Self-Compassion as a Transdiagnostic Construct: A Multilevel Meta-Analysis of Associations with Psychopathology at Overall, Dimensional, and Component Levels

Supplementary Information

Supplementary Table S1

Descriptive Characteristics of 256 Studies Included in the Meta-Analyses

Study ID	Authors	Sample size	% Male	Mean age	Population	Psychopathology symptom domains	Self-compassion
1	Arimitsu & Hofmann, 2015	464	63.95	19.06	non-clinical	anxiety, depression	overall score
2	Brown et al., 2014	206	0	53.64	non-clinical	depression	overall score, CS dimension, UCS dimension, all six components
3	Collett et al., 2011	21	48	45.6	clinical	depression	overall score
4	Costa & Pinto-Gouveia, 2011	103	20.4	60.17	vulnerable	anxiety, depression	overall score, all six components
5	Cunha et al., 2016	3165	46.2	15.49	non-clinical	anxiety, depression	overall score, CS dimension, UCS dimension, all six components
6	Dundas et al., 2016	277	44	22.9	non-clinical	depression	overall score, CS dimension, UCS dimension, all six components
7	Eller et al., 2014	1176	70.45	45.4	vulnerable	depression	overall score
8	Felder et al., 2013	189	0	33.11	non-clinical	anxiety, depression	self-kindness, common humanity, self-judgement, isolation
9	Ferreira et al., 2013	225	0	23.58	clinical, non-clinical	anxiety, depression, eating disorders	CS dimension, UCS dimension
10	Flett et al., 2016	214	27.57	20.2	non-clinical	depression	overall score
11	Friis et al., 2015	110	34.54	47.64	vulnerable	depression	overall score, CS dimension, UCS dimension, all six components
12	Garcia-Campayo et al., 2014	539	36.2	29.49	non-clinical	anxiety, depression	overall score, all six components
13	Ghorbani et al., 2012	238	52.52	21.6	non-clinical	anxiety, depression	overall score
14	Gilbert et al., 2011	275	20.64	31.11	non-clinical	anxiety, depression	CS dimension, UCS dimension
15	Hilbert et al., 2015	1158	54.3	53.56	non-clinical	depression	overall score
16	Hiraoka et al., 2015	115	83.5	37.41	vulnerable	PTSD	overall score, CS dimension, UCS dimension, all six components

17	Hoge et al., 2013	136	41.74	39.05	clinical, non-clinical	anxiety	overall score
18	Homan, 2014	188	73	28.49	non-clinical	anxiety, depression	overall score
19	Homan, 2014	126	29.36	70.59	non-clinical	anxiety, depression	overall score
20	Hwang et al., 2016	1813	51.02	39.28	non-clinical	depression	overall score, CS dimension, UCS dimension, all six components
21	Joeng & Turner, 2015	206	18.4	21.42	non-clinical	depression	overall score, CS dimension, UCS dimension, all six components
22	Johnson & O'Brien, 2013	335	24	19.02	non-clinical	depression	overall score, CS dimension, UCS dimension, all six components
23	Kelly et al., 2014	153	0	20.2	non-clinical	eating disorders	overall score
24	Kotsou & Leys, 2016	1554	11.8	42.92	non-clinical	depression	overall score
25	Krieger et al., 2013	262	43.5	35.9	clinical, non-clinical	depression	overall score, all six components
26	Kyeong, 2013	350	22.8	38.61	non-clinical	depression	overall score
27	Lopez et al., 2015	1643	45.2	54.9	non-clinical	depression	overall score, CS dimension, UCS dimension
28	Mills et al., 2007	131	36.6	22.1	non-clinical	depression	all six components
29	Miron et al., 2016	377	36.1	19.12	non-clinical	depression, PTSD	overall score
30	Muris et al., 2016	132	42.42	14.8	non-clinical	anxiety, depression	CS dimension, self-kindness, mindfulness, common humanity
31	Neff et al., 2005	222	38	20.94	non-clinical	anxiety	overall score
32	Neff, 2003	623	39.98	21.11	non-clinical	anxiety, depression	overall score
33	Neff & Faso, 2015	51	21.57	41.09	vulnerable	depression	overall score
34	Neff & McGehee, 2010	522	45.5	18.15	non-clinical	anxiety, depression	overall score
35	Neff et al., 2008	568	39.17	20.57	non-clinical	depression	overall score, all six components
36	Petrocchi et al., 2014	424	38.92	36.53	non-clinical	anxiety, depression	overall score, CS dimension, UCS dimension, all six components
37	Pinto-Gouveia et al., 2014	202	23.27	51.92	non-clinical, vulnerable	anxiety, depression	overall score, CS dimension, UCS dimension, all six components
38	Pinto-Gouveia et al., 2012	400	50	34.73	vulnerable	depression	overall score
39	Przezdziecki et al., 2013	252	0	53.4	vulnerable	anxiety, depression	overall score
40	Psychogiou et al., 2016	253	52.57	36.9	vulnerable	depression	overall score, CS dimension, UCS dimension, all six components
41	Raes, 2010	271	21.03	18.14	non-clinical	anxiety, depression	overall score, CS dimension, UCS dimension, all six components

42	Roemer et al., 2009	395	35.9	23.2	non-clinical	anxiety, depression	overall score, CS dimension, UCS dimension, all six components
43	Sbarra et al., 2009	109	35	40.4	non-clinical	depression	overall score
44	Seligowski et al., 2014	604	34.3	19.75	non-clinical	PTSD	overall score, CS dimension, UCS dimension
45	Stolow et al., 2016	257	41	13	non-clinical	depression	overall score, CS dimension, UCS dimension, all six components
46	Tanaka et al., 2011	117	45.3	18.1	vulnerable	depression	overall score
47	Terry et al., 2013	117	40	22	non-clinical	anxiety	overall score
48	Terry et al., 2013	119	49	N/A	non-clinical	depression	overall score
49	Valdez & Lilly, 2016	63	0	31.48	vulnerable	anxiety	overall score, all six components
50	Wasylkiw et al., 2012	189	0	18.41	non-clinical	depression	overall score, CS dimension, UCS dimension, all six components
51	Webb & Forman, 2013	208	22	19.81	non-clinical	eating disorders	overall score, CS dimension, UCS dimension, all six components
52	Werner et al., 2012	72	45.8	33.8	clinical	anxiety	overall score, all six components
53	Yamaguchi et al., 2014	1620	44	20.3	non-clinical	depression	overall score
54	Yang, 2016	246	30	N/A	non-clinical	depression	all six components
55	Ying, 2009	65	10.8	28.12	non-clinical	depression	all six components
56	Zhou et al., 2013	418	26	19.7	non-clinical	depression	self-kindness, mindfulness, common humanity
57	Podina et al., 2015	187	19	23.62	non-clinical	depression	self-kindness, mindfulness, common humanity
58	Prowse et al., 2013	411	23.8	22.5	non-clinical	eating disorders	overall score
59	Hayter & Dorstyn, 2014	97	34	40.1	vulnerable	anxiety, depression	overall score, CS dimension, self-kindness, mindfulness, common humanity, isolation
60	Kelly & Carter, 2014	87	3	28	clinical	eating disorders	overall score
61	Bergen-Cico & Cheon, 2014	202	27	23.17	non-clinical	anxiety	overall score, CS dimension, UCS dimension, all six components
62	Kelly et al., 2013	52	3	27.5	clinical	eating disorders	overall score
63	Tylka et al., 2015	435	0	28.14	non-clinical	eating disorders	overall score
64	Kearney et al., 2013	42	58.1	53.6	clinical	depression, PTSD	overall score
65	Benda et al., 2018	295	33.56	41.76	clinical, non-clinical	anxiety, depression	overall score
66	Beato et al., 2018	428	25	40.79	non-clinical	depression	overall score

67	Bakker et al., 2019	100	29	38.54	clinical	depression	overall score
68	Bell et al., 2019	320	30.63	38.26	non-clinical	anxiety, depression	overall score
69	Bergunde & Dritschel, 2020	421	0	20.95	non-clinical	depression, eating disorders	overall score
70	Berryhill et al., 2018	500	21.6	N/A	non-clinical	anxiety	overall score
71	Beshai et al., 2018	417	48.2	36.03	non-clinical	depression	overall score
72	Bhuptani & Messman, 2021	305	0	18.84	vulnerable	depression, PTSD	overall score
73	Bian et al., 2020	564	51.6	20.32	non-clinical	depression	overall score
74	Bicaker & Altan-Atalay, 2020	154	0	23.89	non-clinical	depression, eating disorders	CS dimension, UCS dimension
75	Bistricky et al., 2017	132	13.6	35.7	clinical	PTSD	overall score
76	Blackie & Kocovski, 2018	306	24.65	21.72	non-clinical	anxiety	overall score, all six components
77	Blackie & Kocovski, 2019	66	36.92	19.06	non-clinical	anxiety, depression	overall score
78	Bluth et al., 2017	765	44	N/A	non-clinical	anxiety, depression	overall score
79	Bates et al., 2021	750	50.4	24.46	non-clinical	anxiety	overall score, CS dimension, UCS dimension
80	Boyne & Hamza, 2022	1125	25	17.96	non-clinical	depression	overall score
81	Boyraz et al., 2019	747	27.7	20.18	non-clinical	PTSD	overall score
82	Braun et al., 2021	229	17.9	42.28	vulnerable	eating disorders	overall score
83	Brenner et al., 2017	1115	43.6	19.39	non-clinical	anxiety, depression	overall score, CS dimension, UCS dimension, all six components
84	Brophy et al., 2020	2253	46.6	50.32	non-clinical	depression	CS dimension, UCS dimension, all six components
85	Brown et al., 2020	184	0	51.54	vulnerable	anxiety, depression	self-kindness, mindfulness, common humanity
86	Bussolari et al., 2021	431	13.7	47.1	vulnerable	anxiety, depression	overall score
87	Burke et al., 2020	72	40	19.32	vulnerable	anxiety, depression	overall score
88	Castilho et al., 2017	1101	42.6	15.94	non-clinical	depression	overall score
89	Callow et al., 2021	392	26.3	23.6	non-clinical	anxiety, depression	overall score
90	Carvalho et al., 2021	107	0	50.84	vulnerable	depression	overall score
91	Carvalho et al., 2018	231	0	48.51	vulnerable	depression	overall score
92	Carvalho et al., 2020	49	0	50.49	vulnerable	depression	CS dimension, UCS dimension
93	Carvalho et al., 2020	86	0	50.73	vulnerable	depression	CS dimension
94	Chahar et al., 2020	86	30.2	26.55	non-clinical	anxiety, depression	overall score

95	Chan et al., 2019	121	11.57	35.84	vulnerable	anxiety, depression	overall score, CS dimension, UCS dimension
96	Chan et al., 2020	401	49.8	27.48	non-clinical	anxiety, depression	overall score, CS dimension, UCS dimension
97	Chang et al., 2016	331	31.11	21.52	non-clinical	depression	all six components
98	Chu et al., 2018	489	56.4	12.67	non-clinical	anxiety, depression	overall score
99	Chung, 2016	311	28.61	39.29	non-clinical	depression	overall score
100	Clarke et al., 2020	147	39.5	40.5	vulnerable	depression	overall score
101	Clegg et al., 2019	209	26.67	37.5	vulnerable, non-clinical	anxiety, depression	overall score
102	Coroiu et al., 2018	2448	46	50.23	non-clinical	anxiety, depression	CS dimension, UCS dimension, all six components
103	Cowden et al., 2021	547	43.12	43.37	vulnerable	anxiety, depression	overall score
104	Davey et al., 2020	420	26	48.2	vulnerable	depression	overall score
105	Denckla et al., 2017	85	28	19	non-clinical	depression	overall score
106	Desdentado et al., 2021	38	39.5	48.18	vulnerable	anxiety, depression	overall score
107	Diedrich et al., 2017	69	36.23	35.9	clinical	depression	overall score
108	Dundas et al., 2017	158	25	25	non-clinical	anxiety, depression	overall score
109	Eichholz et al., 2020	90	48.8	33.93	clinical	depression	overall score
110	Farr et al., 2021	556	15	20.01	non-clinical	anxiety, depression	CS dimension
111	Fonseca & Canavarro, 2018	387	0	32.29	vulnerable	depression	overall score
112	Ford et al., 2017	133	15.8	21	non-clinical	depression	overall score
113	Forkus et al., 2019	203	77.3	35.08	non-clinical	depression, PTSD	overall score
114	Fresnics et al., 2019	190	16	19.3	non-clinical	eating disorders	overall score
115	Frostadottir & Dorjee, 2019	57	12.4	51	vulnerable	anxiety, depression	overall score
116	Galili-Weinstock et al., 2018	112	41.1	40.79	clinical	depression	overall score
117	Galla, 2016	132	39	16.76	non-clinical	depression	overall score
118	Galla, 2017	79	34	17.02	non-clinical	depression	overall score
119	Fung et al., 2021	306	N/A	19.99	non-clinical	anxiety, depression	CS dimension, UCS dimension, all six components
120	Galvin et al., 2021	164	42.07	23.16	non-clinical	anxiety, depression	CS dimension, UCS dimension, all six components
121	Gedik & Idiman, 2020	89	24.7	39.78	vulnerable	anxiety, depression	overall score
122	Ghorbani et al., 2018	114	32.45	N/A	non-clinical	anxiety, depression	overall score

123	Greenberg et al., 2018	40	37.5	38.33	clinical	depression	overall score
124	Grieve et al., 2020	89	9	27.74	non-clinical	anxiety, depression	overall score
125	Guo et al., 2021	1361	34.2	20.73	non-clinical	PTSD	self-kindness, self-judgement
126*	Hamrick & Owens, 2019	207	0	27.07	vulnerable	depression, PTSD	overall score
126*	Hamrick & Owens, 2021	253	0	33.33	vulnerable	PTSD	CS dimension, UCS dimension
127	Hawkins et al., 2019	91	29.67	33.61	vulnerable	anxiety, depression, PTSD	overall score
128	Hayes et al., 2016	1609	31	22.74	vulnerable	anxiety, depression	overall score
129	Hirsch et al., 2021	1218	48	58	vulnerable	anxiety, depression	overall score
130	Hlabangana & Hearn, 2019	55	25.5	58.24	vulnerable	depression	overall score
131	Hodgetts et al., 2020	241	43.98	70.8	non-clinical	depression	overall score, all six components
132	Hood et al., 2020	365	24	18.82	non-clinical	depression	overall score
133	Hou et al., 2020	578	52.2	20.3	non-clinical	depression	overall score
134	Hoyle et al., 2020	326	0	33.36	vulnerable	depression	overall score
135	Huang et al., 2020	811	32.43	32.27	clinical, non-clinical	depression	overall score
136	Jansen et al., 2019	419	100	22.88	non-clinical	anxiety, depression	overall score
137	Jimenez et al., 2020	412	15.5	40.47	non-clinical	anxiety, depression	self-kindness, mindfulness, common humanity
138	Joeng et al., 2017	473	61	25.26	non-clinical	anxiety, depression	overall score, all six components
139	Jones et al., 2021	109	0	57.41	non-clinical	anxiety	overall score, CS dimension, UCS dimension
140	Kaniuka et al., 2019	338	33	21.81	non-clinical	anxiety, depression	overall score, self-kindness, mindfulness, common humanity
141	Kaurin et al., 2018	123	100	38.49	non-clinical	depression, PTSD	CS dimension, UCS dimension
142	Kelliher-Rabon et al., 2021	1615	29.75	41.66	non-clinical, vulnerable	anxiety, depression	overall score
143	Kelliher-Rabon et al., 2018	356	31.46	21.44	non-clinical	depression	overall score
144	Kelly & Tasca, 2016	78	3	28	clinical	eating disorders	CS dimension, UCS dimension
145	Hashiguchi et al., 2021	170	0	49.05	non-clinical	depression	overall score
146	Kemper et al., 2016	29	31	14.8	vulnerable	anxiety, depression	overall score
147	Keng & Liew, 2017	206	41.3	26.33	non-clinical	anxiety, depression	overall score
148	Kim & Ko, 2018	203	35	76.26	non-clinical	anxiety, depression	overall score, CS dimension, UCS dimension

149	Kotera et al., 2019	144	47.91	21.11	non-clinical	anxiety, depression	overall score
150	Koch, 2020	440	43.5	N/A	non-clinical	depression	overall score
151	Kotera et al., 2021	153	20.26	21.24	non-clinical	anxiety, depression	overall score
152	Kramer & Cuccolo, 2019	83	22.2	20.39	non-clinical	eating disorders	overall score
153	Krieger et al., 2016	125	46	41.8	vulnerable	depression	overall score, CS dimension, UCS dimension
154	Lahtinen et al., 2019	2383	47.58	N/A	non-clinical	depression	CS dimension, UCS dimension
155	Lathren et al., 2019	1057	34.7	14.7	non-clinical	anxiety, depression	overall score
156	Leeuwerik et al., 2020	1871	27.6	N/A	vulnerable	anxiety, depression	overall score
157	Lenferink et al., 2017	137	32.8	57.9	vulnerable	depression, PTSD	overall score
158	Liao et al., 2020	222	0	28.5	vulnerable	anxiety, depression	overall score
159	Lihua et al., 2017	330	63.3	19.89	non-clinical	anxiety, depression	overall score
160	Linardon et al., 2020	992	37.6	27.51	non-clinical	eating disorders	overall score
161	Liu et al., 2021	621	48.1	13.77	non-clinical	PTSD	CS dimension, UCS dimension
162	Liu et al., 2020	499	46.1	14.94	non-clinical	PTSD	CS dimension, UCS dimension
163	Liu & Hu, 2020	1020	53.92	16.82	non-clinical	depression	overall score
164	Liu et al., 2020	205	26	21.2	non-clinical	depression	self-kindness, mindfulness, common humanity
165	Lopez et al., 2018	328	44.8	57	non-clinical	depression	CS dimension, UCS dimension
166	Lopez et al., 2016	1736	45.3	54.9	non-clinical	depression	CS dimension, UCS dimension
167	Lopez et al., 2018	734	44.6	55.7	non-clinical	depression	overall score, CS dimension, UCS dimension, all six components
168	Mackintosh et al., 2018	74	35.1	40.29	clinical	anxiety, depression	overall score
169	Maheux & Price, 2016	599	49.7	34.08	clinical	anxiety, depression, PTSD	overall score
170	Makadi & Koszycki, 2020	136	49.3	40.54	clinical	anxiety, depression	overall score
171	Matos et al., 2017	105	100	37.43	non-clinical	depression	overall score
172	McAllister & Vennum, 2021	368	0	18.94	non-clinical	anxiety, depression, PTSD	CS dimension, UCS dimension
173	McCade et al., 2021	248	17.7	41.04	non-clinical	depression	overall score
174	McDonald et al., 2021	171	27	N/A	vulnerable	PTSD	overall score
175	Mehr & Adams, 2016	358	28.8	18.8	non-clinical	depression	overall score
176	Ko et al., 2018	41	34	19.78	non-clinical	anxiety, depression	overall score

177	Meng et al., 2019	2676	13.27	25.03	non-clinical	anxiety, depression	overall score
178	Messer et al., 2021	581	11.81	31.16	clinical, non-clinical	eating disorders	overall score
179	Messman-Moore & Bhuptani, 2020	586	0	18.71	non-clinical	anxiety, depression	all six components
180	Meyer et al., 2018	117	83.8	37.33	vulnerable	PTSD	overall score
181	Mistretta et al., 2020	762	45.4	53.51	non-clinical	depression	overall score
182	Monteiro et al., 2019	185	0	32.58	vulnerable	anxiety, depression	overall score
183	Morrison et al., 2021	176	68.2	64	vulnerable	depression	overall score
184	Muris et al., 2020	158	43.67	13.38	non-clinical	anxiety, depression	overall score, CS dimension, UCS dimension
185	Muris et al., 2018	130	33.84	16.68	non-clinical	anxiety, depression	all six components
186	Murray et al., 2021	148	27.7	34.61	non-clinical	depression	overall score
187	Neff et al., 2021	212	57.5	12.18	non-clinical	depression	overall score, all six components
188	Neff et al., 2018	192	37	37.26	non-clinical	anxiety, depression	overall score, CS dimension, UCS dimension, all six components
189	Nissen et al., 2021	82	8.5	54.47	vulnerable	anxiety, depression	overall score
190	O'Loghlen & Galligan, 2021	202	0	32.83	vulnerable	eating disorders	CS dimension, UCS dimension
191	O'Loughlin et al., 2020	111	46.1	42.8	vulnerable	anxiety, depression	overall score
192	Overup et al., 2017	370	24.43	22.31	non-clinical	depression	overall score
193	Palmeira et al., 2019	203	50.2	40.08	vulnerable	eating disorders	overall score
194	Perey & Koenigstorfer, 2020	250	0	42.66	non-clinical	eating disorders	overall score, all six components
195	Perez-Aranda et al., 2021	860	43.1	48.9	non-clinical	anxiety, depression	overall score
196	Phillips, 2018	157	15.9	33.21	non-clinical	depression	overall score
197	Phillips et al., 2018	132	58	49.87	non-clinical	depression	overall score
198	Pires et al., 2018	46	0	43.26	vulnerable	depression	overall score
199	Proeve et al., 2018	32	40.6	49.8	clinical	anxiety, depression	CS dimension, UCS dimension
200	Przezdziecki & Sherman, 2016	142	0	54.55	vulnerable	anxiety, depression	overall score
201	Pullmer et al., 2019	238	43.7	15.97	clinical, non-clinical	eating disorders	overall score, CS dimension, UCS dimension
202	Rabon et al., 2019	541	69.1	49.9	vulnerable	depression, PTSD	overall score
203	Richardson et al., 2020	119	14	27.11	non-clinical	depression	overall score
204	Rizal et al., 2020	367	32.97	24.32	non-clinical	anxiety, depression	overall score

205	Robertson et al., 2020	30	100	51.8	vulnerable	anxiety, depression	overall score
206	Sadiq et al., 2021	115	0	29.08	vulnerable	anxiety, depression	overall score
207	Salinger & Whisman, 2021	216	0	18.89	non-clinical	depression	overall score, all six components
208	Santerre-Baillargeon et al., 2018	96	47.92	27.77	vulnerable	anxiety, depression	overall score
209	Scardera et al., 2021	601	14.5	23.8	vulnerable	eating disorders	overall score
210	Schotanus-Dijkstra et al., 2019	275	14.2	48	vulnerable	anxiety, depression	overall score
211	Scoglio et al., 2018	159	0	41.18	clinical	PTSD	overall score
212	Set, 2021	203	34	20.73	non-clinical	anxiety, depression	overall score
213	Sherman et al., 2017	74	0	47.81	vulnerable	anxiety, depression	overall score
214	Sick et al., 2020	519	57.61	35.43	non-clinical	depression	overall score, CS dimension, UCS dimension
215	Stephenson et al., 2018	184	48.36	19.2	non-clinical	anxiety, depression	overall score
216*	Stutts & Blomquist, 2018	765	30.1	N/A	non-clinical	eating disorders	overall score
216*	Stutts et al., 2018	462	28	N/A	non-clinical	anxiety, depression	overall score
217	Stutts et al., 2019	40	56.4	68.72	vulnerable	anxiety, depression	overall score
218	Svendsen et al., 2017	277	44	22.9	non-clinical	depression	overall score
219	Tao et al., 2021	4189	62.64	20.68	non-clinical	depression	CS dimension, self-kindness, mindfulness, common humanity
220	Temel & Altan-Atalay, 2020	529	57.27	14.96	non-clinical	anxiety, depression	overall score
221	Thew et al., 2017	78	N/A	N/A	clinical, non-clinical	depression, eating disorders	overall score
222	Tobin & Dunkley, 2021	124	33.87	36.4	non-clinical	anxiety, depression	overall score
223	Todorov et al., 2019	195	0	60.7	vulnerable	anxiety, depression	overall score
224	Townshend & Caltabiano, 2019	77	0	33.47	vulnerable	depression	overall score
225	Townshend et al., 2018	109	0	33.52	vulnerable	anxiety, depression	overall score
226	Trindade & Sirois, 2021	155	30.32	36.5	vulnerable	anxiety, depression	overall score, all six components
227	Uzer-Kremers et al., 2020	50	80	42.9	vulnerable	depression	overall score
228	Valikhani et al., 2022	432	51.15	24.61	non-clinical	anxiety, depression	overall score
229	van der Donk et al., 2020	490	71.8	64.7	non-clinical, vulnerable	depression	overall score, CS dimension, UCS dimension, all six components
230	Westphal et al., 2016	326	31	34.04	clinical	depression, PTSD	overall score
231	Vigna et al., 2018	1872	49.62	N/A	non-clinical	anxiety, depression	overall score

232	Wasylkiw et al., 2020	214	32.2	19.31	non-clinical	anxiety, depression	overall score
233	Whitehead et al., 2021	388	18.29	35.33	non-clinical	depression	overall score
234	Wei et al., 2020	451	73.84	N/A	non-clinical	depression	overall score
235	Wilson et al., 2018	214	33.2	27.03	non-clinical	depression	CS dimension, UCS dimension
236	Wilson et al., 2020	228	24.1	19.84	non-clinical	depression	overall score
237	Wollast et al., 2019	135	0	24.99	non-clinical	anxiety, depression	overall score
238	Wu et al., 2019	813	57	13.15	non-clinical	depression	overall score
239	Wu et al., 2020	358	36.87	19.18	non-clinical	depression	overall score, CS dimension, UCS dimension, all six components
240	Xavier et al., 2016	643	48.4	15.24	non-clinical	depression	overall score
241	Xu et al., 2020	208	50.5	43.39	vulnerable	depression	overall score
242	Yaghoubi et al., 2021	300	50	N/A	non-clinical	depression	overall score
243	Valikhani et al., 2018	400	49.75	24.75	non-clinical	anxiety, depression	overall score
244	Willi et al., 2021	114	0	48.61	vulnerable	depression	overall score
245	Arimitsu et al., 2019	505	43	36.88	non-clinical	anxiety	overall score
246	Yang et al., 2018	372	20.02	35.54	non-clinical	depression	overall score
247	Yu et al., 2020	385	41.3	19.79	non-clinical	anxiety	overall score
248	Zerach & Levi-Belz, 2021	296	22.4	40.28	non-clinical	anxiety, depression, PTSD	overall score
249	Zhang & Wang, 2019	112	58	21.24	vulnerable	depression	overall score
250	Zhang et al., 2019	1845	52.1	13.07	vulnerable	depression	overall score
251	Yang et al., 2020	302	29.47	43.98	clinical	depression	overall score
252	Fekete et al., 2021	266	0	31.17	non-clinical	anxiety, depression	overall score
253	Ferrari et al., 2018	1056	24.34	19.66	non-clinical	depression	overall score
254	Ferreira et al., 2017	490	0	24.76	non-clinical	eating disorders	overall score
255	Fletcher et al., 2019	302	29.5	44	clinical	depression	overall score
256	Fong & Loi, 2016	306	21.6	25.17	non-clinical	depression	overall score

Note. Study IDs marked with an asterisk (*) indicate studies that used the same or largely overlapping samples and were therefore treated as a single study in the analyses.

Table S2

Pairwise Comparisons of Self-Compassion Dimensions and Components in Relation to Psychopathology Symptom Domains

	Mean *r*	*F* (df1, df2)[a]	*p*[b]
CS vs. UCS	0.31 vs. 0.50	114.38 (1, 194)	<0.001
Self-kindness vs. Self-judgement	0.34 vs. 0.44	28.38 (1, 175)	<0.001
Mindfulness vs. Over-Identification	0.32 vs. 0.47	58.46 (1, 170)	<0.001
Common humanity vs. Isolation	0.24 vs. 0.47	161.11 (1, 172)	<0.001

Note. Prior to each of the four comparison tests, the effect sizes associated with the negatively worded subscales (i.e., self-judgement, over-identification, and isolation) were reversed so that the difference in absolute strength between two subscales was tested. CS = Compassionate self-responding; UCS = Uncompassionate self-responding. [a] Omnibus test of all regression coefficients in the model; [b] *p* value of the omnibus test; ** $p < .01$; *** $p < .001$

Table S3

Differences in Strength of Association Between Self-Compassion Components and Psychopathology Symptom Domains

	Intercept (95% CI) / Mean *z* (95% CI)	Mean *r*	β_1 (95% CI)	*F* (df1, df2)[a]	*p*[b]
CS dimension				18.72 (2, 28)	<0.001
Self-kindness (RC)	-0.35 (-0.39; -0.31)***	-0.34			
Mindfulness	-0.34 (-0.38; -0.29)***	-0.33	0.01 (-0.02, 0.05)		
Common humanity	-0.24 (-0.28; -0.20)***	-0.24	0.11 (0.07, 0.15)***		
UCS dimension				4.34 (2, 24)	0.014
Self-judgement	0.46 (0.42; 0.50)***	0.43			
Over-identification	0.50 (0.46; 0.54)***	0.46	0.04 (0.01, 0.06)*		
Isolation	0.50 (0.46; 0.54)***	0.46	0.04 (0.01, 0.07)*		

Note. CS = Compassionate self-responding; UCS = Uncompassionate self-responding; CI = Confidence interval; Mean *r* = Mean correlation for categories of discrete variables; β_1 = Slope/Regression coefficient representing the difference in (strength of) mean association between a category and the reference category (RC). Near-zero values were rounded to zero. [a] Omnibus test of all regression coefficients in the model; [b] *p* value of the omnibus test; ** $p < .01$; *** $p < .001$

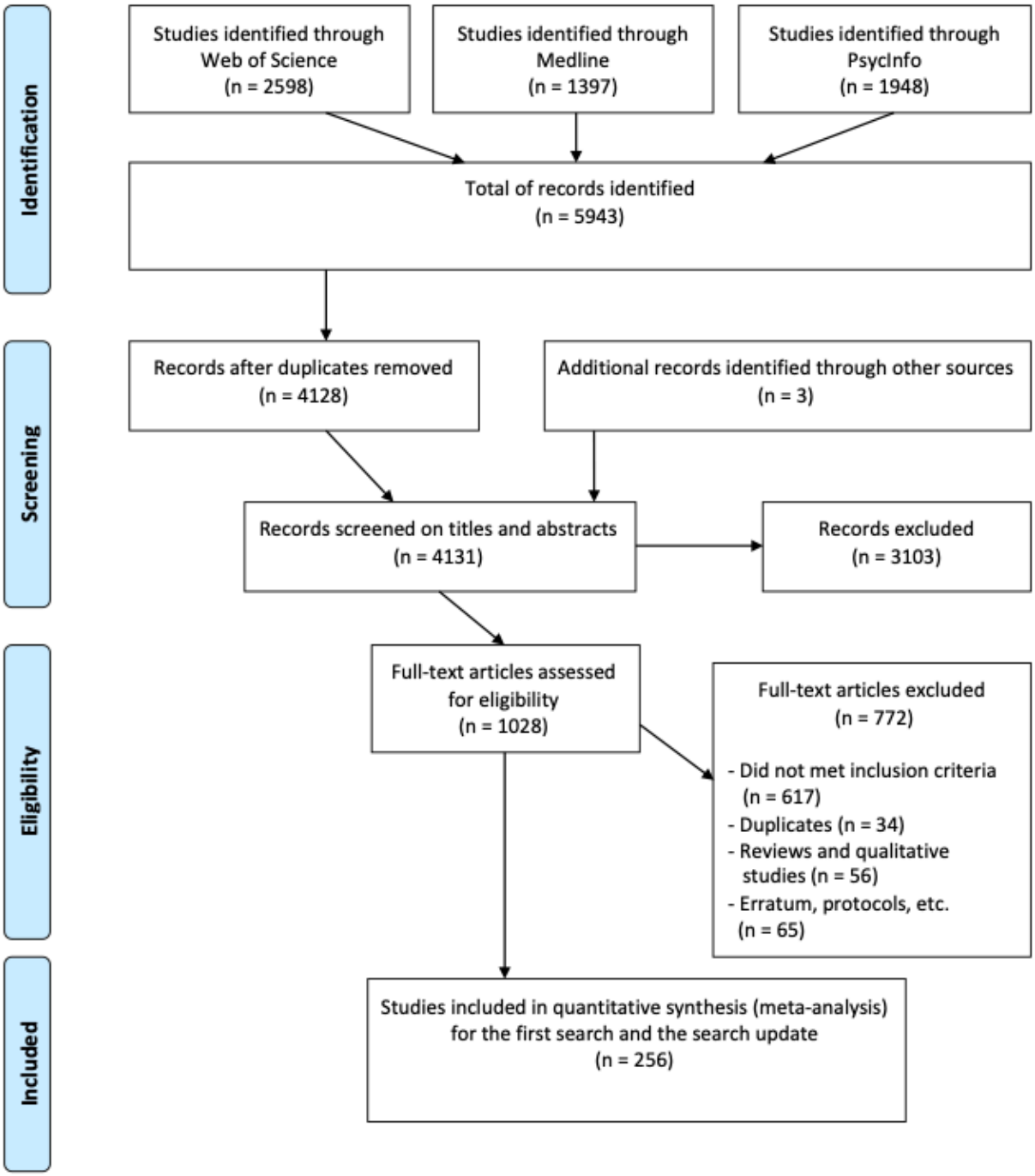


Figure S1

PRISMA Flow Diagram of Study Selection Process

Supplementary Material 1

Search Syntax Used for Systematic Literature Search in Medline, PsycINFO, and Web of Science

PsycINFO Database

#1 Self compassion

(compassion OR selfcompassion OR loving kindness OR lovingkindness OR metta).ti,ab,id,tm.

#2 Disorders

emotional trauma/ OR mental disorders/ OR affective disorders/ OR disruptive mood dysregulation disorder/ OR major depression/ OR seasonal affective disorder/ OR anxiety disorders/ OR generalized anxiety disorder/ OR obsessive compulsive disorder/ OR panic disorder/ OR phobias/ OR separation anxiety disorder/ OR eating disorders/ OR anorexia nervosa/ OR binge eating disorder/ OR bulimia/ OR pica/ OR "purging (eating disorders)"/ OR "rumination (eating)"/ OR somatoform disorders/ OR somatization disorder/ OR somatoform pain disorder/ OR "stress and trauma related disorders"/ OR acute stress disorder/ OR posttraumatic stress disorder/ OR attachment disorders/ OR disinhibited social engagement disorder/ OR child psychiatry/ OR child psychopathology/ OR adolescent psychiatry/ OR adolescent psychopathology/ OR geriatric psychiatry/ OR (eating disorder* OR anorexi* OR bulimi* OR (food ADJ2 disorder*) OR binge eating OR purging OR pica OR rumination disorder* OR mental disorder* OR catatoni* OR mood disorder* OR depress* OR dysthymic* OR panic disorder* OR anxiety disorder* OR agoraphobi* OR phobi* OR obsessive compulsive OR OCD OR stress disorder* OR PTSD OR ((trauma OR stressor) ADJ2 disorder*) OR somatoform OR somatization OR somatic symptom disorder* OR psychosomatic disorder*).ti,ab,id,tm.

#3 self criticism

self-criticism/ OR (self critic* OR selfcritic* OR self judgment* OR selfjudgment*).ti,ab,id,tm.

1 AND (2 OR 3) **2.349 results**

Key: / = subject heading, ti = title, ab = abstract, id = key concepts (other keywords added by PsycINFO indexers to supplement the subject headings), tm = tests & measures, ADJn = word distance of maximum n words

Medline Database

(Ovid MEDLINE ALL, which includes Epub Ahead of Print, In-Process, In-Data-Review & Other Non-Indexed Citations and Daily, 1946 to June 16, 2021)

#1 Self compassion

(compassion OR selfcompassion OR loving kindness OR lovingkindness OR metta).ti,ab,kf.

#2 Disorders

mental disorders/ OR "feeding and eating disorders"/ OR anorexia nervosa/ OR avoidant restrictive food intake disorder/ OR binge-eating disorder/ OR bulimia nervosa/ OR food addiction/ OR night eating

syndrome/ OR pica/ OR rumination syndrome/ OR anxiety disorders/ OR agoraphobia/ OR anxiety, separation/ OR obsessive-compulsive disorder/ OR panic disorder/ OR phobic disorders/ OR phobia, social/ OR "trauma and stressor related disorders"/ OR stress disorders, traumatic/ OR stress disorders, post-traumatic/ OR somatoform disorders/ OR mood disorders/ OR depressive disorder/ OR depression, postpartum/ OR depressive disorder, major/ OR depressive disorder, treatment-resistant/ OR dysthymic disorder/ OR premenstrual dysphoric disorder/ OR seasonal affective disorder/ OR cyclothymic disorder/ OR (eating disorder* OR anorexi* OR bulimi* OR (food ADJ2 disorder*) OR binge eating OR purging OR pica OR rumination disorder* OR mental disorder* OR catatoni* OR mood disorder* OR depress* OR dysthymic* OR panic disorder* OR anxiety disorder* OR agoraphobi* OR phobi* OR obsessive compulsive OR OCD OR stress disorder* OR PTSD OR ((trauma OR stressor) ADJ2 disorder*) OR somatoform OR somatization OR somatic symptom disorder* OR psychosomatic disorder*).ti,ab,kf.

#3 self criticism

(self critic* OR selfcritic* OR self judgment* OR selfjudgment*).ti,ab,kf.

1 AND (2 OR 3) 1.232 results

Key: / = medical subject heading (MeSH), ti = title, ab = abstract, kf = author supplied keywords, ADJn = word distance of maximum n words

Web of Science Core Collection Database

(Web of Science, Core collection Citation indexes: Citation Index Expanded (SCI-EXPANDED), 1975-2021, Social Sciences Citation Index (SSCI), 1975-2021, Arts & Humanities Citation Index (A&HCI), 1975 -2021, Emerging Sources Citation Index (ESCI), 2015 -2021)

#1 Self compassion

TS=("compassion" OR "selfcompassion" OR "loving kindness" OR "lovingkindness" OR "metta")

#2 Disorders

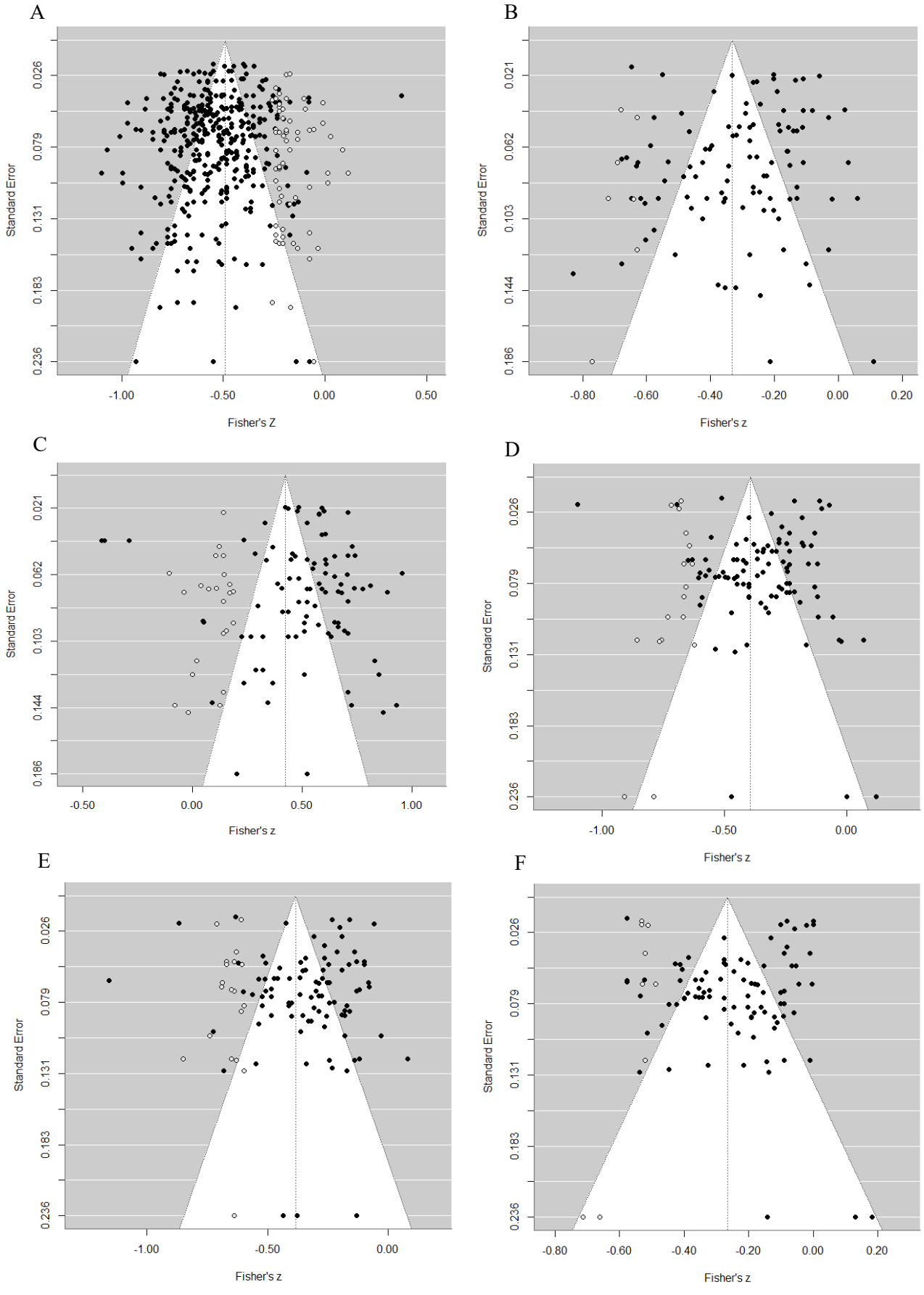
TS=("eating disorder*" OR "anorexi*" OR "bulimi*" OR ("food" NEAR/1 "disorder*") OR "binge eating" OR "purging" OR "pica" OR "rumination disorder*" OR "mental disorder*" OR "catatoni*" OR "mood disorder*" OR "depress*" OR "dysthymic*" OR "panic disorder*" OR "anxiety disorder*" OR "agoraphobi*" OR "phobi*" OR "obsessive compulsive" OR "OCD" OR "stress disorder*" OR "PTSD" OR (("trauma" OR "stressor") NEAR/1 "disorder*") OR "somatoform" OR "somatization" OR "somatic symptom disorder*" OR "psychosomatic disorder*")

#3 self criticism

TS=("self critic*" OR "selfcritic*" OR "self judgment*" OR "selfjudgment*")

#1 AND (#2 OR #3) 2.373 results (16 June 2021: 2.284)

Key: TS = topic, which includes title, abstract, author keywords and Web of Science Keywords Plus, NEAR/n = word distance of maximum n words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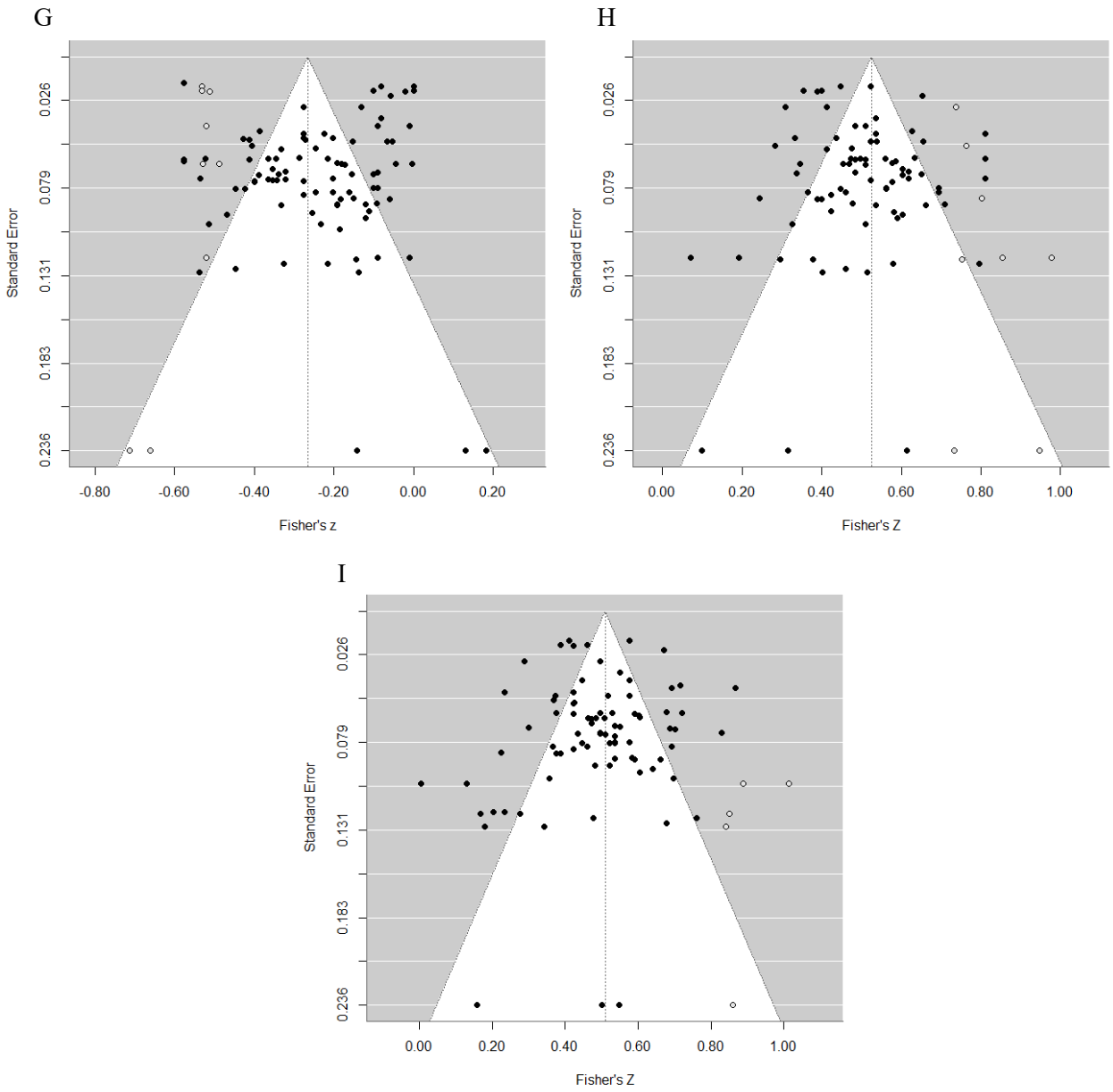

Figure S2

Funnel Plots Displaying the Associations Between Self-Compassion and Psychopathology Symptom Domains Across Overall Scores, Dimensions, and Individual Components

Note. A funnel plot with Fisher's *z* on the X axis and standard error on the Y axis. Panel A shows the association for overall self-compassion; Panel B for compassionate self-responding (CS); and Panel C for uncompassionate self-responding (UCS). Panels D–I present results for the six individual self-compassion components: self-kindness (Panel D), mindfulness (Panel E), common humanity (Panel F), self-judgment (Panel G), over-identification (Panel H), and isolation (Panel I). The black dots denote the observed effect sizes whereas the white dots denote the filled effect sizes. The dashed vertical line represents the summary effect estimated in a traditional (two-level) random effects model. The other two dashed lines limit the 95% confidence interval region. The trim-and-fill algorithm imputed effect size to the left of the summary effect and thus provides indications for publication bias.

Supplementary Material 2

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