

Table S2*Cross-lagged and autoregressive effects among SC, perceived stress, coping, and AWB (Study 1)*

	Estimate	Standard Error	95% CI
Cross-lagged paths			
SC-T1 → ST-T2	-0.221**	0.069	[-0.359, -0.091]
SC-T2 → ST-T3	-0.394***	0.078	[-0.551, -0.224]
SC-T1 → EC-T2	0.030***	0.006	[0.018, 0.043]
SC-T2 → EC-T3	0.021**	0.006	[0.009, 0.034]
SC-T1 → DC-T2	-0.013***	0.005	[-0.023, -0.004]
SC-T2 → DC-T3	-0.013**	0.005	[0.041, -0.021]
SC-T1 → AWB-T3	0.022**	0.007	[0.007, 0.037]
SC-T2 → AWB-T3	0.019+	0.010	[-0.001, 0.037]
ST-T2 → AWB-T3	-0.011**	0.001	[-0.019, -0.003]
EC-T2 → AWB-T3	-0.017	0.036	[-0.089, 0.055]
DC-T2 → AWB-T3	0.019	0.045	[-0.069, 0.108]
SC-T1 → AWB-T2	0.012	0.007	[-0.002, 0.026]
ST-T1 → AWB-T2	-0.005	0.004	[-0.013, 0.002]
EC-T1 → AWB-T2	0.027	0.033	[-0.037, 0.092]
DC-T1 → AWB-T2	-0.038	0.041	[-0.119, 0.041]
Autoregressive paths			
SC-T1 → SC-T2	0.802***	0.021	[0.761, 0.843]
SC-T1 → SC-T3	0.163***	0.030	[0.105, 0.223]
SC-T2 → SC-T3	0.802***	0.021	[0.761, 0.843]
ST-T1 → ST-T2	0.510***	0.036	[0.436, 0.578]
ST-T1 → ST-T3	0.176***	0.045	[0.086, 0.264]
ST-T2 → ST-T3	0.510***	0.036	[0.436, 0.578]
EC-T1 → EC-T2	0.403***	0.034	[0.336, 0.469]
EC-T1 → EC-T3	0.224***	0.048	[0.125, 0.315]
EC-T2 → EC-T3	0.403***	0.034	[0.336, 0.469]
DC-T1 → DC-T2	0.449***	0.033	[0.383, 0.510]
AWB-T1 → AWB-T2	0.514***	0.032	[0.448, 0.573]
AWB-T2 → AWB-T3	0.514***	0.032	[0.448, 0.573]

Notes. CI = Confidence interval; SC = Self-compassion, ST = Perceived Stress, EC = Engagement Coping, DC = Disengagement Coping, AWB = Affective Well-Being. Bold font is used for hypotheses relevant paths.

*** $p < 0.001$; ** $p < 0.01$; + $p < 0.10$.

Table S3*Cross-lagged and autoregressive effects among SC, perceived stress, coping, and AWB (Study 2)*

	Estimate	Standard Error	95% CI
Cross-lagged paths			
SC-T1 → ST-T2	-1.290***	0.292	[-1.881, -0.730]
SC-T2 → ST-T3	-1.081*	0.283	[-1.626, -0.507]
SC-T1 → EC-T2	0.432***	0.058	[0.315, 0.545]
SC-T2 → EC-T3	0.358***	0.059	[0.242, 0.475]
SC-T1 → DC-T2	-0.080	0.056	[-0.187, 0.034]
SC-T2 → DC-T3	-0.145*	0.060	[-0.257, -0.019]
SC-T1 → AWB-T3	0.073	0.052	[-0.031, 0.172]
SC-T2 → AWB-T3	0.035	0.060	[-0.080, 0.151]
ST-T2 → AWB-T3	-0.021***	0.003	[-0.026, -0.014]
EC-T2 → AWB-T3	0.030+	0.018	[-0.004, 0.065]
DC-T2 → AWB-T3	-0.036**	0.014	[-0.063, -0.010]
SC-T1 → AWB-T2	0.187***	0.046	[0.116, 0.303]
EC-T1 → SC-T2	0.063***	0.008	[0.048, 0.078]
ST-T1 → AWB-T2	-0.021***	0.003	[-0.028, -0.015]
EC-T1 → AWB-T2	0.034*	0.016	[0.003, 0.066]
DC-T1 → AWB-T2	-0.032*	0.013	[-0.058, -0.007]
Autoregressive paths			
SC-T1 → SC-T2	0.541***	0.021	[0.498, 0.582]
SC-T1 → SC-T3	0.311***	0.024	[0.264, 0.358]
SC-T2 → SC-T3	0.411***	0.024	[0.365, 0.459]
ST-T1 → ST-T2	0.691***	0.016	[0.659, 0.722]
ST-T1 → ST-T3	0.285***	0.021	[0.244, 0.327]
ST-T2 → ST-T3	0.469***	0.020	[0.430, 0.508]
EC-T1 → EC-T2	0.465***	0.022	[0.421, 0.509]
EC-T1 → EC-T3	0.278***	0.023	[0.232, 0.325]
EC-T2 → EC-T3	0.308***	0.024	[0.263, 0.356]
DC-T1 → DC-T2	0.549***	0.016	[0.515, 0.579]
DC-T1 → DC-T3	0.341***	0.022	[0.297, 0.384]
DC-T2 → DC-T3	0.355***	0.023	[0.310, 0.399]
AWB-T1 → AWB-T2	0.577***	0.021	[0.534, 0.618]
AWB-T2 → AWB-T3	0.583***	0.023	[0.537, 0.627]

Notes. CI = Confidence interval; SC = Self-compassion, ST = Perceived Stress, EC = Engagement Coping, DC = Disengagement Coping, AWB = Affective Well-Being. Bold font is used for hypotheses relevant paths.

*** $p < 0.001$; ** $p < 0.01$; + $p < 0.10$, 90% CI = [0.002, 0.059].

We had also planned to control our effects for neuroticism initially (see preregistration) but refrained from doing so for two reasons. First, we wanted to ensure a clearer theoretical focus of our manuscript. Second, we could not integrate these variables in Study 2 because of the time limit to generalize our findings. Third, the BFI-10 which was only used in Study 1 assesses neuroticism with only two items. Although the abbreviated 10-item-version has been shown to capture a sufficient amount of variance compared to the full version with 44 items, the loss in psychometric properties is still considerable (Rammstedt & John, 2007). Moreover, measuring a broad personality dimension with only two items (compared to SC which was measured with 26 items) necessarily comes with a significant loss of information on the sub-facet-level with might be substantial in order to evaluate incremental validity of SC above neuroticism. For the sake of completeness, we also tested whether the effects of SC on perceived stress and coping held when controlling for the effects of neuroticism implemented as an additional independent variable in an alternative cross-lagged panel model and presented the results in Table S4.

Table S4

Cross-lagged and autoregressive effects among SC, perceived stress, coping, and AWB in the model controlling for Neuroticism (Study 1)

	Estimate	Standard Error	95% CI
Cross-lagged paths			
SC-T1 → ST-T2_N	-0.195*	0.077	[-0.345, -0.043]
SC-T2 → ST-T3 _N	-0.394***	0.078	[-0.533, -0.211]
SC-T1 → EC-T2_N	0.031***	0.007	[0.016, 0.045]
SC-T2 → EC-T3 _N	0.022**	0.008	[0.007, 0.039]
SC-T1 → DC-T2_N	-0.018**	0.006	[-0.023, -0.004]
SC-T2 → DC-T3 _N	-0.029**	0.005	[0.042, -0.016]
SC-T1 → AWB-T3 _N	0.022**	0.007	[0.008, 0.036]
SC-T2 → AWB-T3 _N	0.017+	0.009	[-0.001, 0.036]
ST-T2 → AWB-T3_N	-0.011**	0.004	[-0.018, -0.003]
EC-T2 → AWB-T3_N	-0.019	0.037	[-0.093, 0.052]
DC-T2 → AWB-T3_N	0.013	0.044	[-0.074, 0.097]
SC-T1 → AWB-T2 _N	0.013+	0.007	[-0.001, 0.027]
ST-T1 → AWB-T2 _N	-0.004	0.004	[-0.012, 0.003]
EC-T1 → AWB-T2 _N	0.023	0.034	[-0.043, 0.090]
DC-T1 → AWB-T2 _N	-0.041	0.043	[-0.125, 0.041]
N-T1 → ST-T2	0.299	0.236	[-0.169, 0.762]
N-T2 → ST-T3	-0.028	0.303	[-0.612, 0.563]
N-T1 → EC-T2	0.004	0.024	[-0.042, 0.052]
N-T2 → EC-T3	0.006	0.033	[-0.056, 0.072]
N-T1 → DC-T2	-0.035	0.023	[-0.612, 0.563]

N-T2 → DC-T3	0.013	0.024	[-0.037, 0.059]
Autoregressive paths			
SC-T1 → SC-T2	0.489***	0.037	[0.757, 0.839]
SC-T1 → SC-T3	0.159***	0.031	[0.099, 0.220]
SC-T2 → SC-T3	0.799***	0.021	[0.741, 0.839]
ST-T1 → ST-T2	0.510***	0.036	[0.417, 0.561]
ST-T1 → ST-T3	0.185***	0.045	[0.092, 0.273]
ST-T2 → ST-T3	0.489***	0.036	[0.417, 0.561]
EC-T1 → EC-T2	0.404***	0.034	[0.337, 0.469]
EC-T1 → EC-T3	0.221***	0.048	[0.125, 0.315]
EC-T2 → EC-T3	0.404***	0.034	[0.337, 0.469]
DC-T1 → DC-T2	0.446***	0.033	[0.383, 0.510]
DC-T2 → DC-T3	0.446***	0.033	[0.383, 0.509]
AWB-T1 → AWB-T2	0.507***	0.032	[0.441, 0.566]
AWB-T2 → AWB-T3	0.507***	0.032	[0.441, 0.566]
N-T1 → N-T2	0.590***	0.031	[0.528, 0.649]
N-T1 → N-T3	0.305***	0.040	[0.227, 0.382]
N-T2 → N-T3	0.590***	0.031	[0.528, 0.649]

Notes. CI = Confidence interval; SC = Self-compassion, ST = Perceived Stress, EC = Engagement Coping, DC = Disengagement Coping, AWB = Affective Well-Being. The subscript N indicates that the effects were controlled for Neuroticism. Bold font is used for hypotheses relevant paths. $\chi^2(76) = 179.95, p > .001$, RMSEA = .04, SRMR = .05, CFI = .97.

*** $p < 0.001$; ** $p < 0.01$; + $p < 0.10$.

The indirect effects were comparable to our original model for study 1 (see Table S5).

Table S5

Indirect effects of self-compassion on affective well-being via perceived stress and coping controlled for neuroticism

	Estimate	Standard Error	95% CI
SC _N -T1 → ST-T2 → AWB-T3	0.002+	0.001	[0.000, 0.005]
SC _N -T1 → EC-T2 → AWB-T3	-0.001	0.001	[-0.003, 0.001]
SC _N -T1 → DC-T2 → AWB-T3	<0.001	0.001	[-0.002, 0.001]

Notes. CI = Confidence interval; SC = Self-compassion, ST = Stress, EC = Engagement Coping, DC = Disengagement Coping, AWB = Affective Well-being. The subscript N indicates that the effects were controlled for Neuroticism.

** $p < 0.05$; + = $p < 0.10$.

To extend our findings on different well-being components, we had originally included cognitive well-being as a dependent variable in our preregistration for the GESIS Panel. Cognitive well-being was assessed with three of the five items of the standardized German version of the Satisfaction with Life Scale (SWLS; Diener et al. (1985); Glaesmer et al. (2011)). For a clearer theoretical focus, we decided to include only affective well-being in this work. For further information, we presented all autoregressive, cross-lagged effects and indirect effects estimates in the following.

Table S6

Cross-lagged and autoregressive effects among SC, perceived stress, coping, and CWB (Study 2)

	Estimate	Standard Error	95% CI
Cross-lagged paths			
SC-T1 → ST-T2	-1.271***	0.295	[-1.846, -0.686]
SC-T2 → ST-T3	-1.022***	0.282	[-1.584, -0.463]
SC-T1 → EC-T2	0.428***	0.058	[0.314, 0.539]
SC-T2 → EC-T3	0.358***	0.059	[0.239, 0.474]
SC-T1 → DC-T2	-0.078	0.056	[-0.181, 0.038]
SC-T2 → DC-T3	-0.142*	0.060	[-0.254, -0.017]
SC-T1 → CWB-T3	0.237	0.307	[-0.365, 0.845]
SC-T2 → CWB-T3	0.644 ⁺	0.341	[-0.057, 1.306]
ST-T2 → CWB-T3	-0.074***	0.017	[-0.106, -0.042]
EC-T2 → CWB-T3	-0.049	0.097	[-0.247, 0.133]
DC-T2 → CWB-T3	-0.095	0.081	[-0.259, -0.058]
SC-T1 → CWB-T2	-0.024	0.298	[-0.621, 0.543]
EC-T1 → SC-T2	0.063***	0.008	[0.047, 0.078]
ST-T1 → CWB-T2	-0.129***	0.019	[-0.165, -0.092]
EC-T1 → CWB-T2	0.102	0.097	[-0.092, 0.290]
DC-T1 → CWB-T2	-0.026	0.082	[-0.181, 0.140]
Autoregressive paths			
SC-T1 → SC-T2	0.540***	0.021	[0.500, 0.582]
SC-T1 → SC-T3	0.311***	0.024	[0.263, 0.385]
SC-T2 → SC-T3	0.411***	0.024	[0.364, 0.458]
ST-T1 → ST-T2	0.691***	0.016	[0.660, 0.721]
ST-T1 → ST-T3	0.312***	0.021	[0.272, 0.353]
ST-T2 → ST-T3	0.452***	0.020	[0.412, 0.490]
EC-T1 → EC-T2	0.465***	0.022	[0.421, 0.509]
EC-T1 → EC-T3	0.279***	0.023	[0.233, 0.324]
EC-T2 → EC-T3	0.308***	0.023	[0.262, 0.354]
DC-T1 → EC-T2	0.548***	0.016	[0.515, 0.579]
DC-T1 → DC-T3	0.349***	0.023	[0.304, 0.392]
DC-T2 → DC-T3	0.351***	0.023	[0.305, 0.392]

CWB-T1 → CWB-T2	0.688***	0.018	[0.653, 0.722]
CWB-T2 → CWB-T3	0.733***	0.017	[0.700, 0.766]

Notes. CI = Confidence interval; SC = Self-Compassion, ST = Perceived Stress, EC = Engagement Coping, DC = Disengagement Coping, CWB = Cognitive Well-Being.

*** $p < 0.001$; ** $p < 0.01$; + $p < 0.10$.

Table S7

Indirect effects of self-compassion on cognitive well-being via perceived stress and coping

	Estimate	Standard Error	95% CI
SC-T1 → ST-T2 → CWB-T3	0.094*	0.031	[0.044, 0.168]
SC-T1 → AC-T2 → CWB-T3	-0.021	0.042	[-0.110, 0.059]
SC-T1 → MC-T2 → CWB-T3	0.007	0.010	[-0.003, 0.039]

Notes. CI = Confidence interval; SC = Self-Compassion, ST = Stress, EC = Engagement Coping, DC = Disengagement Coping, CWB = Cognitive Well-Being.

* $p < 0.001$.

Table S8*Cross-lagged and autoregressive effects among SC, perceived stress, coping, and AWB (Study 1)*

	Estimate	Standard Error	95% CI
Cross-lagged paths			
SC-T1 → ST-T2	-0.210**	0.071	[-0.358, -0.080]
SC-T2 → ST-T3	-0.414***	0.084	[-0.583, -0.248]
SC-T1 → EC-T2	0.032***	0.007	[0.019, 0.045]
SC-T2 → EC-T3	0.019**	0.007	[0.006, 0.033]
SC-T1 → DC-T2	-0.015**	0.005	[-0.025, -0.005]
SC-T2 → DC-T3	-0.031***	0.005	[-0.041, -0.021]
SC-T1 → AWB-T3	0.026***	0.007	[0.012, 0.042]
SC-T2 → AWB-T3	0.015	0.010	[-0.005, 0.033]
ST-T2 → AWB-T3	-0.010*	0.004	[-0.018, -0.001]
EC-T2 → AWB-T3	-0.018	0.036	[-0.089, 0.054]
DC-T2 → AWB-T3	0.018	0.047	[-0.074, 0.109]
SC-T1 → AWB-T2	0.012*	0.007	[0.000, 0.024]
ST-T1 → AWB-T2	-0.007	0.004	[-0.015, -0.001]
EC-T1 → AWB-T2	0.026	0.035	[-0.041, 0.095]
DC-T1 → AWB-T2	-0.039	0.043	[-0.123, 0.043]
Autoregressive paths			
SC-T1 → SC-T2	0.831***	0.025	[0.782, 0.881]
SC-T1 → SC-T3	0.232***	0.049	[0.134, 0.325]
SC-T2 → SC-T3	0.715***	0.049	[0.620, 0.814]
ST-T1 → ST-T2	0.554***	0.040	[0.473, 0.627]
ST-T1 → ST-T3	0.216***	0.051	[0.116, 0.313]
ST-T2 → ST-T3	0.423***	0.063	[0.299, 0.548]
EC-T1 → EC-T2	0.412***	0.041	[0.329, 0.493]
EC-T1 → EC-T3	0.236***	0.052	[0.130, 0.331]
EC-T2 → EC-T3	0.386***	0.060	[0.269, 0.502]
DC-T1 → DC-T2	0.458***	0.044	[0.369, 0.543]
AWB-T1 → AWB-T2	0.523***	0.046	[0.429, 0.610]
AWB-T2 → AWB-T3	0.505***	0.046	[0.415, 0.598]

Notes. In this model autoregressive paths between time intervals of each construct were not restricted to be equal, CI = Confidence interval; SC = Self-compassion, ST = Perceived Stress, EC = Engagement Coping, DC = Disengagement Coping, AWB = Affective Well-Being. Bold font is used for hypotheses relevant paths. Fit indices for this model were comparable to this model we used in our manuscript: $\chi^2(47) = 110.767$; RMSEA = 0.044; CFI = 0.984; SRMR = 0.049. *** $p < 0.001$; ** $p < 0.01$; * $p < 0.05$;

Table S9*Indirect effects of self-compassion on affective well-being via perceived stress and coping (Study 1)*

	Estimate	Standard Error	95% CI
SC-T1 → ST-T2 → AWB-T3	0.002 ⁺	0.001	[0.001, 0.005]
SC-T1 → EC-T2 → AWB-T3	-0.001	0.001	[-0.003, 0.002]
SC-T1 → DC-T2 → AWB-T3	0.000	0.001	[-0.002, 0.001]

Notes. CI = Confidence interval; SC = Self-compassion, ST = Stress, EC = Engagement Coping, DC =

Disengagement Coping, AWB = Affective Well-being.

⁺ $p < 0.010$, 90% CI = [0.001, 0.005].

Table S10*Cross-lagged and autoregressive effects among SC, perceived stress, coping, and AWB (Study 2)*

	Estimate	Standard Error	95% CI
Cross-lagged paths			
SC-T1 → ST-T2	-1.712***	0.294	[-2.297, -1.139]
SC-T2 → ST-T3	-0.696*	0.290	[-1.257, -0.127]
SC-T1 → EC-T2	0.513***	0.059	[0.394, 0.625]
SC-T2 → EC-T3	0.299***	0.056	[0.186, 0.407]
SC-T1 → DC-T2	-0.085	0.057	[-0.193, 0.029]
SC-T2 → DC-T3	-0.050	0.060	[-0.165, 0.073]
SC-T1 → AWB-T3	-0.012	0.055	[-0.119, 0.092]
SC-T2 → AWB-T3	0.048	0.060	[-0.069, 0.166]
ST-T2 → AWB-T3	-0.025***	0.003	[-0.031, -0.019]
EC-T2 → AWB-T3	0.034*	0.018	[0.006, 0.064]
DC-T2 → AWB-T3	-0.039**	0.014	[-0.065, -0.013]
SC-T1 → AWB-T2	0.206***	0.047	[0.116, 0.303]
ST-T1 → AWB-T2	-0.017***	0.003	[-0.022, -0.011]
EC-T1 → AWB-T2	0.027*	0.016	[0.002, 0.054]
DC-T1 → AWB-T2	-0.023*	0.013	[-0.045, -0.003]
Autoregressive paths			
SC-T1 → SC-T2	0.573***	0.013	[0.548, 0.600]
SC-T1 → SC-T3	0.153***	0.034	[0.095, 0.214]
SC-T2 → SC-T3	0.573***	0.013	[0.548, 0.600]
ST-T1 → ST-T2	0.600***	0.014	[0.573, 0.626]
ST-T1 → ST-T3	0.180***	0.022	[0.137, 0.223]
ST-T2 → ST-T3	0.600***	0.014	[0.573, 0.626]
EC-T1 → EC-T2	0.390***	0.017	[0.356, 0.424]
EC-T1 → EC-T3	0.235***	0.024	[0.189, 0.282]
EC-T2 → EC-T3	0.390***	0.017	[0.356, 0.424]
DC-T1 → DC-T2	0.464***	0.014	[0.436, 0.491]
AWB-T1 → AWB-T2	0.586***	0.017	[0.551, 0.619]
AWB-T2 → AWB-T3	0.586***	0.017	[0.551, 0.619]

Notes. In this model autoregressive paths between time intervals of each construct were restricted to be equal, CI = Confidence interval; SC = Self-compassion, ST = Perceived Stress, EC = Engagement Coping, DC = Disengagement Coping, AWB = Affective Well-Being. Bold font is used for hypotheses relevant paths.

*** $p < 0.001$; ** $p < 0.01$; * $p < 0.05$; Fit indices of this model were less satisfying (only CFI can be seen as acceptable). Thus, results should be interpreted with caution: $\chi^2(df=48) = 1163.315$; RMSEA = 0.089; CFI = 0.933; SRMR = 0.089

Table S11*Indirect effects of self-compassion on affective well-being via perceived stress and coping (Study 2)*

	Estimate	Standard Error	95% CI
SC-T1 → ST-T2 → AWB-T3	0.043***	0.009	[0.028, 0.063]
SC-T1 → EC-T2 → AWB-T3	0.018*	0.009	[0.001, 0.036]
SC-T1 → DC-T2 → AWB-T3	0.003	0.003	[-0.001, 0.010]

Notes. CI = Confidence interval; SC = Self-compassion, ST = Stress, EC = Engagement Coping, DC =

Disengagement Coping, AWB = Affective Well-being. *** $p < .001$; * $p < .05$.

Table S 12*Descriptive Statistics and Missing Value Analysis of Items (Study 1)*

	N	Mean	SD	Missings	
				No.	Percentage
Age	684	27,91	9,983	7	1,0
SC011	681	2,47	1,047	10	1,4
SC012	478	2,42	1,000	213	30,8
SC013	372	2,58	,997	319	46,2
SC021	681	2,58	1,131	10	1,4
SC022	478	2,53	1,027	213	30,8
SC023	372	2,72	1,061	319	46,2
SC031	681	3,38	,972	10	1,4
SC032	478	3,36	,912	213	30,8
SC033	372	3,27	,944	319	46,2
SC041	681	3,07	1,236	10	1,4
SC042	478	3,10	1,182	213	30,8
SC043	372	3,23	1,133	319	46,2
SC051	681	3,13	1,066	10	1,4
SC052	478	3,21	1,036	213	30,8
SC053	372	3,25	1,032	319	46,2
SC061	681	2,70	1,152	10	1,4
SC062	477	2,66	1,104	214	31,0
SC063	372	2,73	1,120	319	46,2
SC071	681	2,78	1,120	10	1,4
SC072	478	2,91	1,064	213	30,8
SC073	372	2,84	1,093	319	46,2
SC081	681	2,71	1,100	10	1,4
SC082	478	2,71	1,059	213	30,8
SC083	372	2,78	1,050	319	46,2
SC091	681	3,32	1,038	10	1,4
SC092	478	3,31	,987	213	30,8
SC093	372	3,34	,952	319	46,2

SC101	681	2,62	1,069	10	1,4
SC102	478	2,74	1,080	213	30,8
SC103	372	2,65	1,050	319	46,2
SC111	681	3,10	1,146	10	1,4
SC112	478	2,94	1,077	213	30,8
SC113	372	3,00	1,100	319	46,2
SC121	681	2,90	1,063	10	1,4
SC122	478	2,98	,996	213	30,8
SC123	372	3,00	,964	319	46,2
SC131	681	3,16	1,278	10	1,4
SC132	478	3,23	1,224	213	30,8
SC133	372	3,26	1,218	319	46,2
SC141	681	3,58	,947	10	1,4
SC142	478	3,47	,910	213	30,8
SC143	372	3,52	,921	319	46,2
SC151	681	3,28	1,142	10	1,4
SC152	478	3,21	1,032	213	30,8
SC153	372	3,23	1,053	319	46,2
SC161	681	2,84	1,094	10	1,4
SC162	478	2,86	1,129	213	30,8
SC163	372	2,90	1,081	319	46,2
SC171	681	3,11	1,044	10	1,4
SC172	477	2,97	,968	214	31,0
SC173	372	3,05	,955	319	46,2
SC181	681	3,37	1,200	10	1,4
SC182	478	3,28	1,165	213	30,8
SC183	372	3,31	1,130	319	46,2
SC191	681	3,11	,986	10	1,4
SC192	478	3,13	,962	213	30,8
SC193	372	3,16	1,006	319	46,2
SC201	681	2,63	1,123	10	1,4
SC202	478	2,64	1,114	213	30,8
SC203	372	2,72	1,104	319	46,2
SC211	681	3,22	1,126	10	1,4
SC212	477	3,18	1,054	214	31,0
SC213	372	3,17	1,101	319	46,2
SC221	681	2,84	1,101	10	1,4
SC222	477	2,83	1,018	214	31,0
SC223	372	2,89	1,030	319	46,2
SC231	681	3,10	1,087	10	1,4
SC232	478	3,08	1,059	213	30,8
SC233	372	3,10	1,063	319	46,2
SC241	681	3,25	1,110	10	1,4
SC242	478	3,22	1,094	213	30,8

SC243	372	3,32	1,112	319	46,2
SC251	681	3,15	1,231	10	1,4
SC252	478	3,24	1,237	213	30,8
SC253	372	3,25	1,241	319	46,2
SC261	681	3,00	1,000	10	1,4
SC262	478	3,00	,972	213	30,8
SC263	372	2,97	,953	319	46,2
PS011	679	3,01	,852	12	1,7
PS012	472	2,91	,869	219	31,7
PS013	361	2,80	,916	330	47,8
PS021	679	3,10	1,079	12	1,7
PS022	472	2,98	1,073	219	31,7
PS023	361	2,83	1,071	330	47,8
PS031	679	3,65	,992	12	1,7
PS032	471	3,57	,980	220	31,8
PS033	361	3,38	1,018	330	47,8
PS041	679	3,53	,861	12	1,7
PS042	472	3,55	,818	219	31,7
PS043	361	3,62	,871	330	47,8
PS051	679	3,16	,990	12	1,7
PS052	472	3,22	,972	219	31,7
PS053	361	3,29	,996	330	47,8
PS061	679	3,16	1,076	12	1,7
PS062	472	3,01	1,099	219	31,7
PS063	361	2,96	1,070	330	47,8
PS071	679	3,51	,762	12	1,7
PS072	472	3,59	,749	219	31,7
PS073	361	3,66	,794	330	47,8
PS081	677	3,37	,822	14	2,0
PS082	472	3,42	,851	219	31,7
PS083	361	3,49	,817	330	47,8
PS091	679	3,26	,979	12	1,7
PS092	472	3,22	,989	219	31,7
PS093	361	3,17	1,044	330	47,8
PS101	679	3,07	1,146	12	1,7
PS102	472	2,94	1,147	219	31,7
PS103	361	2,73	1,152	330	47,8
CODIS11	670	2,56	,884	21	3,0
CODIS12	465	2,50	,915	226	32,7
CODIS13	352	2,51	,806	339	49,1
COACT11	670	2,70	,785	21	3,0
COACT12	465	2,73	,814	226	32,7
COACT13	353	2,75	,790	338	48,9
CODEN11	670	1,32	,658	21	3,0

CODEN12	465	1,36	,691	226	32,7
CODEN13	353	1,27	,539	338	48,9
COBeD11	670	1,52	,706	21	3,0
COBeD12	465	1,55	,726	226	32,7
COBeD13	353	1,60	,693	338	48,9
COACT21	670	2,72	,850	21	3,0
COACT22	465	2,81	,804	226	32,7
COACT23	353	2,81	,834	338	48,9
CODEN21	670	1,59	,856	21	3,0
CODEN22	465	1,58	,813	226	32,7
CODEN23	353	1,54	,801	338	48,9
COPR11	670	2,60	,875	21	3,0
COPR12	465	2,63	,843	226	32,7
COPR13	353	2,58	,850	338	48,9
COSB11	670	2,43	,917	21	3,0
COSB12	465	2,36	,897	226	32,7
COSB13	353	2,28	,906	338	48,9
COBeD21	670	1,40	,690	21	3,0
COBeD22	465	1,40	,672	226	32,7
COBeD23	354	1,33	,625	337	48,8
COPR21	670	2,55	,957	21	3,0
COPR22	465	2,47	,935	226	32,7
COPR23	354	2,37	,934	337	48,8
CODIS21	670	2,67	,856	21	3,0
CODIS22	465	2,68	,836	226	32,7
CODIS23	354	2,64	,864	337	48,8
COACC11	670	2,50	,895	21	3,0
COACC12	465	2,41	,876	226	32,7
COACC13	354	2,42	,916	337	48,8
COACC21	670	2,54	,853	21	3,0
COACC22	465	2,52	,846	226	32,7
COACC23	354	2,47	,832	337	48,8
COOSB21	670	2,30	,915	21	3,0
COOSB22	464	2,31	,966	227	32,9
COOSB23	354	2,16	,882	337	48,8
PN011	670	3,33	,961	21	3,0
PN012	460	3,35	,957	231	33,4
PN013	350	3,46	,884	341	49,3
PN021	670	2,61	1,090	21	3,0
PN022	460	2,53	1,099	231	33,4
PN023	350	2,45	1,098	341	49,3
PN031	670	3,98	,872	21	3,0
PN032	459	3,92	,889	232	33,6
PN033	350	3,93	,860	341	49,3

PN041	670	3,24	1,029	21	3,0
PN042	460	3,26	1,015	231	33,4
PN043	350	3,26	,993	341	49,3
PN051	670	2,21	1,056	21	3,0
PN052	460	2,15	1,048	231	33,4
PN053	350	2,12	1,019	341	49,3
PN061	670	3,24	1,051	21	3,0
PN062	460	3,24	1,029	231	33,4
PN063	350	3,28	,999	341	49,3
PN071	670	2,11	1,135	21	3,0
PN072	460	2,05	1,134	231	33,4
PN073	350	1,93	1,057	341	49,3
PN081	670	1,76	,959	21	3,0
PN082	460	1,68	,900	231	33,4
PN083	350	1,71	,924	341	49,3
PN091	670	1,62	,899	21	3,0
PN092	460	1,58	,832	231	33,4
PN093	350	1,61	,875	341	49,3
PN101	670	3,01	1,050	21	3,0
PN102	460	2,99	1,041	231	33,4
PN103	349	3,05	1,042	342	49,5
PN111	669	2,83	1,135	22	3,2
PN112	460	2,90	1,132	231	33,4
PN113	350	2,90	1,078	341	49,3
PN121	670	2,47	1,082	21	3,0
PN122	460	2,38	1,085	231	33,4
PN123	350	2,37	1,037	341	49,3
PN131	670	3,33	1,079	21	3,0
PN132	460	3,32	1,101	231	33,4
PN133	350	3,39	1,109	341	49,3
PN141	670	2,01	1,080	21	3,0
PN142	460	2,01	1,144	231	33,4
PN143	350	1,85	1,066	341	49,3
PN151	670	2,96	1,026	21	3,0
PN152	460	3,05	,972	231	33,4
PN153	350	3,07	1,004	341	49,3
PN161	670	2,61	1,136	21	3,0
PN162	460	2,63	1,161	231	33,4
PN163	350	2,51	1,162	341	49,3
PN171	670	3,39	1,076	21	3,0
PN172	460	3,42	1,058	231	33,4
PN173	350	3,41	1,071	341	49,3
PN181	670	3,62	,925	21	3,0
PN182	460	3,58	,948	231	33,4

PN183	350	3,64	,925	341	49,3
PN191	670	2,71	1,230	21	3,0
PN192	460	2,60	1,209	231	33,4
PN193	350	2,49	1,152	341	49,3
PN201	670	2,43	1,200	21	3,0
PN202	460	2,35	1,168	231	33,4
PN203	350	2,25	1,119	341	49,3
NE041	682	3,28	1,126	9	1,3
NE042	510	3,23	1,057	181	26,2
NE043	395	3,26	1,047	296	42,8
NE091	682	3,29	1,161	9	1,3
NE092	510	3,29	1,104	181	26,2
NE093	395	3,26	1,167	296	42,8

Notes. SC = self-compassion items, PS = perceived stress items, CO = coping items,

PN = affect items, NE = neuroticism items

Table 13

Descriptive Statistics and Missing Value Analysis of Items (Study 2)

	N	Mean	SD	Missing	
				No.	Percentage
Age	2594	52,76	13,065	340	11,6
SCt1i1	2773	3,42	,987	161	5,5
SCt1i2	2748	3,06	,810	186	6,3
SCt1i3	2768	3,68	,773	166	5,7
SCt1i4	2760	3,60	1,028	174	5,9
SCt1i5	2760	2,99	,964	174	5,9
SCt1i6	2753	2,93	,971	181	6,2
SCt1i7	2773	3,32	,838	161	5,5
SCt1i8	2764	3,59	,993	170	5,8
SCt1i9	2760	3,50	,994	174	5,9
SCt1i10	2750	2,43	,972	184	6,3
SCt1i11	2751	3,20	1,023	183	6,2
SCt1i12	2748	3,29	,958	186	6,3
SCt2i1	2697	3,54	1,028	237	8,1
SCt2i2	2673	3,02	,842	261	8,9
SCt2i3	2687	3,68	,791	247	8,4
SCt2i4	2685	3,70	1,027	249	8,5
SCt2i5	2683	3,00	,959	251	8,6
SCt2i6	2684	2,92	,956	250	8,5
SCt2i7	2688	3,31	,819	246	8,4
SCt2i8	2680	3,70	1,000	254	8,7
SCt2i9	2680	3,54	1,011	254	8,7
SCt2i10	2676	2,39	,975	258	8,8

SCt2i11	2680	3,27	1,045	254	8,7
SCt2i12	2661	3,34	,966	273	9,3
SCt3i1	2664	3,65	,981	270	9,2
SCt3i2	2644	3,13	,831	290	9,9
SCt3i3	2658	3,73	,754	276	9,4
SCt3i4	2658	3,72	1,004	276	9,4
SCt3i5	2660	3,13	,958	274	9,3
SCt3i6	2659	2,99	,937	275	9,4
SCt3i7	2661	3,37	,793	273	9,3
SCt3i8	2663	3,77	,968	271	9,2
SCt3i9	2660	3,64	,974	274	9,3
SCt3i10	2648	2,39	,988	286	9,7
SCt3i11	2661	3,31	1,031	273	9,3
SCt3i12	2650	3,38	,968	284	9,7
Strt1i1	2783	2,52	,864	151	5,1
Strt1i2	2781	2,92	,894	153	5,2
Strt1i3	2776	3,62	,760	158	5,4
Strt1i4	2777	3,33	,821	157	5,4
Strt1i5	2782	2,38	,961	152	5,2
Strt2i1	2698	2,49	,901	236	8,0
Strt2i2	2699	2,98	,933	235	8,0
Strt2i3	2698	3,61	,751	236	8,0
Strt2i4	2700	3,31	,837	234	8,0
Strt2i5	2697	2,33	,968	237	8,1
Strt3i1	2660	2,40	,897	274	9,3
Strt3i2	2657	2,95	,921	277	9,4
Strt3i3	2657	3,70	,742	277	9,4
Strt3i4	2658	3,44	,814	276	9,4
Strt3i5	2666	2,28	,949	268	9,1
COPt1i1	2758	1,72	,705	176	6,0
COPt1i2	2752	2,00	,755	182	6,2
COPt1i3	2753	2,06	,801	181	6,2
COPt1i4	2752	2,86	,634	182	6,2
COPt1i5	2741	1,71	,699	193	6,6
COPt1i6	2752	2,78	,674	182	6,2
COPt1i7	2753	2,71	,720	181	6,2
COPt1i8	2752	2,90	,663	182	6,2
COPt2i1	2684	1,67	,703	250	8,5
COPt2i2	2672	1,98	,781	262	8,9
COPt2i3	2660	2,03	,800	274	9,3
COPt2i4	2674	2,86	,636	260	8,9
COPt2i5	2668	1,62	,676	266	9,1
COPt2i6	2677	2,76	,692	257	8,8
COPt2i7	2667	2,66	,749	267	9,1

COPt2i8	2673	2,87	,684	261	8,9
COPt3i1	2652	1,74	,711	282	9,6
COPt3i2	2647	1,95	,751	287	9,8
COPt3i3	2647	2,02	,794	287	9,8
COPt3i4	2635	2,89	,624	299	10,2
COPt3i5	2645	1,62	,672	289	9,9
COPt3i6	2634	2,78	,681	300	10,2
COPt3i7	2644	2,65	,757	290	9,9
COPt3i8	2641	2,88	,666	293	10,0
CWBt1i1	2781	4,52	1,229	153	5,2
CWBt1i2	2779	5,00	1,180	155	5,3
CWBt1i3	2786	4,94	1,260	148	5,0
CWB1	2768	14,47	3,342	166	5,7
CWBt2i1	2701	4,50	1,226	233	7,9
CWBt2i2	2710	4,98	1,191	224	7,6
CWBt2i3	2701	4,90	1,284	233	7,9
CWB2	2688	14,38	3,379	246	8,4
CWBt3i1	2672	4,63	1,252	262	8,9
CWBt3i2	2670	5,06	1,183	264	9,0
CWBt3i3	2673	5,03	1,254	261	8,9
PNt1i1	2771	3,32	,852	163	5,6
PNt1i2	2758	2,77	,884	176	6,0
PNt1i3	2759	3,40	,905	175	6,0
PNt1i4	2762	3,41	,922	172	5,9
PNt1i5	2756	3,69	,825	178	6,1
PNt1i1	2769	1,97	,879	165	5,6
PNt1i2	2760	1,46	,795	174	5,9
PNt1i3	2763	1,49	,765	171	5,8
PNt1i4	2761	1,94	,923	173	5,9
PNt1i5	2770	1,79	,892	164	5,6
PNt2i1	2698	3,28	,850	236	8,0
PNt2i2	2680	2,73	,878	254	8,7
PNt2i3	2672	3,38	,903	262	8,9
PNt2i4	2692	3,42	,909	242	8,2
PNt2i5	2690	3,69	,811	244	8,3
PNt2i1	2689	1,93	,870	245	8,4
PNt2i2	2694	1,43	,777	240	8,2
PNt2i3	2678	1,43	,728	256	8,7
PNt2i4	2685	1,96	,931	249	8,5
PNt2i5	2696	1,77	,888	238	8,1
PNt3i1	2658	3,33	,853	276	9,4
PNt3i2	2640	2,86	,904	294	10,0
PNt3i3	2640	3,41	,896	294	10,0
PNt3i4	2655	3,52	,898	279	9,5

PNt3i5	2645	3,74	,808	289	9,9
PNt3i1	2652	1,91	,860	282	9,6
PNt3i2	2654	1,43	,759	280	9,5
PNt3i3	2653	1,45	,741	281	9,6
PAt3i4	2640	1,95	,932	294	10,0
PAt3i5	2657	1,74	,865	277	9,4

Notes. SC = self-compassion items, Str = perceived stress items, COP = coping items,

CWB = cognitive well-being, PN = affect items, NE = neuroticism items