-11.
- Benn, R., Akiva, T., Arel, S., & Roeser, R. W. (2012). Mindfulness Training Effects for Parents and Educators of Children With Special Needs. *Developmental Psychology*, doi:10.1037/a0027537
- Birnie, K., Speca, M., Carlson, L. E. (2010). Exploring Self-compassion and Empathy in the Context of Mindfulness-based Stress Reduction (MBSR). *Stress and Health*, 26, 359-371.
- Boellinghausm U, Jones, F. W. & Hutton, J. (2013). The Role of Mindfulness and Loving-Kindness Meditation in Cultivating Self-Compassion and Other-Focused Concern in Health Care Professionals. *Mindfulness*, DOI 10.1007/s12671-012-0158-6

- Chiesa, A., & Serretti, A. (2009). Mindfulness-Based Stress Reduction for Stress Management in Healthy People: A Review and Meta-Analysis. *The Journal of Alternative and Complementary Medicine*, 15, 593–600.
- Dunn, C., Hanieh, E., Roberts, R., & Powrie, R. (2012). Mindful pregnancy and childbirth: Effects of a mindfulness-based intervention on womens psychological distress and well-being in the perinatal period. *Archives Of Womens Mental Health*, 15(2), 139-143.
- Eisendrath, S., Chartier, M., & McLane, M. (2011). Adapting mindfulness-based cognitive therapy for treatment-resistant depression. *Cognitive And Behavioral Practice*, 18(3), 362-370.
- Felton, T. M., Coates, L. & Christopher, J. C. (2013). Impact of Mindfulness Training on Counseling Students' Perceptions of Stress. *Mindfulness*, DOI 10.1007/s12671-013-0240-8
- Greeson, J. M., Juberg, M. K., Maytan, M., James, K., & Rogers, H. (2014). A Randomized Controlled Trial of Koru: A Mindfulness Program for College Students and Other Emerging Adults. *Journal of American College Health*. DOI: 10.1080/07448481.2014.887571
- Hicks, S. F. & Furlottea, C. (2010 ) An exploratory study of Radical Mindfulness Training with severely economically disadvantaged people: Findings of a Canadian study. *Australian Social Work*, 63, 281-298.
- Hofmann, S. G., Grossman, P., & Hinton, D. E. (2011). Loving-kindness and compassion meditation: Potential for psychological interventions. *Clinical Psychology Review* 31 (2011) 1126–1132.
- Jazaeri, H. (et al.) (2012). Enhancing compassion: A randomized controlled trial of a compassion cultivation training program. *Journal of Happiness Studies*. DOI 10.1007/s10902-012-9373-z
- Jazaeri, H., Goldin, P. R., Werner, K., Ziv, M. & Gross, J. J. (2012). A randomized trial of MBSR versus aerobic exercise for social anxiety disorder. *Journal of Clinical Psychology*, 68(7), 715–731.
- Kearney, D. J., Malte, C. A., McManus, C., Martinez, M. E., Felleman, B., & Simpson, T. L. (2013). Loving-Kindness Meditation for Posttraumatic Stress Disorder: A Pilot Study. *Journal of traumatic stress*, 26(4), 426-434.
- Keng, S., Smoski, M. J., Robins, C. J., Ekblad, A. G., & Brantley, J. G. (2012). Mechanisms of change in mindfulness-based stress reduction: Self-compassion and mindfulness as mediators of intervention outcomes. *Journal Of Cognitive Psychotherapy*, 26(3), 270-280.



- Kuyken, W., Watkins, E., Holden, E., White, K., Taylor, R. S., Byford, S., Dalglish, T. (2010). How does mindfulness-based cognitive therapy work? *Behavior Research and Therapy*, 48, 1105-1112.
- Langri, J. T., Weiss, L. (2013). Compassion Cultivation Training. In T. Singer & M. Bolz.. *Compassion: Bridging theory and practice: A multimedia book* (pp. 440-451). Leipzig, Germany: Max-Planck Institute.
- Lee, W. K. & Bang, H. L. (2010) The effects of mindfulness-based group intervention on the mental health of middle-aged Korean women in community. *Stress and Health* 26, 341–348.
- Moore, P. (2008). Introducing mindfulness to clinical psychologists in training: An experiential course of brief exercises. *Journal of Clinical Psychology in Medical Settings*, 15, 331-337.
- Newsome, S, Waldo, M. & Gruszka, C. (2012). Mindfulness group work: Preventing stress and increasing self-compassion among helping professionals in training, *The Journal for Specialists in Group Work*, DOI:10.1080/01933922.2012.690832
- Ortner, C. M., Kilner, S. J., & Zelazo, P. (2007). Mindfulness meditation and reduced emotional interference on a cognitive task. *Motivation And Emotion*, 31(4), 271-283.
- Orzech, K. M., Shapiro, S. L., Brown, K. W., & McKay, M. (2009). Intensive mindfulness training-related changes in cognitive and emotional experience. *The Journal of Positive Psychology*, 4, 212-222.
- Rimes, K. A., & Wingrove, J. (2011). Pilot study of Mindfulness-Based Cognitive Therapy for trainee clinical psychologists. *Behavioural and Cognitive Psychotherapy*, 39(2), 235-241.
- Robins, C. J., Keng, S. L., Edblad, A. G., Brantley, J. G. (2012). Effects of Mindfulness-Based Stress reduction on emotional experience and expression: A randomized controlled trial. *Journal of Clinical Psychology*, 68(1), 117--131
- Schroevers, M. J., Brandsma, R. (2010) Is learning mindfulness associated with improved affect after mindfulness-based cognitive therapy? *British Journal of Psychology*, 101, 95–107.
- Shahar, B., Szsepsenwol, O., Zilcha-Mano, S., Haim, N., Zamir, O., Levi-Yeshuvi, S., & Levit-Binnun, N. (2014). A Wait-List Randomized Controlled Trial of Loving-Kindness Meditation Programme for Self-Criticism. *Clinical psychology & psychotherapy*.
- Shapiro, S. L., Astin, J. A., Bishop, S. R., and Cordova, M. (2005). Mindfulness-Based Stress Reduction for health care professionals: Results from a randomized trial. *International Journal of Stress Management*, 12, 164-176.

- Shapiro, S. L., Brown, K., Thoresen, C., & Plante, T. G. (2011). The moderation of mindfulness-based stress reduction effects by trait mindfulness: Results from a randomized controlled trial. *Journal of Clinical Psychology*, 67(3), 267-277.
- Singer, T. & Bolz, M. (Eds.). (2013). *Compassion: Bridging theory and practice: A multimedia book*. Leipzig, Germany: Max-Planck Institute.
- Wallmark, E., Safarzadeh, K., Daukaantaite, D. & Maddux, R. E. (2012). Promoting altruism through meditation: An 8-week randomized controlled pilot study. *Mindfulness*, DOI 10.1007/s12671-012-0115-4.

## CLINICAL CONTEXTS

- Beaumont, E, Galpin, A. & Jenkins, P. (2012). Being kinder to myself: A prospective comparative study, exploring post-trauma therapy outcome measures, for two groups of clients, receiving either Cognitive Behaviour Therapy or Cognitive Behaviour Therapy and Compassionate Mind Training. *Counseling Psychology Review*, 27 (1), 31-43.
- Beaumont, E., & Hollins Martin, C. J. (2013). Using compassionate mind training as a resource in EMDR: A case study. *Journal of EMDR Practice and Research*, 7(4), 186-199.
- Braehler, C., Gumley, A., Harper, J., Wallace, S., Norrie, J., & Gilbert, P. (2013). Exploring change processes in compassion focused therapy in psychosis: Results of a feasibility randomized controlled trial. *British Journal of Clinical Psychology*, 52(2), 199-214.
- Brooks, M., Kay-Lambkin, F., Bowman, J. & Childs, S. (2012). Self-compassion amongst clients with problematic alcohol use. *Mindfulness*. DOI 10.1007/s12671-012-0106-5
- Diedrich, A., Grant, M., Hofmann, S. G., Hiller, W., & Berking, M. (2014). Self-Compassion as an Emotion Regulation Strategy in Major Depressive Disorder. *Behaviour Research and Therapy*.
- Eicher, A. E., Davis, L.W. & Lysaker, P. H. (2013). Self-Compassion: A Novel With Symptoms in Schizophrenia? *The Journal of Nervous and Mental Disease*, 201 (5), 1-5.
- Germer, C. K., & Neff, K. D. (2013). Self-compassion in clinical practice. *Journal Of Clinical Psychology*, 69(8), 856-867. doi:10.1002/jclp.22021
- Gilbert, P. (2014). The origins and nature of compassion focused therapy. *British Journal of Clinical Psychology*, 53(1), 6-41.

- Gilbert, P. & Procter, S. (2006). Compassionate mind training for people with high shame and self-criticism: Overview and pilot study of a group therapy approach. *Clinical Psychology & Psychotherapy*, 13, 353-379.
- Gilbert, P. P., McEwan, K. K., Gibbons, L. L., Chotai, S. S., Duarte, J. J., & Matos, M. M. (2012). Fears of compassion and happiness in relation to alexithymia, mindfulness, and self-criticism. *Psychology And Psychotherapy: Theory, Research And Practice*, 85(4), 374-390. doi:10.1111/j.2044-8341.2011.02046.x
- Gilbert, P., Baldwin, M. W., Irons, C., Baccus, J. R., & Palmer, M. (2006). Self-criticism and self-warmth: An imagery study exploring their relation to depression. *Journal of Cognitive Psychotherapy*, 20, 183-200.
- Kelly, A. C., Zuroff, D. C., Shapira, L. B. (2009). Soothing oneself and resisting self-attacks: The treatment of two intrapersonal deficits in depression vulnerability. *Cognitive Therapy and Research*, 33, 301–313.
- Krawitz, R. (2012). Behavioural treatment of severe chronic self-loathing in people with borderline personality disorder. Part 2: Self-compassion and other interventions. *Australasian Psychiatry*, 20(6), 501-506.
- Mayhew S. & Gilbert P. (2008) Compassionate mind training with people who hear malevolent voices. A case series report. *Clinical Psychology and Psychotherapy*, 15, 113–38.
- Neff, K., & Tirch, 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.
- Patsiopoulos, A. T., & Buchanan, M. J. (2011). The practice of self-compassion in counseling: A narrative inquiry. *Professional Psychology: Research And Practice*, 42(4), 301-307.
- Schanche, E. (2013). The transdiagnostic phenomenon of self-criticism. *Psychotherapy*, 50(3), 316.
- Schanche, E., Stiles, T. C., McCullough, L., Svartberg, M., & Nielsen, G. (2011). The relationship between activating affects, inhibitory affects, and self-compassion in patients with Cluster C personality disorders. *Psychotherapy*, 48(3), 293-303.
- Shahar, B. et al. (2011). A pilot investigation of emotion-focused two-chair dialogue intervention for self-criticism. *Clinical psychology and psychotherapy*, DOI: 10.1002/cpp.762
- Shields, C. & Ownsworth, T. (2013). An integration of third wave cognitive behavioural interventions following stroke: A case study. *Neuro-Disability & Psychotherapy* 1(1) 39–69.

- Stafford-Brown, J. & Pakenham, K. I. (2012). The effectiveness of an ACT informed intervention for managing stress and improving therapist qualities in clinical psychology trainees. *Journal of Clinical Psychology, 68*(6), 592–613.
- Van Vliet, K. J., & Kalnins, G. R. C. (2011). A compassion-focused approach to nonsuicidal self-injury. *Journal of Mental Health Counseling, 33* (4), 295-311.
- Werner, K. H., Jazaieri, H., Goldin, P. R., Ziv, M., Heimberg, R. G., Gross, J. J. (2012). Self-compassion and social anxiety disorder. *Anxiety, Stress & Coping, 25* (5), 543-558.

## **SCALES AND PSYCHOMETRICS**

- Arimitsu, K. (2014). Development and validation of the Japanese version of the Self-Compassion Scale. *The Japanese Journal of Psychology, 85* (1), 50–59.
- Azizi, A., Mohammadkhani, P., Lotfi, S., & Bahramkhani, M. (2013). The Validity and Reliability of the Iranian Version of the Self-Compassion Scale. *Iranian Journal of Clinical Psychology, 2*(3), 17-23.
- Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J., Toney, L. (2006). Using self-report assessment methods to explore facets of mindfulness. *Assessment, 13*, 27-45.
- Castilho, P., & Pinto-Gouveia, J. (2011). Self-Compassion: Validation of the Portuguese version of the Self-Compassion Scale and its relation with early negative experiences, social comparison and psychopathology. *Psychologica, 54*, 203-231.
- Chen, J., Yan, L., & Zhou, L. (2011). Reliability and validity of Chinese version of Self-compassion Scale. *Chinese Journal Of Clinical Psychology, 19*(6), 734-736.
- Deniz, M. E., Kesici, S., & Sumer, A. S. (2008). The validity and reliability of the Turkish version of the Self-Compassion Scale. *Social Behavior and Personality, 36*, 1151-1160.
- Garcia-Campayo, J., Navarro-Gil, M., Andrés, E., Montero-Marin, J., López-Artal, L., & Demarzo, M. M. (2014). Validation of the Spanish versions of the long (26 items) and short (12 items) forms of the Self-Compassion Scale (SCS). *Health and quality of life outcomes, 12*(1), 4.
- Gilbert, P., McEwan, K., Matos, M., & Rivis, A. (2011). Fears of compassion: Development of three self-report measures. *Psychology And Psychotherapy: Theory, Research And Practice, 84*(3), 239-255.
- Hupfield, J. & Ruffieux, N. (2011) Validierung einer deutschen Version der Self-Compassion Scale (SCS-D). *Zeitschrift für Klinische Psychologie und Psychotherapie, 40* (2), 115–123.

- Kraus, S. & Sears, S. (2009). Measuring the immeasurables: Development and initial validation of the Self-Other Four Immeasurables (SOFI) scale based on Buddhist teachings on loving kindness, compassion, joy, and equanimity. *Social Indicators Research*, 92, 169–181.
- Mantzios, M., Wilson, J., & Giannou, K. (2013). Psychometric properties of the Greek versions of the self-compassion and mindful attention and awareness scales. *Mindfulness*, doi:10.1007/s12671-013-0237-3
- Neff, K. D. (2003). Development and validation of a scale to measure self-compassion. *Self and Identity*, 2, 223-250.
- Petrocchi, N., Ottaviani, C., & Couyoumdjian, A. (2013). Dimensionality of self-compassion: translation and construct validation of the self-compassion scale in an Italian sample. *Journal of Mental Health*, (0), 1-6.
- 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
- Sahdra, B. K., Shaver, P. R. & Brown, K. W. (2010). A scale to measure nonattachment: A Buddhist complement to Western research on attachment and adaptive functioning. *Journal of Personality Assessment*, 92(2), 116–127.
- Williams, M. J., Dalglish, T., Karl, A., & Kuyken, W. (2014). Examining the Factor Structures of the Five Facet Mindfulness Questionnaire and the Self-Compassion Scale. *Psychological Assessment*. Advance online publication. <http://dx.doi.org/10.1037/a0035566>