

Self compassion and wellbeing in relation to health in a community sample

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Self-compassion has been highlighted as an important concept within the context of negative health conditions, due to its strong associations with lower depression and increased emotion regulation. The present study examined the relationship between self-compassion, emotion regulation and resilience within three different health groups: individuals without health conditions; individuals with assorted health conditions; and, individuals with fibromyalgia. Participants were a community sample of individuals, who participated in the online study, as part of a cross-sectional design. Consistent with previous research, self compassion was an important predictor of symptoms of depression, anxiety, and stress for all groups, especially those with physical health conditions. The results also revealed that self compassion and resilience were important in the relationship between emotion regulation and depression symptoms. Importantly, the effects were different according to health condition, suggesting that higher self-compassion levels provide a buffering effect on health related depression. These findings could be used to guide future research and development of evidence-based interventions, in the quest to ameliorate health related depression.