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Lilli Unwin

Student Number 2243308

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Glossary

CMT - Compassionate mind training

GPIU - Generalised problematic internet use

HE - Higher education

IP - Imposter phenomenon

MBI - Mindfulness-based intervention

MBSR - Mindfulness-based stress reduction

MSC - Mindful self-compassion

PSP - Perfectionistic self-presentation

PRISMA - Preferred reporting items for systematic reviews and meta-analyses

SPP - Socially prescribed perfectionism

RTA - Reflexive thematic analysis

RESET - Resilience and enhancement in sport, exercise and training

Component 1

Self-Compassion and Perfectionism in Undergraduate Singer-Songwriters: A Rapid Scoping Review of Interventions for Learning and Well-Being

Word count: 5317

Introduction and Rationale

As a teacher in Popular Music and Songwriting departments in higher education (HE), I am motivated to explore how students can be supported to thrive academically and emotionally during their studies, while also preparing for sustainable long-term careers that promote physical, mental, and emotional well-being. In addition to my teaching work, I oversee the tutorial program which seeks to support approximately 90 students across three years of a Popular Music degree, with a range of backgrounds, needs, and challenges. I regularly signpost struggling students to receive professional mental health support, as well as work with them to build strategies that can support them in engaging further with their learning and development. The experience I have of student ill mental health is seen also in the literature, for example, Hubble and Bolton (2019, p. 3) posit that “student mental health is in ‘crisis’”, with student mental ill health increased fivefold since 2010. Based on this government briefing paper, it could be said that there is an urgent need to integrate teaching pedagogies from research communities that are well-being-supportive. However, limited links between pedagogy and practice are currently being actioned ‘on the ground’. Researchers and educators must collaborate to translate these transformational interventions into readily implementable teaching strategies.

As many of us know through experience, there are numerous musicians, and university students, who suffer from significant mental health challenges that majorly disrupt their development and careers. The anecdotal evidence found in my occupational context can be seen reflected in recent research, with evidence to suggest that the musician population faces significant challenges in terms of mental health, with elevated levels of depression and anxiety in comparison to the general population (Gross and Musgrave, 2017; Loveday, Musgrave, and Gross, 2023; Musgrave, 2023). In line with the research on professional musicians, Vaag, Bjerkeset, and Sivertsen (2021) found that the same issues are present at a student level before entering the professional workforce, highlighting the need for

preventative strategies for use in music education, as well as in the wider music industry. Musgrave (2024) raises the important question: how do we support our students to have faith in their ambitions, whilst simultaneously preparing them for the realistic chance that their careers may encompass significant mental health struggles? Musgrave (2024) provides a compelling rationale for the development of prevention and mitigating strategies that can be applied in HE.

As a way to address the mental health crisis in the music industry, it may be worthwhile addressing phenomena that can feed into the deterioration of well-being in a music context, as well as potential strategies to moderate them. One such driver which has been shown to contribute to poor mental health is *perfectionism*, a multidimensional personality style in which a person seeks to attain unattainably high standards they expect of themselves or perceive others expect of them (from the comprehensive model of perfectionistic behaviour by Hewitt, Flett, and Mikail, 2017). Perfectionism has been shown to be a potential contributor to the detriment of mental health (Flett, Hewitt, and Dyck, 1989; Hewitt, *et al.*, 1998; Flett, *et al.*, 2012), disrupting creativity and learning in the performing arts (Nordin-Bates, 2012; Chou, *et al.*, 2019; Nordin-Bates, 2020; Herrera, *et al.*, 2021).

Furthermore, some aspects such as *socially prescribed perfectionism* (SPP), the belief that there is an expectation from others to meet impossibly high standards (Hewitt, Flett, and Mikail, 2017), have been shown to be on the rise (Curran and Hill, 2019; Flett, *et al.*, 2022). In addition, *perfectionistic self-presentation* (PSP), the pursuit of promoting perfection and concealing imperfections publicly (Hewitt, *et al.*, 2003), has been associated with *generalised problematic internet use* (GPIU; Casale, *et al.*, 2015). For example, individuals with high levels of PSP may be more prone to engage in GPIU, due to having the ability to curate how they want to be seen, as well as take time to decide on how to respond (Casale, *et al.*, 2015), both factors that could help to sustain PSP. The association between PSP and GPIU may be a pressing issue to address due to the elevated mental health problems associated with smartphone use (Elhai, Levine, and Hall, 2019). There is an argument that reducing smartphone use improves well-being (Brailovskaia, *et al.*, 2023), which may be particularly helpful for young women as links have been found between social media use and rises in mental health in girls (Twenge, *et al.*, 2022). In addition, Etherson, *et al.* (2022) highlight how perfectionism contributes to depression in the context of social media use in young women. Furthermore, with the increasing expectation that independent singer-songwriters use social media as a self-promotion tool (likely on a smartphone) to further their careers (Haynes and Marshall, 2018; Baskerville and Baskerville, 2019), there is

a justification for the interpersonal aspects of perfectionism to be targeted through interventions as a way to mitigate GPIU and negative impacts on well-being.

In my recent pilot study (Unwin, 2024), I collected data that suggested that harsh self-criticism and self-directed high expectations (linked to dimensions of perfectionism) are key barriers to a healthy creative process in the singer-songwriter population I examined. Through conducting this research I was able to determine that there was a dearth of literature concerning mitigating strategies for perfectionistic singer-songwriters. In other words, perfectionism may be a barrier for singer-songwriters, but there is little to guide how these barriers may be decreased. Drawing on the recommendations of the study, I am now seeking to develop an understanding of how student singer-songwriters can be supported to develop a healthy sense of self concerning their creative work and find more positive ways of responding rather than excessive self-criticism. Since there is substantial evidence to confirm the presence of perfectionism in the performing arts (Mor, *et al.*, 1995; Kenny, Davis, and Oates, 2004; Stoeber and Eismann, 2007; Dobos, Piko, and Kenny, 2019; Hill, *et al.*, 2020), a strong case exists to develop implementable strategies to moderate perfectionism, as a way to contribute to lessening the mental health concerns in the industry.

Whilst this is an emerging area of study, there is some evidence to suggest that *mindfulness-based interventions* (MBIs) may reduce *music performance anxiety* in perfectionistic individuals (Diaz, 2018) and improve well-being in HE settings (Vidic and Cherup, 2019; Taylor, *et al.*, 2022; Arslan, 2023; Gong, *et al.*, 2023; Bearden, *et al.*, 2024; Brosamle, *et al.*, 2024). *Self-compassion*, a type of MBI, is conceptualised to involve being moved by (and open to) one's suffering, meeting it with kindness, and accepting it as a part of the human condition (Neff, 2003). Many studies have demonstrated the link between self-compassion and well-being, as detailed in the review by Neff (2023). For example, self-compassion has been associated with increased well-being (Fong and Loi, 2016; Zessin, Dickhäuser, and Garbade, 2015; Gunnell, *et al.*, 2017), happiness (Pastore, Brett, and Fortier, 2023), adaptive emotion regulation (Inwood and Ferrari, 2018), decreased mental health symptoms (Neff, 2003; MacBeth and Gumley, 2012; Ketay, Beck and Dajci, 2023), and a reduction in negative emotions (Arimitsu, 2016). In a performance setting, self-compassion has been shown to improve recovery after failures (Hope, Koestner, and Milyavskaya, 2014; Ceccarelli, *et al.*, 2019; Mohebi, *et al.*, 2020), facilitate more positive perceptions of performance in sports (Barczak and Eklund, 2018; Killham, *et al.*, 2018), increase flow (Lyon and Plisco, 2020), as well as improve academic performance in HE (Egan, *et al.*, 2021).

Where perfectionism is concerned, self-compassion may be an appropriate type of intervention, considering the evidence base supporting this argument so far.

Self-compassion has been shown to reduce perfectionism (Neff, 2011; Mehr and Adams, 2016; Yeshua, Zohar, and Berkovich, 2019; Abdollahi. Allen and Taheri, 2020; Stoeber, Laloova and Lumley, 2020; Ferrari, *et al.*, 2018; Ong, *et al.*, 2021; Egan, *et al.*, 2022; Liu, Wei and Russell, 2023; Benedetto, Macidonio and Ingrassia, 2024). In a singer-songwriter context, it may be particularly relevant to draw on the work of Keutler and McHugh (2022) who found that self-compassion provides mediating effects on PSP through social media on well-being. Furthermore, self-compassion has been associated with decreased self-handicapping behaviours (Yildirim and Demir, 2019), such as creating obstacles that will impede performance (lack of preparation, substance use, etc.) and be a factor to blame bad performances on (Jones and Berglas, 1978). Hobden and Pliner (1995) established that individuals with high levels of perfectionism were more likely to engage in self-handicapping behaviours than those with lower levels of perfectionism, thus providing the grounds for self-compassion interventions to improve this situation.

In summary, I want to reiterate the importance of developing strategies that stand to improve the state of well-being and negative impacts experienced through perfectionism, of students in HE. Furthermore, the more supportive interventions are tailored to the musician and singer-songwriter domains, the more change we can seek to make, with real-life reverberations that have the potential to reform the current culture of ill mental health in the music industry. Through this independent study project, I aim to build up an understanding of the current literature on the *mindful self-compassion* (MSC) model, as well as discern its applicability as a coaching strategy in the undergraduate student singer-songwriter population, efficacy in ameliorating the impacts of perfectionism, and benefit to overall well-being. It is hoped that this type of work will then be widely transferable to other contexts, such as professional singer-songwriters, music HE institutions, creative practitioners, and the general public.

Programme of Study

Aims

- To critically examine the MSC model and discern its suitability as a coaching strategy within the perfectionistic singer-songwriter population;
- To assess the efficacy of current interventions within the self-compassion domain for managing the impacts of perfectionism in creative and performance contexts;
- To begin formulating ideas for applying the MSC model through a music-specific coaching strategy that can be used asynchronously by students to mitigate the impacts of perfectionism, particularly self-oriented and socially prescribed forms;

Learning Outcomes

- To gain a comprehensive understanding of how to conduct rigorous literature reviews;
- To improve the quality of my academic writing, particularly in analysis, authorial tone, and consciously applying academic writing techniques such as those outlined by Hyland (1996; 1999);
- To map out the literature on MSC, situating it within the wider context of related theories;
- To investigate interventions from similar fields (for example, sports) that may be applicable in my occupational context;
- To build skills in critical reflection and integrate them into my professional practice regularly;

Module 4 (BMPF7013)

Initial Phase

Reading

- Initial research and reading
- Read about lit review methodologies
- Short initial reading about reflective models

Writing

- Devise research question
- Draft intro and rationale
- Write up learning outcomes

Creation

- Create a framework for lit review
- Complete initial phase

Secondary Phase

Literature search

- Apply framework to searching
- Organise literature

Literature synthesis

- Update task once phase 1 complete
- Update task once phase 1 complete

Critical reflection

- Review reflective journal
- Apply reflective model
- Write up critical reflection (component 1)
- Complete secondary phase

Final Phase

Component 2

- Write component 2

Component 1

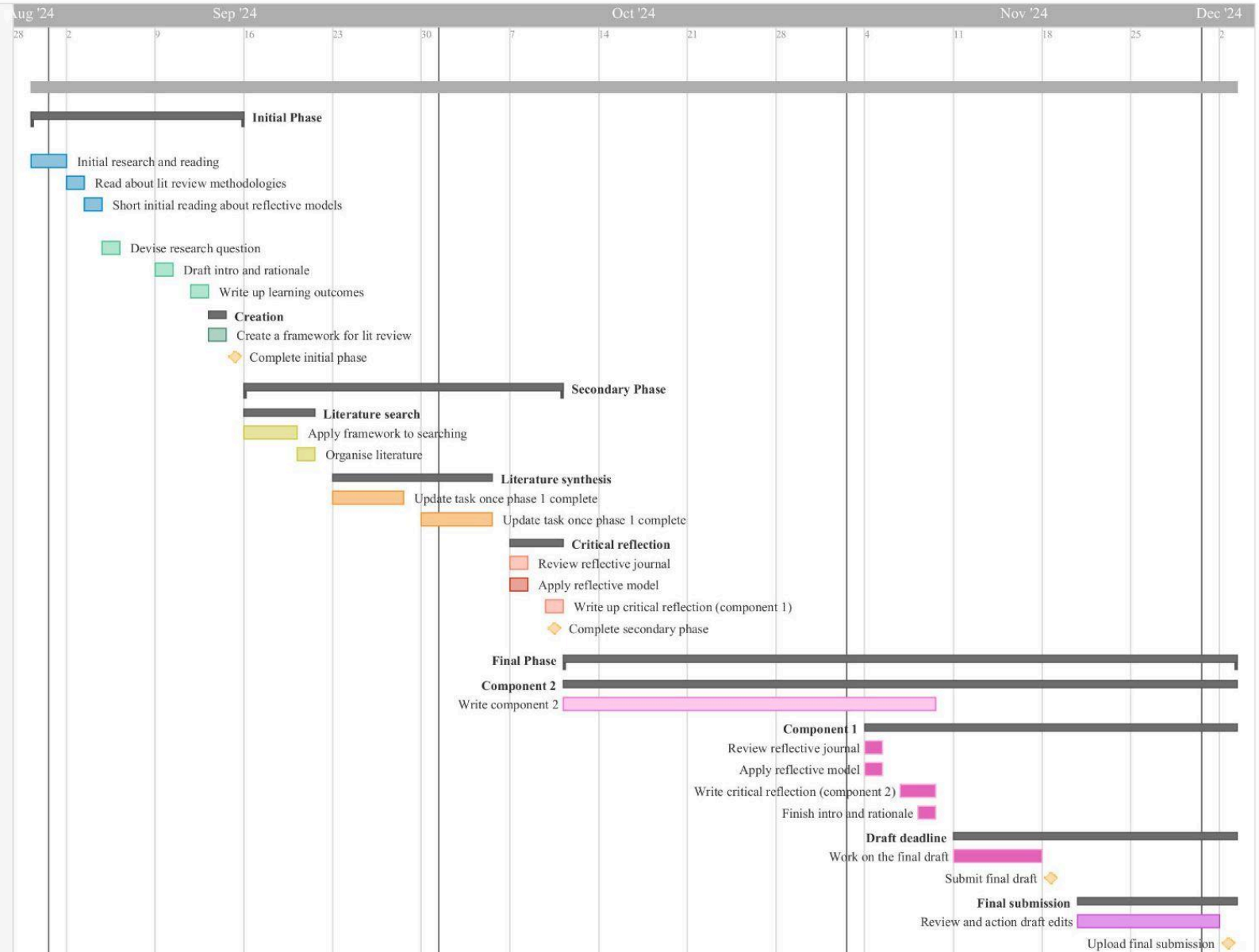
- Review reflective journal
- Apply reflective model
- Write critical reflection (component 2)
- Finish intro and rationale

Draft deadline

- Work on the final draft
- Submit final draft

Final submission

- Review and action draft edits
- Upload final submission



Literature Review Methodology

As I have been undertaking this literature review, it has been important for me to reflect on my positionality, which is an area often neglected in literature reviews (Pascoe, 2022), to be aware of how my worldview may influence the design, acquisition, and analysis of the literature. Throughout the process, this review has been underpinned by a pragmatic paradigm, where the research design focuses on answering the research question most appropriately, drawing on various philosophies and methodologies (quantitative, qualitative, and mixed) as required (Morgan, 2007). Through being situated in the pragmatic paradigm, I have been able to assess which type of literature review would best answer my research question, and be appropriate with the given time constraints.

In line with the framework set out in Grant and Booth (2009), I have undertaken a 'rapid' scoping review which has drawn on systematic review techniques (such as developing a PRISMA flow chart), with the scope of searching ultimately "determined by time constraints". The rapid scoping review format has been appropriate for this task as I have wished to broadly scope the body of literature on self-compassion interventions, assess their relevance to the singer-songwriter population, as well as identify any gaps in the literature (Munn, *et al.*, 2018). The review has sought to answer my research question ("*What is the evidence base for self-compassion interventions, and how might these interventions support the learning and well-being of perfectionistic undergraduate student singer-songwriters?*"), by mapping out (Munn, *et al.*, 2018) and thus assessing the literature on the topic to inform the future development of coaching strategies (Grant and Booth, 2009). Furthermore, as I have previously found various gaps in the literature on perfectionism (overwhelming lack of qualitative research designs and dearth of research on the singer-songwriter population), I have intended to identify if there are any similar gaps in the literature on this topic, a common reason a scoping review is undertaken (Arksey and O'Malley, 2005).

The design of the literature review methodology has been informed by the structure of Bryant and Gray's (2006) rapid review, as well as the steps (design, conduct, analysis, and writing up) laid out in Snyder (2019) and guidance in Arksey and O'Malley (2005) and Peters, *et al.* (2015). In addition, Pham, *et al.* (2014) conducted a 'scoping review of scoping reviews' which has provided a useful methodological example, as well as a Röthlin, Horvath, and Birrer's (2019) scoping review of self-compassion approaches in sports which has been a useful example that is relevant to the area of study. I have sought to choose a literature review methodology that mitigates bias more so than others (for example, the commentary

review; Winter, 2023), although there is still a risk of bias being present in rapid scoping reviews (Tricco, *et al.*, 2015).

Before undertaking a formalised search of the literature, a preliminary search was carried out, and reading was done to assess whether this area of study (mindful self-compassion in the context of perfectionistic singer-songwriters) would be worth pursuing, as well as identifying core texts. I have searched keywords/phrases (such as: “self-compassion in music perfectionism”) and have established key authors and papers from which to do further searching. Through this wide search, I have also highlighted the authors, databases, and journals that regularly appear when searching this subject, which has been useful for my more detailed searching later on. While searching I have made a note of keywords that have been used in key papers such as ‘mindfulness’; ‘self-compassion’; ‘mindful self-compassion’; ‘well-being’; ‘perfectionism’; ‘self-criticism’ and ‘performing arts’ (see Appendix 1) as a ‘citation pearl growing strategy’ (Boell and Cecez-Kecmanovic, 2010). Once I have gained a brief overview of the subject, and the relevant keywords commonly used, I have begun a more comprehensive search.

My detailed search strategy has drawn on the steps outlined in Ridley (2012). Firstly, phrases such as “increasing self-compassion in perfectionistic performers” have been searched (see Appendix 1 for further search phrases used) and titles/abstracts have been screened at the search level, with themed reasons for exclusion noted. That being said, the search conducted has still been quite broad as I have been unsure of the breadth of literature at this point, and have removed papers further into the process through exclusion criteria (Swift and Wampold, 2018). Throughout the search process, everything has been documented: papers have been organised into search term folders; the number of items returned on a search has been recorded (see Appendix 1); and the depth of the search has also been accounted for in the search matrix I have developed (see Appendix 1). Secondly, several papers have been used to search for citations (Boell and Cecez-Kecmanovic, 2010), a ‘snowball technique of growing citations (Ridley, 2012), with some being forward chained (Zabelina and Robinson, 2010; Taylor, *et al.*, 2022; Neff, 2023) and others being backward chained (Egan, *et al.*, 2021; Keutler and McHugh, 2022; Walton, *et al.*, 2022; Bearden, *et al.*, 2024; With, Benoit and Gaudreau, 2024). Thirdly, a range of keyword searches have been conducted to gather more literature on the topic. During this time both Google Scholar and the UWTSD library have been searched using the same search terms. Boolean logic (Ridley, 2012) has been employed (‘self-compassion OR mindful self-compassion AND musicians’, for example) using the advanced search function in the university library system to refine what has been included or excluded in the search, further narrowing the returned searches

(see Appendix 1 for a full breakdown of Boolean searches). The boolean searches have then been refined further by the use of truncation, which is the technique of using an asterisk to reveal alternate spellings or variations of the same word (Ridley, 2012). For example, I have used: "mindful self-compassion" AND perfect* which meant that I have been returning searches that have included perfectionism, perfectionistic, perfect, perfectionists, etc.,. By this final stage of literature searching, the databases (APA Psych Books) and journals (Creativity Research; Mindfulness; Self and Identity) that have been regularly bringing up relevant literature have been manually searched, although due to time constraints, this has been restricted to the most recent publications (2024 for Mindfulness; 2023 and 2024 for Creativity Research and Self and Identity). It has been at this point that the main literature search has been concluded, due to the limitations on time and the requirement to move to the next step of the process.

Following the literature search, the papers have been screened at the title and abstract level for their relevance to the research question (Pham, *et al.*, 2014). These papers have been briefly analysed, data has been extracted and charted (Peters, *et al.*, 2015) (which has been documented in the search analysis matrix - see Appendix 2), and colour coded according to their relevance to the study. During this part of the process, there have been some further texts that have been forward and backward-chained (Boell and Cecez-Kecmanovic, 2010) as well as duplicates recorded and removed.

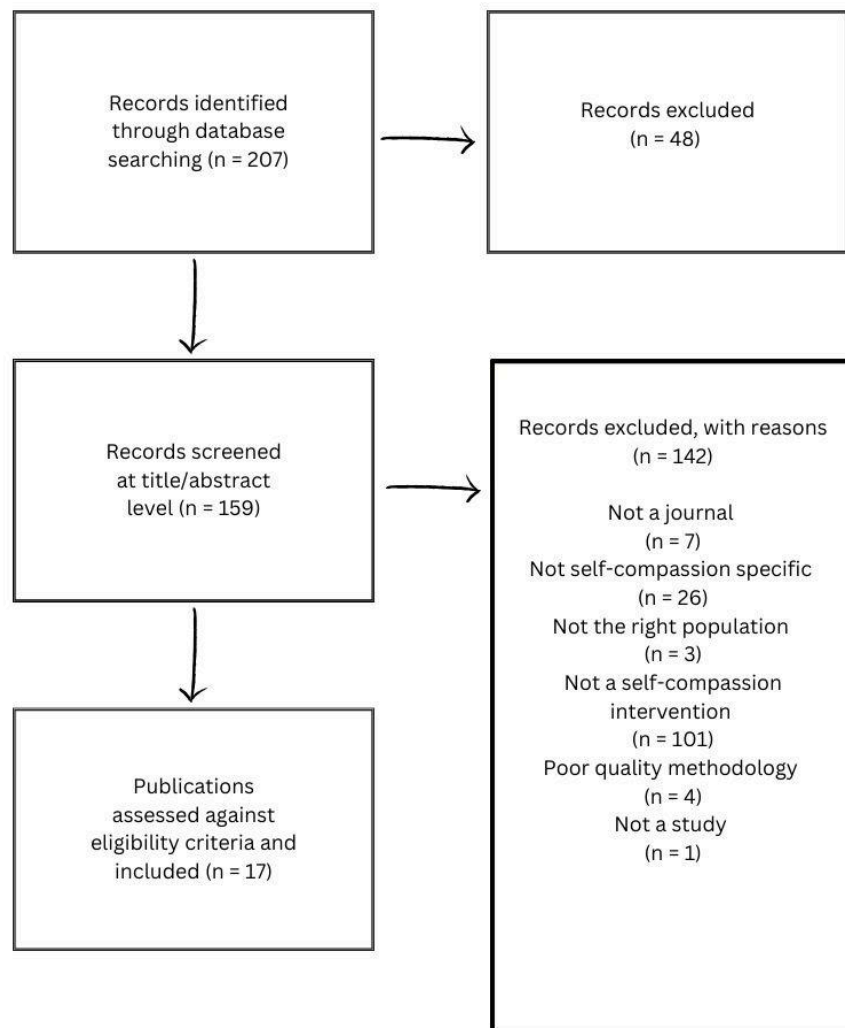
The eligibility criteria for the papers included in my review have meant that only the most relevant studies to answer my research question have been included and analysed (Swift and Wampold, 2018). The inclusion criteria (see Table 1) have been designed to be narrow enough to analyse the data in the given timeframe, but wide enough to include relevant studies (Swift and Wampold, 2018). Given that the research question I have been working with concerns 'undergraduate singer-songwriters', only studies concerning either performance/music or the university student population have been included. Furthermore, peer-reviewed journals have been prioritised to maximise the rigorousness of the publications selected (Kepes, *et al.*, 2012), as well as papers published in the years after Neff (2003) first introduced the concept of self-compassion. The exclusion criteria have focused mainly on differentiating (and removing) studies that have focused on generalised compassion, in other words, compassion for others, rather than self-compassion or MSC. In order to gain the most insight into how self-compassion may be relevant to singer-songwriters, the inclusion criteria have been set to include interventions only, giving a clear picture of how theory can be applied to practice. The justification for the design of the eligibility criteria has been outlined (see Table 1), as recommended by Peters, *et al.* (2015).

Table 1: Eligibility Criteria

Inclusion Criteria	Justification
In English	Time constraints
Published Since 2003	The leading researcher on self-compassion, Kristen Neff originally introduced the concept in 2003.
Journal article/Peer-Reviewed	Increased chance of methodologically rigorous studies being included.
Concerning self-compassion or mindful self-compassion (MSC)	Relevance to the area of study.
Intervention	Insight into what interventions are being used and to what effect
Interventions either	
Specifically related to performance/music	Relevance to the research question population (singer-songwriters)
Or	
University Student Population	Relevance to the research question population (undergraduate students).
Exclusion Criteria	Justification
Studies that seek to increase self-compassion, rather than measure the impacts of self-compassion	To stay relevant to the research question which seeks to gain an understanding of how self-compassion interventions may be impactful on other variables.
General compassion-related studies	Similarly, to remain focused on the research question and learning outcomes which are focused on self-compassion, specifically MSC.

A PRISMA (preferred reporting items for systematic reviews and meta-analyses) flow chart adapted for scoping reviews has been developed (see Figure 1) to describe the search decisions as recommended by Peters, *et al.* (2015). As shown (Figure 1), publications have been excluded for a variety of reasons, including their level of methodological rigour, publication status, and relevance to the research question (population and topic).

Figure 1: PRISMA flow chart



Once the final publications included list has been finalised (see Appendix 3), the data has been analysed using *reflexive thematic analysis* (RTA) as outlined by Braun and Clarke (2022). I have been able to draw on the work of Suleman, Chigeza, and Mensinga (2022), who used thematic analysis within their scoping review, to inform how I integrate the analysis into the literature review process. To begin the data analysis process I began by consulting the notes I had written for each study to generate a list of initial codes (82) which I have charted out in a spreadsheet (see Appendix 4) before grouping these codes into similar clusters. I have then developed the clusters into sub-themes (18) which have then been condensed into three main themes.

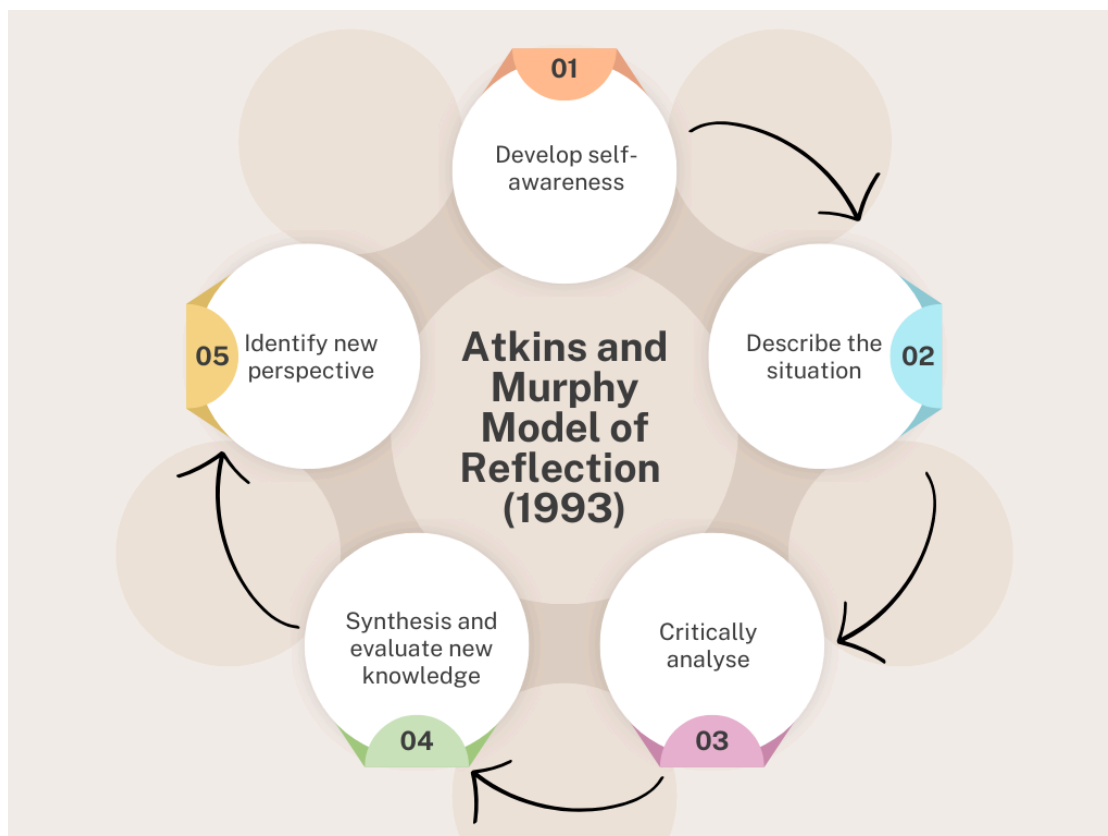
Critical Reflection

Introduction

To aid the structuring of how I will reflect on this literature review process, I will be using the Atkins and Murphy (1993) model (see Figure 2). While assessing the literature on reflective practice, I was encouraged to mind-map my initial reflections (Thompson and Thompson, 2023), as well as draw on the reflective log I had been keeping as guided by Bassot (2016). Both these actions supported my reflection using the Atkins and Murphy (1993) model and were a good point from which to start the process.

This critical reflection will provide some snapshots of my process, highlighting the learning I have derived from these experiences and how I intend to develop going forward. I will begin by discussing my positionality when going into this literature review, followed by my experience integrating new methodologies. I will also reflect on how this project has changed the way I approach writing and synthesis of literature. Finally, I come back to reflect on the role of bias in my work, and how this process has led me to develop a new perspective to take into my future research.

Figure 2: Adapted from Atkins and Murphy (1993)



Developing self-awareness

Having now spent months researching the impacts of perfectionism, I was becoming frustrated with the overwhelmingly quantitative approach which seemed to highlight the issue of perfectionism in many settings but lacked helpful approaches that could be readily applied to improve the situation. Similarly, there seemed to be considerable recent research into the high rates of mental ill health in the music industry (Gross and Musgrave, 2017; Loveday, Musgrave, and Gross, 2023; Musgrave, 2023), but fewer approaches were suggested to ameliorate the situation. There were however, a few publications (Neff, 2011; Diaz, 2018) however that drew me towards studying a particular type of mindfulness-based intervention (MBI), self-compassion (Neff, 2003), which was linked to minimising perfectionistic behaviour, as well as improving well-being outcomes (Neff, 2011). I was then relatively confident upon starting this literature review process that, according to my preliminary reading, self-compassion may be a relevant intervention for lowering perfectionism, as well as increasing well-being in undergraduate student singer-songwriters. As a singer-songwriter and lecturer of undergraduate singer-songwriters, I have experience, knowledge, and an investment in the outcome of research in this area. Furthermore, perfectionism is something that I have experienced navigating, as many do, and as such can personally see the benefits of finding coping strategies. I have also experienced the strengths of self-compassion programs, the Neff and Germer (2013) MSC course in particular, and support the notion that they are supportive of well-being through first-hand experience of this. Throughout this process, I have endeavoured to outline my positionality, as well as remain reflexive (Braun and Clarke, 2022; Braun and Clarke, 2023) about my potential influence on the design, selection, and analysis of the literature, and my first task was to address the assumptions I held on these areas of study, based on my own experience.

Designing a system

From the outset of this project, I have had to manage my feelings of uncertainty about how to conduct my literature review. Kuhlthau (1991) highlights uncertainty and anxiety as common in the initial phases of searching, which contextualises how I was feeling. To begin with I decided on my area of study (self-compassion), based on my pilot study findings and what I felt would be an appropriate next step in the trajectory of my research, and honed my research question. I then did some reading into the literature review methodology, and after much deliberation landed on a rapid scoping review as being most appropriate to answer my research question. Once I had gained a sufficient amount of understanding as to what was

required for the task, I developed a strategy and conducted a rigorous search of the literature, charting all of the data on a series of spreadsheet tabs. As highlighted in Hart (1998), it is necessary to have a rigorous approach during the literature review process, and as such, the benefits of developing a rigorous search strategy meant that I could: keep my search relevant, focused, and comprehensively gather relevant literature from a range of authors, not just the ones I was most familiar with already. Furthermore, Kuhlthau (1991) recommends systems as a way to mitigate the uncertainty in formative stages of the work. The disadvantages to this level of charting of data meant that my intuitive and creative way of searching literature was stunted, which in turn seemed to affect my motivation to move forward. On reflection, I wonder whether *library anxiety*, that is, anxiety related to searching library catalogues (Mellon, 1986; Vernon, Evans, and Frissen, 2016), impeded the process as I didn't feel competent in my abilities, competency being a key aspect of motivation as laid out in *self-determination theory* (Ryan and Deci, 2020). Furthermore, as highlighted in St-Louis and Vallerand (2015), the lack of positive emotions in at least the initial phase may have disrupted my creative process, and thus the literature review. As a way to further understand how I responded to developing a new system, I draw on the *intrinsic motivation principle of creativity* where creative thinking is enhanced when tasks feel intrinsically rewarding (Amabile, 2018). Looking back, I can now see that there were elements of this process that I did not entirely enjoy, which would have disrupted my creativity, and motivation processes. I felt the need to very carefully record all my searches in a way I had not done before, which was quite laborious, although I can now imagine that in the future I would be more familiar with this process and it would become more intuitive. Despite feeling frustrated at the time, with hindsight, I can now identify the benefits of this type of rigorous literature search. I now recognise that I was able to efficiently organise large amounts of data which was then very valuable to be so well organised when it came to the writing-up stage. In line with Kuhlthau (1991), I gained more confidence and a sense of satisfaction towards the second half of the project. With competency being an important component of creativity and motivation (Hennessey and Amabile, 1988), I imagine that I will enjoy the literature review process more, with increased motivation, in the future having had this important formative experience to build my sense of competency in this area.

After engaging with *reflection-on-action*, contemplating the processes I undertook with hindsight now (Schön, 1983), I can see that I am now a better researcher in terms of my methodological rigour and levels of organisation as a result of this process, despite the frustration it took to get there. Taking this learning forward in the future, I wish to keep honing my literature search strategy, data charting skills, and engagement with the literature on research methodologies so that I can reach new areas that I would not otherwise have found

if I was just searching in the way I am used to. I began to enjoy using the system I had developed once I got used to it, so with that in mind I hope to remind myself in future situations that I often feel uncertain at the beginning, and once I find a way my confidence increases.

Navigating bias and evolving my academic voice

For this assignment, I endeavoured to follow a rigorous literature search process which highlighted many papers I may not have found through my usual means. I also made sure to record the points from studies that showed evidence against my assumptions, which although a little uncomfortable initially, began to feel like a better way to approach writing.

As is expected of research students, I spent some time examining my philosophical position as I began this research project (Grix, 2002). During this process, I began to question my epistemological stance, how I discern the credibility of the knowledge I am gaining (Gray, 2009), and reflected on the dominance of quantitative methodologies that I realised I had internalised. It was at this point that I began to feel the impact of *positivism creep* (Braun and Clarke, 2022), where objectivity, controlling bias, and one singular truth are paramount - all key components of epistemological objectivism (Crotty, 1998), realism (Gray, 2009), and the positivist paradigm (Mackenzie and Knipe, 2006, p. 2; Scotland, 2012, p. 10; Creswell, 2014, p. 36). Borne out of these reflections, it became clear that I had assumptions and a developed viewpoint on this topic. For example, I was quite sure that self-compassion would be a beneficial approach for perfectionistic singer-songwriters, a hypothesis so to speak, which would be a more quantitative approach, rather than researching to generate a hypothesis (Barroga and Matanguihan, 2022). Nevertheless, I continued to be rooted in the pragmatic paradigm (Morgan, 2007) for this project, as it seemed the most appropriate to answer my research question, and the scoping review, with some efforts made to mitigate bias.

While I was screening the literature I noticed how my eligibility criteria helped me to only include papers that met the inclusion criteria and the discomfort I felt when I eliminated some of my 'favourite' papers as they were not meeting the inclusion criteria. This was a relatively new experience and feeling for me, and ultimately was a good feeling to know I was managing my subjectivity well at this point. It all began to become clearer when it came to the writing up stage, where I drew on the concept of *dialectical thinking*, the idea that a deeper understanding can be developed by integrating both thesis and antithesis to form a synthesis of the ideas, and thus a new perspective (Cosier and Dalton, 1982; Peng and

Nisbett, 1999). I believe that by following the methodology I developed for my literature review, I produced a more balanced rapid scoping review than I would have previously done had I been more susceptible to *confirmation bias* (the tendency to search for, interpret, and employ evidence as a way to confirm pre-existing beliefs; Charness and Dave, 2017). That is to say, by integrating contradicting ideas I was able to strengthen my work: “Thus, change occurs through the resolution and confrontation of contradiction, rather than the avoidance of it.” (Livingstone, Palich, and Carini, 2002, p. 322).

The opportunity to reflect on, and find strategies to mitigate, my bias was one of the most valuable elements of this process. However in the future, if I conduct qualitative research seeking to understand “the subjective world of human experience.” (Cohen, Manion, and Morrison, 2018, p. 19), while I may wish to draw on subjectivist or social constructionist beliefs that meaning is imposed on objects, or shaped by culture, respectively (Crotty, 1998), I believe that being more aware of my bias will enhance my work as a qualitative researcher. Acknowledging the uncomfortable feelings of bias, and sitting with the uncertainty that reflexivity brings (Finlay, 2002), as well as finding frameworks to help me negotiate this is something I will aim to integrate into my practice.

Conclusion

In summary, I believe I have gained a lot from the reflective component which ran alongside the literature review process, where I have reflected on my personal, as well as philosophical positionality, among other things. Motivation has played a powerful role in this project, with competency playing a role in either hindering or helping my creative process. It has been valuable to critically reflect on the role of bias in my work, and how it relates to my chosen paradigm. I can identify that a lot of the learning I have done is about balance; how to balance opposing thoughts, how to balance methodology with intuition; and how to balance my assumptions with the uncertain possibility of discovering new ideas, thus developing new perspectives, as outlined in the dialectical thinking model. Going forwards, I intend to integrate the methodological and organisational skills I developed during this project into my practice, continue to be reflexive about my philosophical position, and keep practicing dialectical thinking as a way to reach a synthesis of ideas. Above all, I intend on trusting myself, and the process, more.

Component 2

Self-Compassion and Perfectionism in Undergraduate Singer-Songwriters: A Rapid Scoping Review of Interventions for Learning and Well-Being

Word count: 4925

Introduction

In order to inform the development of future self-compassion-based interventions in a singer-songwriter context, 17 interventions have been reviewed and assessed regarding their relevance to the research question: *"What is the evidence base for self-compassion interventions, and how might these interventions support the learning and well-being of perfectionistic undergraduate student singer-songwriters?"*. While reviews have been conducted to assess the relevance of self-compassion in the context of well-being, in higher education (HE), sport, and the general public, there have been no reviews concerning the potential efficacy of self-compassion interventions in a singer-songwriter context. The interventions featured in this review have been analysed using the Braun and Clarke (2022) model of *reflexive thematic analysis* (RTA), from which three main themes have been developed. Furthermore, the broad limitations shared across the studies reviewed will be discussed, as well as how this factor affects generalisation. The review will detail the findings in each of the themes, as well as discuss the associated pedagogical implications and future recommendations.

Theme 1: Self-compassion interventions increase well-being

Self-compassion Interventions

Following the initial conceptualisation of self-compassion (Neff, 2003), Neff and Germer (2013) developed the *mindful self-compassion* (MSC) program which consisted of 8 workshops (2.5 hours each) over 8 weeks aimed at teaching skills in self-compassion and mindfulness as a way to improve well-being. The results from both the studies conducted by Neff and Germer (2013) showed significant increases in self-compassion, mindfulness, and well-being, as well as reductions in depression, anxiety, stress, and avoidance. There were also six and twelve-month follow-ups which showed that these gains were maintained. However, not all participants completed the follow-up measures which may mean these

results are slightly biased, as not all participants were included. The authors highlight how the MSC program is designed to build participants' skills in accepting and managing difficult emotional situations, as opposed to targeting specific issues. Despite having many benefits, the Neff and Germer (2013) study was limited mainly concerning the sample population used. With a high proportion of participants being highly educated, white women, with previous experience in meditation (85% female, 85% caucasian, 76% with postgraduate degrees, and 78% with previous meditation experience), the ability to generalise these results to other populations is compromised. Nevertheless, despite some limitations concerning the lack of diversity, the MSC program has been adapted and studied to great effect in many iterations, which will be explored in this review.

Several studies (Neff and Germer, 2013; Finlay-Jones, *et al.*, 2018; Jiminez-Gomez, *et al.*, 2022; Yela, *et al.*, 2021) have investigated the impacts of an 8-week MSC training program, with others examining how shorter interventions perform. Smeets, *et al.* (2014) study compared a 3 week self-compassion intervention group with a time management control group of the same duration to discern whether the self-compassion training would lead to enhanced well-being in female university students. Results showed significant increases in self-compassion and reductions in the negative thinking process of rumination, demonstrating the potential effectiveness of this training for the student population. The study also provided interesting results in the form of non-significant impacts on life satisfaction, connectedness, optimism, and positive/negative affect, contradicting other research (Mantelou and Karakasidou, 2017), although this may be due to shorter interventions being less impactful than the 8-week program. Informed by the Smeets, *et al.* (2014) study, if there is a need to increase levels of self-compassion in a singer-songwriter undergraduate student cohort it may be beneficial to design a three-week intervention if there are restrictions that impede the delivery of an 8-week program.

Mantelou and Karakasidou (2017) contribute to the literature on short self-compassion interventions with their study finding that following the intervention, participants' self-compassion, life satisfaction, and positive affect increased (which was found through examining self-report measures taken a week before and a week after the intervention). These findings oppose those in Smeets, *et al.* (2014) where there were non-significant changes in life satisfaction and positive/negative affect reported, although this could be due to the brevity of the intervention conducted. The Mantelou and Karakasidou (2017) study supports the common notion that self-compassion training may be advantageous in improving well-being.

Although many MSC interventions have been measured in Western populations, Finlay-Jones, *et al.* (2018) investigated whether previous findings were generalisable to Chinese women. The study found that MSC training may improve mental health in this population and increase self-compassion, although surprisingly they found that the benefits of the program remained stable across all participants, regardless of their level of perfectionism. Despite several important findings, this study was limited in the respect that only women (most with previous meditation experience, which may have meant that they expected to gain positive benefits from participating) self-selected to participate, meaning that there were no insights gained concerning how MSC might impact other genders. Furthermore, due to a lack of a control group, it cannot be assumed that the increases in self-compassion were due to the MSC intervention, rather than other variables. The authors (Finlay-Jones, *et al.*, 2018) support the notion of gaining qualitative insights as other authors do (Egan, *et al.*, 2022; Jiminez-Gomez, *et al.*, 2022).

Exploring self-compassion qualitatively

To address the lack of qualitative research in this area, Eke, *et al.* (2020) conducted a narrative inquiry into adolescent women's 'body self-compassion' through conducting semi-structured interviews and journalling activities. The intervention was largely framed around introducing and discussing the role of self-compassion in sports. The contrast between the semi-structured interviews and journalling activity meant that the participants' data was generated in a setting with the researcher present (interviews), but also in private (journals), which likely would allow feelings to flow more freely. The fact that the intervention was quite passive may have meant that the findings were not as clear as they could have been had there been more in-depth training for the study participants on the self-compassion model. For example, the Neff and Germer model is based on an 8-week MSC training course. Nevertheless, this study provides worthwhile findings to the literature, namely highlighting the benefit of increasing body self-compassion as a way to develop the athletes' perception of their body functionality, reduce their social comparisons, and act protectively against negative experiences in sports. A potential issue, as highlighted by the authors, is that the participants may have confused self-compassion with *self-confidence* ("confidence in oneself and in one's powers and abilities"; Merriam-Webster Online, 2024), which may have impacted the clarity of the data collected. The participants were given definitions and were also asked to create their own, which may have contributed to this limitation.

Furthermore, with the small group of participants identifying as caucasian, these findings may be less relevant to more diverse communities as they were not represented in the sample. When shifting to my occupational context, these findings may still be relevant, with the majority (81.7%) of the UK being white (Office for National Statistics, 2022a), however, London (where the majority of my teaching takes place), is only 53.8% white (Office for National Statistics, 2022b). Furthermore, institutions (such as the ones I work in) are actively seeking to increase representation from currently underrepresented groups, thus it remains important to evaluate the generalisability to all demographics of the studies selected in this literature review.

Transposed to a singer-songwriter context, this may look like individuals becoming overly preoccupied with their body image due to fear of evaluation, which may be magnified by social media use, thus disrupting their creative work. Body self-compassion seems to be relevant in a performance context, where singer-songwriters regularly perform publicly, and have a public-facing social media presence.

The relationship between self-compassion and social media consumption

Since social media use is increasingly an expected component of an independent singer-songwriter's career (Haynes and Marshall, 2018; Baskerville and Baskerville, 2019), it is necessary to consider how the time spent interacting with social media may impact mental health. For example, several studies have found smartphone use to be associated with mental health issues (Elhai, Levine, and Hall, 2019), particularly in the female population (Etherson, *et al.*, 2022; Twenge, *et al.*, 2022). A study into the female student population conducted by Seekis and Kennedy (2023) explored how exposure to certain TikTok content can either increase or decrease self-compassion levels among other things. Participants were shown 7-minute TikTok compilations by young female creators (similar ages to the study sample), who were either doing beauty, or self-compassion content, with the former using much more make-up to conform to societal beauty standards than the self-compassion creators. It was found that exposure to beauty content resulted in more upward appearance comparisons and higher levels of face-related shame and anxiety, as well as negative moods and lower self-compassion. Conversely, those in the self-compassion content exposure group were found to have higher levels of self-compassion following the intervention, which demonstrates that even brief exposures to self-compassion-related social

media content may have positive impacts. This study highlights the importance of conducting future research in this area, examining both the positive and negative types of content's impacts. Despite its strengths, the intervention may have benefitted from combining beauty and self-compassion exposures to measure the differences using the same sample groups, as well as take longer-term follow-up measures.

In the case that teachers in higher education have pastoral concerns about their singer-songwriter students, it may be beneficial to work with them to reduce their exposure to negative content by setting realistic goals around time on the app, as well as support them in following social media creators who help them to develop emotional resilience and self-compassion. Furthermore, this research provides insights for both the creators who may be unaware of how they impact others, as well as policymakers who could regulate the social media content that promotes cosmetic procedures.

Theme 2: Self-compassion interventions reduce mental health symptoms, as well as negative and self-critical attitudes

Self-compassion lowers mental health symptoms

While there are many ways in which self-compassion interventions can benefit well-being by increasing various factors (such as self-compassion, well-being, life satisfaction, and positive affect), these interventions can also be advantageous to well-being by reducing mental health symptoms and self-critical attitudes. Yela, *et al.* (2021) conducted a study into the changes in anxiety, depression, and well-being following an 8-week MSC training course, led by clinical psychologists who were MSC-certified teachers. A unique element of this study was the role *experiential avoidance*, the inclination individuals have to avoid emotional discomfort (Hayes, Strosahl, and Wilson, 1999), played. The researchers found that increased levels of self-compassion were associated with improved well-being, as well as reduced anxiety/depression, and experiential avoidance. Going forward, the authors recommend exploring how different cultures respond to MSC as they had identified some differences between the Spanish and Portuguese participants.

While Yela, *et al.* (2021) conducted a study that contributes valuable findings to the wider literature, some limitations may diminish its efficacy. For example, 86% of the participants were women, which may mean that these findings may not be as relevant for other genders. When it comes to my occupational context, the overwhelming majority of females seen in this study is not something I see reflected regularly in my often male-dominated classrooms. Therefore, future studies that evaluate the efficacy of self-compassion interventions in more male-dominated contexts would be useful to my current workplace settings. In addition, participation in the Yela, *et al.* (2021) study was voluntary, and self-selecting, meaning that this population was potentially more likely to be open to developing MSC, as well as invested in its beneficial outcomes. For example, cisgender men have typically been less likely to engage with programs to improve mental health (Sagar-Ouriaghli, *et al.*, 2019), as well as trans people have experienced poor health provisions (Ellis, Bailey, and McNeil, 2015), and may mean both groups would be less convinced of the potential benefits of participating in an MSC program.

It was noted that one of the key results from this study was the important role that the reduction of experiential avoidance played. The authors, therefore, highlight the significance of reinforcing the 'exposure to experience' elements of the MSC training such as 'working with difficult emotions' or 'working with shame'. In a creative context, this could be a beneficial tool with which to develop artists' resilience when facing challenging creative moments, where they may want to blame themselves for failed creative efforts. The development of a singer-songwriter-specific program of MSC-adapted exercises to work through may be productive. For example, the self-compassion break could include industry-specific comments like "everyone has bad gigs", or "many songwriters write bad songs every day, I'm not alone in this experience" instead of "suffering is a part of life" and "I'm not alone" as detailed in Neff and Germer (2018, p. 35). There is evidence of MSC being effective in various settings, and based on this, along with the needs of performers with respect to mitigating perfectionism and poor mental health, adapting MSC for singer-songwriters may be worth exploring.

The mitigating role of self-compassion in the case of perfectionism and imposter phenomenon

In addition to the evidence in support of the MSC 8-week training program, researchers investigated the benefits of a 10-week online program designed to increase self-compassion,

as well as reduce self-judgement, shame, and perfectionism. This program was found to be effective, although the sample's levels of anxiety and depression were not significantly changed, perhaps because this non-clinical population had low levels to begin with (Nadeau, Caporale-Berkowitz, and Rochlen, 2021). Similarly, Birni and Satıcı (2024) report that their 8-week compassion-focused intervention for university students was effective in reducing perfectionism, and fear of self-compassion and increasing compassion, as well as self-compassion.

Another related area of investigation to perfectionism is the *imposter phenomenon* (IP; the attribution of one's successes to external factors, rather than genuine ability; Pannhausen, Klug, and Rohrmann, 2022), which is magnified by perfectionism, which can increase imposter feelings (Gaudreau, *et al.*, 2022), and also potentially predispose and sustain IP (Pannhausen, Klug, and Rohrmann, 2022). Liu, Wei, and Russell (2023) found that a brief self-compassion intervention may be effective in reducing IP and perfectionism in the university student population, but they did not find a significant decrease in psychological distress. As self-compassion has been shown here to reduce IP and perfectionism, it may be valuable to apply it in a singer-songwriter context, as these are common issues my students face. It was also found that this kind of intervention would be equally effective for individuals with a fear of compassion, which may be common in those with higher levels of perfectionism and psychological distress, as these states can thrive on self-criticism.

Theme 3: Self-compassion interventions in performance settings

Adapting self-compassion interventions

Based on the evidence, it can be seen that self-compassion interventions provide beneficial support for well-being, with a range of intervention lengths reported to varying degrees of success. MBIs in general (MSC, *mindfulness-based stress reduction*, also known as MBSR, *compassionate mind training*, also known as CMT) are effective in improving well-being in HE settings (Vidic and Cherup, 2019; Taylor, *et al.*, 2022; Arslan, 2023; Gong, *et al.*, 2023; Bearden, *et al.*, 2024; Brosamle, *et al.*, 2024) which provides a rationale for experimenting with blending components of these models to apply in specific performance settings such as sport and music. One such study found supporting evidence for the effectiveness of short self-compassion interventions, combining elements of the MSC, CMT, and MBSR programs to measure the impacts of self-compassion on self-regulation in university students in a

two-week intervention (Dundas, *et al.*, 2017). This study's findings support the existing literature that a self-compassion training intervention can: increase self-compassion; motivation to learn; and healthy self-regulation; as well as reduce self-critical attitudes; anxiety and depression. In an undergraduate singer-songwriter context, it may be advantageous to combine elements of the MSC, CMT, and MBSR training programs in future interventions with this population, as well as to improve mindsets for learning (more self-compassion and motivation, less self-criticism, anxiety, and depression).

Another study that combines elements from different MBIs to create new, hybrid models is a study by Woodfin, *et al.* (2021) which fused components from both MSC and MBSR programs in a randomised wait-list control trial with university students and highlighted the benefits of this kind of intervention. The results showed increased self-compassion, as well as decreases in anxiety, depression, and perfectionism demonstrating the effectiveness of a short 3-week intervention such as increasing student well-being among other things. The findings from Woodfin, *et al.* (2021) may be informative to researchers designing future studies for the singer-songwriter population in that it may be advantageous to combine elements from MSC and MBSR that appear to be the most relevant to the singer-songwriter population bearing in mind the kind of issues they may face, such as high levels of mental health issues found in the music industry (Gross and Musgrave, 2017; Loveday, Musgrave, and Gross, 2023; Musgrave, 2023).

As many self-compassion interventions last at least 6 weeks, there is a need to develop highly accessible and short interventions. In an effort to explore brief self-compassion interventions that could apply to busy university students and increase their well-being, Williamson (2020) measured the efficacy of the self-compassion break (a component of MSC) with non-significant results. There were some limitations with this study which may bias the study's contribution to the literature. The type of intervention strategies used in the 8-week programs which were beneficial (Neff and Germer, 2013; Finlay-Jones, *et al.*, 2018; Jiminez-Gomez, *et al.*, 2022; Yela, *et al.*, 2021), were not used in this research design, with this study lacking the weekly meditation and group practices that many of the other studies possess. Therefore participants were unable to reap the advantages of self-compassion like in other studies due to the brief and modest training received. That being said, this study has established an area to explore, highlighting the need for short and accessible self-compassion interventions to be further researched. When designing studies or coaching strategies for the singer-songwriter population, practitioners may want to focus on longer self-compassion interventions/strategies rather than small components in isolation which may not be as effective in meeting desired outcomes.

Although it has been shown that MBIs are an effective way to enhance well-being and learning, little has been done to compare and evaluate the different interventions. As a way to address this, Jiminez-Gomez, *et al.* (2022) measured the effectiveness of both MBSR and MSC training, as well as compared the results, providing insights into the field of MBIs. The study found that MBSR was more effective than MSC in treating depressive symptoms, whereas the MSC group had large changes in self-compassion. This may be explained by the contrasting ways in which these trainings address depression, with the MBSR training potentially more directly targeting the reduction of negative thoughts, although this does not mean that the MSC program does not target aspects such as compassionate responding to challenging emotions which in turn may impact depressive symptoms. Similar to the study conducted by Yela, *et al.* (2021), Jiminez-Gomez, *et al.* (2022) highlight the fact that both MBSR and MSC training target the reduction of experiential avoidance, and how this factor may affect changes in mental health.

In light of this study it will be important to assess what kind of intervention outcomes are desired; for example, if a teacher wishes to increase self-compassion in singer-songwriters, then it may be beneficial to use exercises from the MSC program rather than MBSR. Based on the findings from my pilot study (Unwin, 2024), I see the MSC as being effective for dealing with perfectionism, which I encounter regularly with students working at a high level in HE. The general tendency perfectionism has to isolate individuals by their need to appear perfect, and hide their imperfections, as well as maximise self-critical attitudes (Hewitt, Flett, and Mikail, 2017) seems to be well-matched with self-compassion interventions to minimise perfectionism. For example, the *common humanity* (recognising the shared human experience of being imperfect) and *self-kindness* (being kind to oneself and minimising self-critical behaviours) facets of MSC (Neff and Germer, 2013) appear well-placed to target the need to appear perfect, conceal imperfections, and become isolated socially, as well as self-criticism, respectively. There are several promising avenues to explore in terms of adapting the MSC program as a way to reduce perfectionism in singer-songwriters, and thus contribute to improved well-being.

Self-compassion interventions: online

During the COVID-19 pandemic, it became increasingly clear that online interventions should be explored, the benefits of which may be worth continuing to use as appropriate. For example, it has been found that a 5 week compassionate mind training (CMT) was effective

in increasing self-compassion and well-being, as well as reducing self-critical attitudes in non-clinical adults (Northover, *et al.*, 2021). This may be beneficial to employ in a singer-songwriter context, particularly if it is asynchronous, allowing participants to fit it into their busy schedules. This research highlights the benefits of using online self-compassion as a way to better the mental health of the general public. However, since many participants did not endure the duration of the study (only 27% completing the intervention, perhaps due to the time-consuming nature of the research procedures), this may be seen as questionable and potentially diminishes the generalisability of the research. The researchers did not assess the mental health status of the participants which had potential ethical implications, and risked leaving participants without adequate support. The eligibility protocol, including suicide risk assessment in Finlay-Jones, *et al.* (2018) would be a potential way to mitigate this type of risk.

Self-compassion interventions in a performance setting (sport)

Understandably, due to the high levels of mental health issues (Mor, *et al.*, 1995; Gross and Musgrave, 2017; Loveday, Musgrave, and Gross, 2023; Musgrave, 2023) and perfectionism (Stoeber and Eismann, 2007; Hill, *et al.*, 2020) experienced in music settings, it may be advantageous to design tailored self-compassion interventions to mitigate these negative experiences. With limited interventions of this type in music, literature from sports has been drawn upon. For example, a MBI intervention with elite tennis players focusing on mindfulness, acceptance, and self-compassion results showed a decrease in somatic anxiety (distractability, as well as autonomic arousal such as elevated heart rate; Morris, Davis, and Hutchings, 1981) and disrupted concentration, as well as increased self-compassion (Terzioglu and Çakir-Çelebi, 2024). The authors support the use of self-compassion approaches to reduce anxiety in sports. The reduction in somatic anxiety may be relevant to singer-songwriters whose instrument (the voice) can be negatively impacted by physical tension and anxiety (Dietrich and Verdolini Abbott, 2008; Helou, *et al.*, 2013; Baker, *et al.*, 2014). Although this study is more balanced in terms of participants' gender, it is still a very small sample (16), which may limit the generalisability of this research.

While there is substantial evidence that self-compassion interventions have the potential to improve well-being in undergraduate singer-songwriters, there are only a few emerging studies in the literature reviewed that demonstrate a tailored approach that may be effective in music settings. One such study by Kuchar, Neff, and Mosewich (2023) included an online

self-compassion program (based on MSC) which was designed specifically to support the types of challenges athletes face. The study adapted the 2.5-hour sessions in the 8-week MSC training program to be six one-hour sessions in which elements of the MSC training were highlighted, for example, the practices that required less previous experience in meditation (e.g. the self-compassion break). As the need to address the fear of self-compassion has been regularly discussed (Schellenberg, Bailis, and Mosewich, 2016; Ceccarelli, *et al.*, 2019; Birni and Satici, 2024), the researchers decided to deliver the program using language that would be more familiar to athletes such as naming the program RESET (resilience and enhancement in sport, exercise and training), omitting the use of the term 'self-compassion, and instead using phrases such as 'pillars of resilience' (mindfulness, connection, encouragement, productive feedback). The intervention results showed increases in self-compassion and perceived performance, as well as decreases in self-criticism, fear of self-compassion, depression, anxiety, and stress. The results did not demonstrate increases in general resilience or flourishing, although this may be due to the short nature of the program. This kind of intervention targets the way athletes deal with the inevitable failures that occur, crucially learning to relate to themselves with care rather than criticism, and implementation in a music setting has been suggested as potentially beneficial (Kuchar, Neff, and Mosewich, 2023).

Upon review, the Kuchar, Neff, and Mosewich (2023) study appears to be rigorously designed and conducted, with a more balanced, larger sample population than many other studies. A limitation is that the study is relatively short-term, which when extended to future studies, may give more insight into the long-term changes in the athletes, as well as establish whether this type of intervention would be generalisable to other contexts such as music. Since the RESET program was extremely beneficial to athletes, with high attendance and a low dropout rate, it may be advantageous to explore how this kind of intervention would apply in a music setting. An element worth considering is how the athletes benefitted from carrying out the RESET program as a team, which when applied in a singer-songwriter context could be inviting bands to participate, or year groups in a university. In sum, the RESET intervention has great potential to form the basis of a very successful similar intervention in a music setting, to increase well-being and performance.

Towards inclusive self-compassion research: addressing current gaps in diversity

While the limitations of participant diversity were consistently present across the studies reviewed, it was not substantial enough to form a standalone theme. Instead, it informs broader issues related to the development of inclusive research practices in self-compassion interventions. Many of the studies included shared similar limitations in terms of the lack of diverse study samples, which impacts the generalisability of this body of literature. While many of these authors may well have made genuine efforts to be inclusive, this has not been reflected thoroughly in their studies. Whitty and Wood (2021) highlight the importance research has in addressing the disparities faced by members of the population (due to factors such as socioeconomic status, gender, and ethnicity), emphasising the role research can play in either reducing or reinforcing inequalities in health. This is especially pertinent as institutions, including my own, strive to increase diversity and create equitable learning environments. The following points summarise the limitations in the body of literature reviewed.

In this review, many of the interventions were conducted with a large majority of female participants (Neff and Germer, 2013; Smeets, *et al.*, 2014; Dundas, *et al.*, 2017; Finlay-Jones, *et al.*, 2018; Williamson, 2020; Woodfin, *et al.*, 2021; Yela, *et al.*, 2021; Jiminez-Gomez, *et al.*, 2022; Liu, Wei and Russell, 2023), meaning that the findings may not transpose directly onto other gender groups, and highlights the need for studies to explore self-compassion in more gender-diverse populations.

Lack of ethnic diversity was also an issue, with many of the same studies limited in this respect along with gender (Neff and Germer, 2013; Smeets, *et al.*, 2014; Dundas, *et al.*, 2017; Mantelou and Karakasidou, 2017; Williamson, 2020; Nadeau, Caporale-Berkowitz and Rochlen, 2021; Liu, Wei and Russell, 2023; Seekis and Kennedy, 2023). Furthermore, Liu, Wei, and Russell (2023) raised the important issue that many of the research instruments used in their study (and many studies) may have been designed with dominant cultural groups in mind, which demonstrates a limitation of the research instrument level before they are even employed. The design of self-compassion interventions for singer-songwriter populations should bear in mind what Liu, Wei, and Russell (2023) highlight regarding potentially biased research instruments, with future research benefitting designing further instruments that are widely applicable to diverse cultural groups.

Finally, a lack of socioeconomic diversity is also present across the study populations (Jiminez-Gomez, *et al.*, 2022). For example, the sample in the Nadeau, Caporale-Berkowitz, and Rochlen (2021) study was 72% middle class (along with 82% white, and 89% heterosexual).

In summary, with the overwhelmingly homogenous samples used in the self-compassion interventions reviewed (predominantly female, white, and middle class), the ability to generalise these results to other populations is compromised, although this should not undermine the valuable insights gained so far. Resultingly, there is a well-substantiated need for future studies to be conducted using populations that are: gender diverse; ethnically diverse; and from a range of socioeconomic backgrounds.

Conclusion

From the literature reviewed, and subsequent themes generated, there is supporting evidence for developing self-compassion interventions in a singer-songwriter context to improve well-being and learning, as well as mitigate the potential impacts of perfectionism. The interventions reviewed were largely published in the last decade (2013-2024), thus informing the current nature of these conclusions. The review has detailed ways in which self-compassion can increase well-being, reduce mental health symptoms, and the emerging success of adapting programs into performance settings. Furthermore, there is evidence highlighting the gaps in the literature, in the case of methodology and diversity. Out of the interventions reviewed, only 6% were qualitative, with an overwhelming majority of 94% of interventions using quantitative methodologies which highlights the need for qualitative research in this area. Many studies were limited with respect to diversity, thus emphasising the need for diversification in terms of study populations used in future research. This review provides a basis from which to inform the development of a self-compassion intervention for singer-songwriters which draws on good practice from the MSC program, as well as more recent performance-specific interventions such as the RESET program (Kuchar, Neff, and Mosewich, 2023), with the aim of enhancing learning, well-being, and minimising the harmful effects of perfectionism.

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Appendices

Appendix 1

Keywords/phrases	Boolean search terms	Search date	Search engine/database	Filters	Results	Other location?	Notes	Included? (downloaded initially)	Excluded?
self-compassion AND perfect*	Y	8/10/24	UWTSD Library	Peer reviewed, english	170		The effects of a course-based mindfulness intervention on college student perfectionism, stress, anxiety, self-compassion, and social connectedness	27	34, from 7 cat.
self-compassion AND music*	Y	8/10/24	UWTSD Library	English, 2000-2025	54		Lots of papers I already have	0	
self-compassion AND singer-songwriters	Y	8/10/24	UWTSD Library		0				
"mindful self-compassion"	Y	8/10/24	UWTSD Library	peer-reviewed	102		Lots I already have or not relevant	0	
						publications on MSC, selfcompassion.org		25	
"self-compassion" AND creativ*	Y	8/10/24	UWTSD Library	Peer reviewed, english	65		Forward chaining Zabelina. Looked at 3 pages and moved on due to usual reasons	5	23, from 9 cat.
"self-kindness" AND music*	Y	8/10/24	UWTSD Library		1		Got it already	0	
"self-compassion" AND danc*				Peer reviewed, english	15		Got/not relevant	0	

Keywords/phrases	Boolean search terms	Search date	Search engine/database	Filters	Results	Other location?	Notes	Included? (downloaded initially)	Excluded?
"self-compassion" AND perform*					636		Got/not relevant , looked at 4 pages then moved on.	0	
					73	backward chaining 'nurturing self-compassionate performers'		2	
"self-compassion" AND excellen*					77		Did 3 pages, not very relevant	1	
"self-compassion" AND art* AND perfect*				Peer reviewed, english	170		Lots of repeats	0	
"self-compassion" AND self-critic*					0				
"self-compassion" AND conservato*					0				
self-compassion			APA Psych Books (UWTSD)		0				
			Mindfulness Journal (UWTSD)				Manually searching journal. Looked at 2024	2	
			Creativity Research Journal (UWTSD)				Manually searching journal. Looked at 2024 and 2023		
			Self and Identity Journal (UWTSD)				Manually searching journal. Looked at 2024 and 2023	2	

Appendix 2

Title	Citation	Location	Findings that relate to the research question	Document type	Methodology	Population	Notes	Included/ Excluded?	Why?	Reason for exclusion
RE-AUTHORING THE DEMANDS OF PERFECTIONISM: AN ART BASED STUDY IN SELF-COMPASSION	Gamble, 2020		Visual journaling shown to increase self-compassion, recommending that future research makes use of the MSC Neff and Germer program to be a more structured approach.	Master's Thesis			Mistakes in research design might have skewed the findings.	Excluded	Not a journal and not methodologically rigorous enough	Poor quality methodology
Resilience and Emotional Reactions to Failure Mediated by Self-compassion and Emotion Regulation in Martial Artists	Mohebi, et al., 2020		"This method emphasizes self-compassion and the reduction of maladaptive ER for better recovery of failure and reduces its effects."	Journal	Quantitative	Martial artists		Excluded	Focuses on measuring self-compassion levels rather than measuring the impacts of self-compassion interventions	Not a self-compassion intervention
The moderating effect of self-compassion on relationships between performance and subsequent coping and motivation	Barczak and Eklund, 2018		These findings support the inclusion of self-compassion in athletic training. The swimmers with higher levels of self-compassion than others were found to perceive their performance in a more positive light.	Journal	Quantitative	Competitive swimmers		Excluded	Focuses on measuring self-compassion levels rather than measuring the impacts of self-compassion interventions	Not a self-compassion intervention
The Role of Self-Compassion in Music Performance Anxiety	Sigurðardóttir, 2020		This study found that individuals with lower levels of self-compassion had higher levels of MPA. These early findings suggest that self-compassion may be a useful tool in management for MPA, although more research is needed in this area.	BSc thesis		Icelandic classical music performers (professionals and advanced students)	Finished during spring of 2020 which may have impacted the work.	Excluded	Focuses on measuring self-compassion levels rather than measuring the impacts of self-compassion interventions	Not a self-compassion intervention
THE VOICES OF CLASSICAL BALLET DANCERS: ALLEVIATING MALADAPTIVE PERFECTIONISM THROUGH RESILIENCE, MINDFUL LEARNING, AND SELF-COMPASSION	Kveton-Bohnert, 2017		This research promotes the need for classroom strategies to be developed which draw on mindfulness, growth mindset and self-compassion.	PhD Dissertation?		Ballet dancers and teachers (students and adults)		Excluded	Not a journal	Not a journal
The use of self-compassion techniques in elite footballers: mistakes as opportunities to learn	James, et al., 2022		This paper highlights the advantages of using self-compassion as a learning tool to mitigate the common impacts of self-criticism.	Narrative review, journal(?)		Football		Excluded	Performance (sport)	Not a self-compassion intervention
You have passion, but do you have self-compassion? Harmonious passion, obsessive passion, and responses to passion-related failure	Schellenberg, Bailis and Mosewich, 2016		This study finds that different types of passion play a role in how individuals engage with self-compassion in the circumstance of failure. "Harmonious passion predicts greater use of self-compassion and lower levels of fear of self-compassion follow- ing failure, while obsessive passion predicts lower levels of self-compassion and greater levels of fear of self-compassion."	Journal	Quantitative	Undergraduate students		Excluded	Focuses on measuring self-compassion levels rather than measuring the impacts of self-compassion interventions	Not a self-compassion intervention
Anxiety and Depression Symptom Level and Psychotherapy Use Among Music and Art Students Compared to the General Student Population	Vaag, Bjerkeset and Sivertsen, 2021	Norway	The findings remain consistent with the previous literature (showing higher rates of mental health issues in the musician population when compared with the general workforce), demonstrating that the same issues are present at a student level before entering the professional workforce. This paper supports the notion that preventative strategies are used in music education, as well as in the wider music industry.	Journal	Quantitative	Music and art students	Paper about musician mental health. Rationale.	Excluded	Not relevant for review, but probably useful for rationale	Not self-compassion specific
Perfectionism, Fear of Failure, and Affective Responses to Success and Failure: The Central Role of Fear of Experiencing Shame and Embarrassment	Sagar and Stoerber, 2009			Journal	Quantitative	University student athletes	Too old?	Excluded	Not relevant to self-compassion topic	Not self-compassion specific
The Relationship Between Self-Compassion and Well-Being: A Meta-Analysis	Zessin, Dickhäuser and Garbade, 2015		"The results clearly highlight the importance of self-compassion for individuals' well-being."	Journal, meta-analysis	Quantitative			Excluded	Relevant to improving mental health, with poor mental health often linked to perfectionism	Not a self-compassion intervention

Title	Citation	Location	Findings that relate to the research question	Document type	Methodology	Population	Notes	Included/ Excluded?	Why?	Reason for exclusion
Mechanisms of Change in the Relationship between Self-Compassion, Emotion Regulation, and Mental Health: A Systematic Review	Inwood and Ferrari, 2018		This study reviews the benefits of self-compassion in improving mental health. It finds that self-compassion may be a facilitator of 'adaptive emotion regulation', helping individuals to remain present while experiencing negative emotions which may mean these individuals are less likely to employ 'maladaptive strategies' to cope. "Explicitly cultivating self-compassion may be an efficacious treatment target for many mental health disorders."	Journal, systematic review				Excluded	Relevant to improving mental health, with poor mental health often linked to perfectionism	Not a self-compassion intervention
Women Athletes' Self-Compassion, Self-Criticism, and Perceived Sport Performance	Killham, et al., 2018		Further research into athletes' experiences of self-compassion is important (quant and qual). The study's findings show that self-compassion is found to influence how these female athletes perceive their performance, show it's important role.	Journal	Quantitative	female athletes		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Association of Self-Compassion With Suicidal Thoughts and Behaviors and Non-suicidal Self Injury: A Meta-Analysis	Suh and Jeong, 2021		Self-compassion shown to be negatively associated with suicidal thoughts and behaviours. More research needed	Journal, meta-analysis				Excluded	Relevant to improving mental health, with poor mental health often linked to perfectionism	Not a self-compassion intervention
Exploring compassion: A meta-analysis of the association between self-compassion and psychopathology	MacBeth and Gumley, 2012		This paper supports the previous literature linking higher levels of self-compassion with "lower levels of mental health symptoms".	Journal, meta-analysis				Excluded	Relevant to improving mental health, with poor mental health often linked to perfectionism	Not a self-compassion intervention
A Preliminary Exploration of the Application of Self-Compassion Within the Context of Sport Injury	Huysmans and Clement, 2017		There are some early findings that self-compassion is linked to more adaptive forms of coping with stressful situations, such as action/acceptance over avoidance-focused coping. Preliminary findings also suggest that self-compassion plays a role in minimising the experience of somatic anxiety and worry during stressful situations.	Journal	Quantitative	Sports		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Narratives of adolescent women athletes' body self-compassion, performance and emotional well-being	Eke, et al., 2020		This small qualitative study's findings support the literature that espouses self-compassion to be effective in "regulating emotions and sport performance perceptions".	Journal	Qualitative	adolescent female athletes	Thematic analysis, not Braun and Clarke, for participant data	Included	Performance (sport)	
Reductions in experiential avoidance explain changes in anxiety, depression and well-being after a mindfulness and self-compassion (MSC) training	Yela, et al., 2021	Spain and Portugal	"Following MSC training, participants increased their levels of self-compassion, reduced experiential avoidance, and enhanced mental health (i.e., anxiety and depression symptoms) and well-being scores. Increases in self-compassion were associated with decreases in experiential avoidance, which in turn were connected with changes in anxiety, depression, and well-being from pre- to post-training."	Journal	Quantitative	Adults		Included	Highly relevant MSC intervention seeking to improve mental health outcomes	
Self-Compassion: An Alternative Conceptualization of a Healthy Attitude Toward Oneself	Neff, 2003		Key paper which introduces Neff's self-compassion model	Journal			Pearl, most likely, probably good to forward chain	Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Self-compassion and Psychological Distress in Adolescents—a Meta-analysis	Marsh, Chan and MacBeth, 2018		"We conclude that self-compassion may be an important factor to target in psychological distress and well-being interventions for youth."	Journal, meta-analysis				Excluded	Relevant to improving mental health, with poor mental health often linked to perfectionism	Not a self-compassion intervention
Self-Compassion and Time Perception of Past Negative Events	Miyagawa and Taniguchi, 2020	Japan	The findings suggest that individuals with higher levels of self-compassion are likely to view negative past events more distantly, which means they might not be as negatively impacted by thinking about these types of events as other individuals.	Journal	Quantitative	Undergraduate psychology students		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention

Title	Citation	Location	Findings that relate to the research question	Document type	Methodology	Population	Notes	Included/ Excluded?	Why?	Reason for exclusion
Self-compassion in medical students: a pilot study of its association with professionalism pressure	Svetlák, et al., 2021		performance pressure to be a 'good doctor' and how self-compassion mediates this.	Journal(?)	Quantitative	Medical students	Possibly not relevant field enough	Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Self-compassion, social rank, and psychological distress in athletes of varying competitive levels	Walton, et al., 2020		Unlike other studies, these findings suggest that athletes may be open to self-compassion, and that the use of self-compassion to lower self-criticism may be beneficial.	Journal	Quantitative	recreational and competitive athletes		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
The Development and Validation of a Scale to Measure Self-Compassion	Neff, 2003		"Results indicate that self-compassion is significantly correlated with positive mental health outcomes such as less depression and anxiety and greater life satisfaction."	Journal	Quantitative	Undergraduate students		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
The forest and the trees: Examining the association of self-compassion and its positive and negative components with psychological functioning	Neff, et al., 2018		Micro and macro look at self-compassion, linking to 'healthy psychological functioning'.	Journal	Quantitative	Adults		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
The Mediating Role of Self-compassion in Student Psychological Health	Fong and Loi, 2015		These findings supports the previous literature which posits that self-compassion can be a protective factor in the mental health of students. This study also suggest the use of self-compassion in improving mental health of students may be beneficial.	Journal	Quantitative	Tertiary students		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Moderating the Role of Self-Compassion in the Relationship Between Perfectionism and Depression	Abdollahi. Allen and Taheri, 2020	Iran	"The findings showed that self-compassion could decrease the effects of evaluative concerns perfectionism on depression."	Journal	Quantitative	Depressed inpatients (hospital)		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
The Relationship between Self-compassion and Academic Achievement for Sport Science Students	Al-Awamleh, 2020	Jordan	"females reported higher levels of self-compassion than males."	Journal(?)	Quantitative	Undergraduate sport science students		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Self-Handicapping Among University Students: The Role of Procrastination, Test Anxiety, Self-Esteem, and Self-Compassion	Yildirim, 2019	Turkey	"Self-handicapping decreases with increased self-compassion."	Journal(?)	Quantitative	Undergraduate students		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
What Can Affect Competition Anxiety in Athletes? The Role of Self-Compassion and Repetitive Negative Thinking	Casali and Ghisi, 2021	Italy	These findings show that 'trait competition anxiety' in athletes is "associated inversely with self-compassion". Further to this, female athletes, as well as less experienced athletes, may be more likely to experience competition anxiety.	Journal(?)	Quantitative	Athletes		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Self-Compassion and Psycho-Physiological Recovery From Recalled Sport Failure	Ceccarelli, et al., 2019	Canada	"Results suggest that self-compassion promotes adaptive physiological and psychological responses in athletes relative to a recalled sport failure and may have implications for performance enhancement, recovery and health outcomes. Further, addressing athletes' fears of self-compassion may also be important in promoting optimal psychological recovery."	Journal	Quantitative	University/National-level athletes	Strong study	Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention

Title	Citation	Location	Findings that relate to the research question	Document type	Methodology	Population	Notes	Included/ Excluded?	Why?	Reason for exclusion
Mindfulness, self-compassion, resiliency and wellbeing in higher education: a recipe to increase academic performance	Egan, et al., 2021	West Midlands, UK	This study sought to investigate the relationship between well-being and academic performance in undergraduate students in the UK. Findings suggest that self-compassion (and mindfulness) are associated with improved academic performance, supporting the application of appropriate interventions in these settings. The authors highlight the relevance especially in terms of how students respond to assessment feedback, which is often rated the lowest on the NSS. There is also support for exploring this area qualitatively to gain further insights on the barriers faced by students.	Journal	Quantitative	Undergraduate students	Pearl text. Cool research design. Might be a good example for TL projects. Good link to Hubble and Bolton (2019) paper on mental health in HE. Send to JT. Might be good for justifying our work and the inclusion of TL wide and offer holder tutorials.	Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Self-Compassion or Self-Criticism? Predicting Women Athletes' Psychological Flourishing in Sport in Canada	Ferguson, et al., 2021	Canada	"The results suggest that self-compassion may have an enduring and adaptive contribution to some dimensions of psychological flourishing in sport. Intentionally implementing self-compassion interventions at the start of women athletes' competitive seasons may have merit on the trajectory of their well-being."	Journal	Quantitative	Competitive women athletes		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Self-compassion moderates the perfectionism and depression link in both adolescence and adulthood	Ferrari, et al., 2021	Australia	The results of this study show that self-compassion moderates the relationship between perfectionism and depression in both adolescents and adults, as well as supports the application of appropriate interventions and future research in this area.	Journal(?)	Quantitative	Adolescents and adults	Maybe a pearl	Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
The Effects of Motivational Self-Talk on Competitive Anxiety and Self-Compassion: A Brief Training Program among Competitive Swimmers	Georgakaki and Karakasidou, 2017	Greece	Motivational self-talk has been found here to increase self-compassion levels.	Journal(?)	Quantitative	Competitive swimmers		Excluded	Potentially excluded as it is more to do with something that increases self-compassion rather than self-compassion having an impact on something.	Not a self-compassion intervention
The Role of Self-Compassion in Goal Pursuit and Well-Being Among University Freshmen	Hope, Koestner and Milyavskaya, 2014	Canada	This study shows that self-compassion may act as a form of protection for moments where goals are not met. It was also shown to have other positive impacts such as "life satisfaction, identity development and decreases in negative affectivity".	Journal	Quantitative	Undergraduate students		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Don't be so hard on yourself! Changes in self-compassion during the first year of university are associated with changes in well-being	Gunnell, et al., 2016 (or maybe 2017)	Canada	"Increases in self-compassion during the first year of university were associated with increases in well-being and decreases in negative affect because students experienced increases in perceptions of competence, autonomy, and relatedness. Enhancing students' self-compassion during the first year of university represents a viable option for university initiatives seeking to positively affect the well-being of students."	Journal	Quantitative	Undergraduate students		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Self-compassion and repetitive thinking in relation to depressive mood and fear of the future	Jansen, 2021	Germany	"The results show an association between the negative scale of self-compassion and depressive mood as well as fear of the future."	Journal	Quantitative	semiprofessional football players		Excluded	Results collected during the pandemic means it may be an unusual time which might bias results	Poor quality methodology
Effectiveness of the Mindfulness-Based Stress Reduction (MBSR) vs. the Mindful Self-Compassion (MSC) Programs in Clinical and Health Psychologist Trainees	Jimenez-Gomez, et al., 2021		"MBSR and MSC could contribute to prevent mental health problems in this population." Also, there is support here for qualitative study to gain a deeper understanding.	Journal	Quantitative	Students		Included	Highly relevant MSC intervention seeking to improve mental health outcomes	

Title	Citation	Location	Findings that relate to the research question	Document type	Methodology	Population	Notes	Included/ Excluded?	Why?	Reason for exclusion
Investigating the Relationship Between Perfectionism and Self-Compassion: Research Protocol	Linnett and Kibowski, 2017			Journal Proposal?				Excluded	Not a journal	Not a journal
Self-Compassion as a Mediator of Maladaptive Perfectionism and Depressive Symptoms in College Students	Mehr and Adams, 2016	USA	"Our findings suggest that self-compassion may buffer the influence of such maladaptive perfectionism on depressive symptoms in the college student population."	Journal	Quantitative	Students	Highly relevant to research question: self-compassion, perfectionism and mental health outcomes	Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Is perfectionism always unhealthy? Examining the moderating effects of psychological flexibility and self-compassion	Ong, et al., 2021	USA	"Our results support the utility of practicing psychological flexibility and/or self-compassion for people with average and high levels of perfectionism"	Journal	Quantitative	Undergraduate students	Highly relevant to research question: self-compassion, perfectionism and mental health outcomes	Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
The role of psychological inflexibility and self-compassion in acceptance and T commitment therapy for clinical perfectionism	Ong, et al., 2019	USA		Journal	Quantitative	Adults		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Perfectionism, (self-)compassion, and subjective well-being: A mediation T model	Stoerber, Lalova and Lumley, 2020		"Self-oriented and socially prescribed perfectionism showed negative relationships with self-compassion...both self-compassion and compassion for others positively predicted Subjective well-being (SWB)...The findings suggest that (self-)compassion may explain why some dimensions of perfectionism show negative relationships with SWB."	Journal	Quantitative	Undergraduate students	Highly relevant to research question: self-compassion, perfectionism and mental health outcomes	Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
What Predicts Meaning in Life? The Role of Perfectionistic Personality and Self-Compassion	Suh and Chong, 2021		Self-compassion is linked here to meaning in life, but the authors do not see the need to use self-compassion to promote meaning in life for perfectionists.	Journal	Quantitative	Community adults	Findings counter what usually comes up in the literature. Relevance to research question: self-compassion and perfectionism	Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Self-critical perfectionism and lower mindfulness and self-compassion predict anxious and depressive symptoms over two years	Tobin and Dunkley, 2021		The authors recommend developing mindfulness and self-compassion to reduce distress in perfectionistic individuals.	Journal	Quantitative	Community adults	Highly relevant to research question: self-compassion, perfectionism and mental health outcomes	Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Self-compassion mediates the perfectionism and depression link on Chinese undergraduates	Wei, et al., 2021	China	This study highlighted the mediating role that self-compassion can play between perfectionism and depression. The authors recommend self-compassion interventions to improve the mental health of tertiary students, as well as the need to explore this in future studies.	Journal	Quantitative	University students	Highly relevant to research question: self-compassion, perfectionism and mental health outcomes	Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
"Silence! The body is speaking" – a correlational study of personality, perfectionism, and self-compassion as risk and protective factors for psychosomatic symptoms distress	Yeshua, Zohar and Berkovich, 2019		"Despite the limitations of the study, the present study has a new and important finding. While psychosomatic distress is exacerbated as the level of perfectionism increases for people with low self-compassion, for people with high self-compassion, there is a moderation and a decline in the correlation between perfectionism and psychosomatic distress."	Journal	Quantitative	Community adults	Highly relevant to research question: self-compassion, perfectionism and mental health outcomes	Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
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	Gard, et al., 2012	Boston	"In summary, our data suggest that participation in the yoga-based Kripalu Semester Intensive program results in increases in quality of life, mindfulness, self-compassion, and decreases in perceived stress in young adults."	Journal	Quantitative	University students		Excluded	More to do with developing self-compassion, rather than what self-compassion is and can do.	Not a self-compassion intervention

Title	Citation	Location	Findings that relate to the research question	Document type	Methodology	Population	Notes	Included/ Excluded?	Why?	Reason for exclusion
A multidimensional approach to perfectionism and self-compassion	Linnett and Kibowski, 2020		"In conclusion, this study has extended current knowledge of how high levels of some forms of perfectionism can have a significant detrimental effect on the development and maintenance of a self-compassionate mindset"	Journal	Quantitative	Adults		Excluded	More to do with developing self-compassion, rather than what self-compassion is and can do.	Not a self-compassion intervention
A naturalistic study of yoga, meditation, self-perceived stress, self-compassion, and mindfulness in college students	Gorvine, et al., 2019	USA	"This study provides preliminary evidence that yoga and meditation classes increase both self-compassion and mindfulness, and may help to reduce stress among college students."	Journal	Quantitative	Undergraduate students		Excluded	More to do with developing self-compassion, rather than what self-compassion is and can do.	Not a self-compassion intervention
A Pilot Study of the 8-Week Mindful Self-Compassion Training Program in a Chinese Community Sample	Finlay-Jones, et al., 2018	China	Some support for MSC	Journal	Quantitative	Adults		Included	Highly relevant MSC intervention seeking to improve mental health outcomes	
A Review of Self-Compassion as an Active Ingredient in the Prevention and Treatment of Anxiety and Depression in Young People	Egan, et al., 2022		This review presents key findings in current literature, such as supporting the idea that self-compassion interventions are linked to lowering anxiety and depression in young people. Furthermore, young people consulted during this study highlight the need for interventions to be accessible and inclusive to all types of people. There were also some comments surrounding the language used by researchers/adults. Support is shown for future studies using qualitative methodology.	Journal? systematic review			Really useful example of a review and table of literature. Some examples of arguments against	Excluded	Relevance to research question population: young people	Not a self-compassion intervention
A Systematic review and meta-analysis on the effectiveness of self-compassion interventions for changing university students' positive and negative affect	Póka, Fodor, Barta and Méro, 2024		This study supports previous literature finding that self-compassion interventions may be less effective in lowering psychological distress in university student populations than the general public. The authors suggest that studies may have publication bias.	Journal? Review			Counter argument sort of	Excluded	Relevance to research question population: undergraduate students	Not a self-compassion intervention
A Meta-analysis of Loving-Kindness Meditations on Self-Compassion	Reilly and Stuyvenberg		Use of Loving Kindness Meditation found to promote self-compassion and therefore well-being.	Journal			Meta-analysis	Excluded	More to do with developing self-compassion, rather than what self-compassion is and can do.	Not a self-compassion intervention
Commentary Regarding Wilson et al. (2018) BEffectiveness of 'Self-Compassion' Related Therapies: a Systematic Review and Meta-analysis. ^ All Is Not as It Seems	Kirby and Gilbert, 2019		Contesting a paper and saying that some studies included in the meta-analysis lack methodological rigour. These authors encourage tailored self-compassion interventions.	Journal			Link to Wilson 2019 paper	Excluded		Not a self-compassion intervention
Effectiveness of a Method for Teaching Self-Compassion to Communication Sciences and Disorders Graduate Students	Beck and Verticchio, 2018		Focuses on increasing self-compassion	Journal				Excluded	More to do with developing self-compassion, rather than what self-compassion is and can do.	Not a self-compassion intervention
Common humanity in the classroom: Increasing self-compassion and coping self-efficacy through a mindfulness-based intervention	Taylor, Kennedy, Lee and Waller, 2022	USA	"These findings suggest that incorporation of Mindfulness-base interventions (MBIs) into the classroom can be an effective strategy to enhance the well-being of college students."	Journal	Quantitative	Undergraduate students	Interesting and useful study	Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Effectiveness of Self-Compassion Related Therapies: a Systematic Review and Meta-analysis	Wilson, Mackintosh, Power and Chan, 2019			Journal			Review that has been critiqued by Kirby and Gilbert (2019)	Excluded		Not a self-compassion intervention
More Purpose in Life and Less Novelty Seeking Predict Improvements in Self-Compassion During a Mindfulness-Based Intervention: The EXMIND Study	Akase, et al., 2020	Japan	Focuses on increasing self-compassion	Journal	Quantitative	Adults		Excluded	More to do with developing self-compassion, rather than what self-compassion is and can do.	Not a self-compassion intervention

Title	Citation	Location	Findings that relate to the research question	Document type	Methodology	Population	Notes	Included/ Excluded?	Why?	Reason for exclusion
Group mindful self-compassion training to improve mental health outcomes for LGBTQIA+ young adults: Rationale and protocol for a randomised controlled trial	Finlay-Jones, et al., 2021	Australia	"Videoconference Mindful Self-Compassion training has the potential to improve the mental health of Australian LGBTQIA+ young adults and provide a possible cost-effective, scalable intervention for this population."	Journal?	Mixed Methods	LGBTQIA+ young adults (18-25)	Thematic analysis for participants, but not much info on this	Excluded	Highly relevant MSC intervention seeking to improve mental health outcomes	Not a study
Increasing Self-Compassion: Review of the Literature and Recommendations	Stutts, 2022		"Self-compassion is a valuable tool that individuals can use to cope with mistakes, failure, and/or rejection...Ultimately, continuing this research is beneficial as self-compassion can improve the psychological functioning of individuals in our society."	Journal				Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
A daily diary study of the relationships among daily self-compassion, perceived stress and health-promoting behaviours	Li, et al., 2020	China	"These results suggest that, both short-term inter- ventions aiming at increasing state self-compassion and long-term interventions aiming at increasing trait self-compassion can benefit one's eating behaviours through the reduction of stress."	Journal	Quantitative			Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Meeting Suffering With Kindness: Effects of a Brief Self-Compassion Intervention for Female College Students	Smeets, Neff, Alberts and Peters, 2014	Europe	"Results showed that the self-compassion intervention led to significantly greater increases in self-compassion, mindfulness, optimism, and self-efficacy, as well as significantly greater decreases in rumination in comparison to the active control intervention...These findings suggest that a brief self-compassion intervention has potential for improving student resilience and well-being."	Journal	Quantitative	Female university students		Included	Highly relevant MSC intervention seeking to improve mental health outcomes	
Improving Women's Self-Compassion Through an Online Program: A Randomized Controlled Trial	Nadeau, Caporale-Berkowitz and Rochlen, 2021		"The findings of this study indicate that women with subclinical levels of distress can effectively develop self-compassion with the use of a stand-alone, scalable, and self-paced online course. Yourself Truly and similar programs may constitute a valuable mental health resource for those who cannot afford or access traditional psychotherapy."	Journal	Quantitative	Women		Included	relevant self-compassion intervention seeking to improve mental health outcomes	
Mindfulness Group Work: Preventing Stress and Increasing Self-Compassion Among Helping Professionals in Training	Newsome, Waldo and Gruszka, 2012		Focuses on increasing self-compassion	Journal	Quantitative, possibly mixed methods	University students		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Developing Self-Compassion Online: Assessing the Efficacy and Feasibility of a Brief Online Intervention	Northover, Deacon, King and Irons, 2021		"This study found promising results for the effectiveness of this new online training programme in cultivating self-compassion and improving the mental health of the general population."	Journal	Quantitative			Included	relevant self-compassion intervention seeking to improve mental health outcomes	
Self-Compassion and Happiness: Exploring the Influence of the Subcomponents of Self-Compassion on Happiness and Vice Versa	Pastore, Brett and Fortier, 2023	Canada	"The results revealed that total self-compassion positively predicted happiness; however, the influence of happiness on self-compassion appeared to be stronger, likely due to the fact that it is a more stable global construct. Results also showed that mindfulness was the strongest contributor of the subcomponents to influence happiness. Conversely, happiness also positively impacted self-compassion, with the strongest influence being on reduced feelings of isolation."	Journal	Quantitative	Adults	Good example of writing about purpose and research question	Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention

Title	Citation	Location	Findings that relate to the research question	Document type	Methodology	Population	Notes	Included/ Excluded?	Why?	Reason for exclusion
Effects of mindfulness-based cognitive therapy on shame, self-compassion and psychological distress in anxious and depressed patients: A pilot study	Proeve, Anton and Kenny, 2018	Australia	"Our preliminary findings suggest that mindfulness-based approaches may be helpful in increasing self-compassion and reducing shame-proneness in mixed groups of anxious and depressed patients."	Journal	Quantitative			Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Does Self-Compassion Protect Adolescents from Stress?	Bluth, et al., 2016		"Findings support the potential buffering effect that self-compassion may have in protecting adolescents from social stressors; yet more research needs to be conducted in larger samples to confirm and replicate these findings."	Journal	Quantitative	Adolescents 13-18		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Does a short self-compassion intervention for students increase healthy self-regulation? A randomized control trial	Dundas, Binder, Hansen and Stige, 2017		"shows that a short self-compassion intervention can increase students' self-compassion, enhance healthy forms of self-regulation, and improve their mental health...Importantly, the study provides evidence against the prejudice that self-compassion reduces motivation and a sense of agency."	Journal	Quantitative	University students		Included	relevant self-compassion intervention seeking to improve mental health outcomes	
Self-Compassion Interventions and Psychosocial Outcomes: a Meta-Analysis of RCTs	Ferrari, et al., 2019		"This review supports the efficacy of self-compassion-based interventions across a range of outcomes and diverse populations" Also mentions that publication bias may have been present.	Journal	Quantitative			Included	relevant review of self-compassion interventions	
Self-Compassion Mediates Improvement in Well-being in a Mindfulness-Based Stress Reduction Program in a Community-Based Sample	Evans, Wyka, Blaha and Allen, 2018		"These results suggest that mindfulness may provide a pathway to cultivating self-compassion in MBSR, which may be associated with enhanced well-being."	Journal	Quantitative	Adults		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
A self-regulation resource model of self-compassion and health behavior intentions in emerging adults	Sirois, 2015	Canada	"Interventions aimed at increasing self-compassion in emerging adults may help promote positive health behaviors, perhaps through increasing self-regulation resources."	Journal	Quantitative	Emerging adults 18-25		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
The Effectiveness of a Brief Self-Compassion Intervention Program on Self-Compassion, Positive and Negative Affect and Life Satisfaction	Mantelou and Karakasidou, 2017	Greece	This study found that by using a self-compassion based intervention there were increases in self-compassion, life satisfaction and positive affect. Furthermore, there were decreases in negative affect. It also showed that individuals with higher self-compassion had higher levels of positive affect. The findings from this study support the literature stating self-compassion to be a beneficial skill to develop in terms of improved impacts on mental health.	Journal?	Quantitative	University students		Included	relevant self-compassion intervention seeking to improve mental health outcomes	
The effects of a program to enhance self-compassion in Japanese individuals: A randomized controlled pilot study	Arimitsu, 2016	Japan	"the current study showed that enhancing self-compassion increased various markers of resilience, such as self-compassion and self-esteem, and reduced a variety of negative emotions."	Journal	Mixed methods?			Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Using acceptance and commitment therapy to increase self-compassion: A randomized controlled trial	Yadavaia, Hayes and Vliardaga, 2014	USA	Focuses on increasing self-compassion	Journal	Quantitative	University students		Excluded	More to do with developing self-compassion, rather than what self-compassion is and can do.	Not a self-compassion intervention
Effects of a Self-Compassion Break Induction on Self-Reported Stress, Self-Compassion, and Depressed Mood	Williamson, 2020	USA	The findings of this study did not support the hypothesis, although this could be due to study limitations.	Journal?	Quantitative	University students	possibly a counter argument	Included	relevant self-compassion intervention seeking to improve mental health outcomes	

Title	Citation	Location	Findings that relate to the research question	Document type	Methodology	Population	Notes	Included/ Excluded?	Why?	Reason for exclusion
The effects of a course-based mindfulness intervention on college student perfectionism, stress, anxiety, self-compassion, and social connectedness	Bearden, et al., 2024	Canada	The findings of this study showed that incorporating mindfulness practices in the university student population led to lower levels of perfectionism, stress and anxiety. Furthermore, it increased mindfulness, self-compassion and social connectedness. Despite that, there were some less expected findings that social connectedness also increased in the control group, which provides some opposition to the literature. Nevertheless, the authors recommend the use of mindfulness practices in university level students to increase well-being.	Journal?	Quantitative	Undergraduate students	Maybe a pearl? Some good references to backward chain. Useful analysis of the literature	Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Self-Compassion as a Moderator in the Relationships of Excellencism and Perfectionism with Indicators of Mental Health	With, Benoît and Gaudreau, 2024	USA, UK and Canada	The authors here found that firstly it is important to promote excellencism instead of perfectionism, as this will have better mental health outcomes for students. This is based on the findings of the study which showed that the pursuit of perfection resulted in "significantly higher psychological distress" when compared with the pursuit of excellence. Additionally, when perfectionists practice self-compassion they are likely to lower their levels of stress, anxiety and depression.	Journal	Quantitative	University students	Pearl and good review of the literature	Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
The relationship between perfectionism and interpersonal sensitivity with self-compassion in university students: the mediation of repetitive negative thinking	Neshat, Bijari and Dehshiri, 2024	Tehran	"In conclusion, the findings provide preliminary evidence for how perfectionism may inhibit or promote self-compassion,...perfectionism and interpersonal sensitivity demonstrate a negative direct relationship with self-compassion...the relationship between perfectionism and interpersonal sensitivity with self-compassion is not straightforward"	Journal?	Quantitative	University students		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
What is compassion and how can we measure it? A review of definitions and measures	Strauss, et al., 2016						Possibly some counter analyses, as well as helpful definitions, but focused on compassion in general	Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
"I Need to Be Perfect or Else the World's Gonna End": A Qualitative Analysis of Adolescent Perfectionists' Expression and Understanding of Their Perfectionism	Molnar, et al., 2023	Canada	"Our findings suggest that perfectionists, at least in adolescence, do not simply want to be perfect but are driven by an all-consuming need to be perfect. Therefore, we recommend moving beyond wording that suggests the pursuit of perfection is a want or desire and towards the use of language that recognizes it as an underlying psychological need...As such, we recommend shifting away from definitions of perfectionism that tend to focus on narrower facets of perfectionism and towards using a broader definition that is open to interpretation of the complexities of the experience of adolescent perfectionism. An existing definition that would address this concern would be to frame perfectionism as "requiring perfection of the self and/or others" (Hewitt & Flett, 1991)."	Journal?	Qualitative	Adolescent perfectionists	Lists some qualitative studies on perfectionism. Read properly soon. Thematic analysis for participant data	Excluded	Not adressing self-compassion enough	Not self-compassion specific

Title	Citation	Location	Findings that relate to the research question	Document type	Methodology	Population	Notes	Included/ Excluded?	Why?	Reason for exclusion
Moderating Role of Self-Compassion in the Relationships Between the Three Forms of Perfectionism with Anger, Aggression, and Hostility	Abdollahi, et al., 2023	Iran	"Results suggest that interventions designed to enhance self-compassion may be effective in reducing expressions of aggression in Iranian undergraduate students who have high other-oriented and socially prescribed perfectionism."	Journal?	Quantitative	Undergraduate students		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Associations between perfectionism and symptoms of anxiety, obsessive-compulsive disorder and depression in young people: a meta- analysis	Lunn, Greene, Callaghan and Egan, 2023		"The findings highlight the substantial link between perfectionistic concerns and psychopathology in young people, and to a smaller extent perfectionistic strivings, anxiety, and OCD. The results indicate the importance of further research on early intervention for perfectionism to improve youth mental health."		Quantitative			Excluded	Not addressing self-compassion enough	Not self-compassion specific
MINDFULNESS IN CLASSROOM: EFFECT OF A MINDFULNESS-BASED RELAXATION CLASS ON COLLEGE STUDENTS' STRESS, RESILIENCE, SELF-EFFICACY AND PERFECTIONISM	Vidic and Cherup, 2019		"The results of this study provide encouraging results regarding utilization of mindfulness interventions that are a part of academic curriculum as a potential way of benefiting the students. University settings are encouraged to consider utilizing mindfulness-based courses as a part of students' academic curriculum."	Journal	Quantitative	Undergraduate students		Excluded	Not addressing self-compassion enough	Not self-compassion specific
Mindfulness-Based Cognitive Therapy Versus Pure Cognitive Behavioural Self-Help for Perfectionism: a Pilot Randomised Study	James and Rimes, 2018		"this study suggests that MBCT shows promise as an intervention for students experiencing difficulties as a result of perfectionism"	Journal	Quantitative	University students		Excluded	Not addressing self-compassion enough	Not self-compassion specific
Reducing Levels of Perfectionism in Gifted and Talented Youth Through a Mindfulness Intervention	Olton-Weber, Hess and Ritchotte, 2020		"Findings from this study lend credence to the hypothesis that youth who are gifted and talented may be struggling with heightened levels of self-oriented perfectionism as compared with their non-identified peers...Overall, this study supports the potential for mindfulness programming to help reduce some types of perfectionistic cognitions among gifted students."	Journal?	Quantitative	Middle school students		Excluded	Not addressing self-compassion enough	Not self-compassion specific
Perfectionism: a challenging but worthwhile research area for educational psychology	Starley, 2019		"There is strong evidence for perfectionism presenting greater risk than benefit to the individual, with a need to distinguish perfectionism from high achievement." There is also a model proposed in this paper which describes how perfectionism is used as a coping strategy. Roots, seed, stem and leaves	Journal			Definitely come back to this proposed model of coping with perfectionism	Excluded	Not addressing self-compassion enough	Not self-compassion specific
Perfectionism and negative repetitive thoughts: Examining a multiple mediator model in relation to mindfulness	Short and Mazmanian, 2013	Canada	"Our findings suggest that perfectionists who worry and/or ruminate are more susceptible to experiencing psychological distress. However, high levels of dispositional mindfulness appear to be a protective factor for perfectionists. That is, rumination might not contribute to distress for perfectionists who are high in mindfulness—a mode of mind that is incompatible with ruminative thought."	Journal	Quantitative	University students		Excluded	Not addressing self-compassion enough	Not self-compassion specific
The Effect of Perfectionism, Social Comparison and Gratitude on Body Dissatisfaction Among Female Students	Shofiyah and Sovitirina, 2021	Indonesia		Journal?		Early adult female students 19-25	Pandemic disrupted the study so probably exclude	Excluded	Not addressing self-compassion enough	Not self-compassion specific

Title	Citation	Location	Findings that relate to the research question	Document type	Methodology	Population	Notes	Included/ Excluded?	Why?	Reason for exclusion
A Randomized Control Trial of a Brief Self-Compassion Intervention for Perfectionism, Anxiety, Depression, and Body Image	Woodfin, Molde, Dundas and Binder, 2021	Norway	"Results of the ANOVA showed significant post-intervention reductions in maladaptive perfectionistic tendencies and symptoms of depression and anxiety, in addition to increased self-compassion and improved body image in the intervention group as compared to the wait-list group...The study adds to the literature on the positive effects of mindfulness and self-compassion based interventions, by showing that even a short 3-week mindfulness/self-compassion intervention can have positive effects on students' perfectionism, as well as on anxiety and depression in a university setting. Interestingly, the intervention reduced negative perfectionism, more than it affected perfectionistic strivings."	Journal	Quantitative	University students	This is the right population and intervention	Included		
The Roles of Self-Compassion and Self-Coldness in the Relationships Between Inferiority and Stress and Anxiety Among Gifted Adolescents	Kara, Çimsir and Açı, 2024	Turkey	"The findings not only emphasize that feeling inferior is associated with poorer mental health in gifted adolescents, but they also show that how gifted adolescents react to their feelings of inferiority, whether with self-compassion or self-coldness, plays an important role in the relationship between inferiority and mental health. By distinguishing between self-coldness and self-compassion, the results of this study can assist parents, researchers, and practitioners in improving their approach to addressing mental health issues among gifted adolescents."	Journal	Quantitative	Adolescents		Excluded	Not addressing self-compassion enough	Not self-compassion specific
Self-Compassion is Associated with Improved Well-Being and Healthier Cortisol Profiles in Undergraduate Students	Cowand, et al., 2024	USA	This study highlights the protective benefits of self-compassion through mindfulness practice on the mental health outcomes of university students facing stress.	Journal	Quantitative	Undergraduate students		Excluded	Not addressing self-compassion enough	Not self-compassion specific
Going for broke: Self-compassion, risky decision-making, and differences in problem gambling severity among undergraduates	Bailis, Single, Brais and Schellenberg, 2023		This study shows a link between self-compassion and risky behaviour such as gambling, in individuals who already display signs.	Journal	Quantitative	Undergraduate students	Possible counter argument to benefits of self-compassion	Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Self-compassion and social stress: Links with subjective stress and cortisol responses	Ketay, Beck and Dajci, 2023	USA	"The present study provides further support for the idea that higher levels of trait self-compassion are linked with lower subjective and physiological responses to stress and higher overall well-being."	Journal	Quantitative	University students		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
The impact of #beauty and #self-compassion tiktok videos on young women's appearance shame and anxiety, self-compassion, mood, and comparison processes	Seekis and Kennedy, 2023	Australia	The findings from this study highlight the potentially harmful impacts brief exposure to beauty related tik tok videos can have on young women's sense of body image. Furthermore, it highlights the importance of continued research into how positive videos and content may increase self-compassion and reduce "detrimental comparison" in young women. The study found that when viewing self-compassion videos, young women may get an increase in self-compassion themselves.	Journal	Quantitative	Female undergraduate students 17-25		Included	relevant self-compassion intervention seeking to improve mental health outcomes	
Don't Be So Hard on Yourself: Self-Compassion Facilitates Creative Originality Among Self-Judgmental Individuals	Zabelina and Robinson, 2010	USA	"Self-judgmental individuals displayed lower levels of creative originality in the control condition, but equal levels of creative originality in the self-compassion condition."	Journal	Quantitative	Undergraduate students		Excluded	Not enough focus on self-compassion specifically	Not self-compassion specific

Title	Citation	Location	Findings that relate to the research question	Document type	Methodology	Population	Notes	Included/ Excluded?	Why?	Reason for exclusion
Self-Compassion- Focused Writing Practices: A Systematic Review	Aydogdu and Dirik, 2022		"The results show that self- compassion- focused writing is a promising method."	Journal?				Excluded	relevant self-compassion intervention seeking to improve mental health outcomes	Not a self-compassion intervention
The creativity ethos: A palette of benevolent processes and outcomes	Kaufman and Glaveanu, 2023		About creativity being good for the world.	Journal?			Bit off topic	Excluded	Not addressing self-compassion enough	Not self-compassion specific
A Meta-Analysis of Compassion-Based Interventions: Current State of Knowledge and Future Directions	Kirby, Tellegen and Steindl, 2017			Journal?			compassion focused	Excluded	Not enough focus on self-compassion specifically	Not self-compassion specific
A Wait-List Randomized Controlled Trial of Loving-Kindness Meditation Programme for Self-Criticism	Shahar, et al., 2015		"These preliminary results suggest that LKM may be efficacious in alleviating self-criticism, increasing self-compassion and improving depressive symptoms among self-critical individuals."	Journal?	Quantitative	Adults		Excluded	Not addressing self-compassion enough	Not self-compassion specific
The relevance of self-compassion as an intervention target in mood and anxiety disorders: A narrative review based on an emotion regulation framework	Finlay-Jones, 2017		"An ER perspective may provide a useful framework for guiding research and clinical work on self-compassion and mood and anxiety disorders."	Journal?	Quantitative			Excluded	Not addressing self-compassion enough	Not self-compassion specific
Self-compassion and health-promoting lifestyle behaviors in college students	Gedik, 2019	Turkey	"Health behaviors positively correlated with self-kindness, common humanity, mindfulness, and total self-compassion but not with self-judgment, isolation, and over-identification...In the current study, self-kindness was found to be the strongest predictor of health behaviors...Finally, based on the findings of the current study, the mindful self-compassion (MSC) program developed by Neff and Germer (2003) can be adapted and tested for validity for health promotion."	Journal?	Quantitative	Undergraduate students		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Effectiveness of a Brief Online Mindfulness- Based Intervention for University Students	Fagioli, Pallini, Mastandrea and Barcaccia, 2023		"this study offers initial evidence on the effectiveness of brief online MBIs in enhancing students' attention resources, academic self-efficacy, and sense of community. Integrating these practices into college courses could be a very accessible way of incorporating mindfulness into college life and could help improve students' participation and overall academic success."	Journal	Quantitative	Undergraduate students		Excluded	Not addressing self-compassion enough	Not self-compassion specific
The effects of forest bathing on self-criticism, self-compassion, and self-protection: A systematic review	Szítás, Halamová, Ottingerová and Schroevers, 2024		"Results showed that exposure to nature in form of forest can reduce harmful psychological states including self-criticism, rumination, anxiety, and depression while increasing beneficial psychological states such as self-compassion, introspection, and mindfulness. Therefore, forest bathing can be seen as a promising supporting technique with mental health benefits."				Maybe a good example of a systematic review, with adequate methodology to draw on too	Excluded	Focuses on increasing self-compassion rather than measuring the impacts of self-compassion interventions	Not a self-compassion intervention
The effect of loving-kindness meditation on positive emotions: a meta-analytic review	Zeng, et al., 2015		"The present meta-analytic review confirmed that LKM interventions could enhance positive emotions in daily life and that the on-going practice of LKM could provide short-term positive emotions. Further analysis implied that (1) interventions focused on loving-kindness were more effective than interventions focused on compassion;"	Journal	Quantitative?		Counter argument to self-compassion efficacy?	Excluded	Not addressing self-compassion enough	Not self-compassion specific

Title	Citation	Location	Findings that relate to the research question	Document type	Methodology	Population	Notes	Included/ Excluded?	Why?	Reason for exclusion
Effects of online mindfulness-based interventions on the mental health of university students: A systematic review and meta-analysis	Gong, et al., 2023		"Based on the available studies, this meta-review shows that online MBIs may effectively improve depression, anxiety, stress, and mindfulness state among university students."	Journal	Quantitative			Excluded	Not addressing self-compassion enough	Not self-compassion specific
Mindfulness, Self-Efficacy, and Mental Health Among First-Year College Art and Design Students	Brosamle, et al., 2024	USA	"mindfulness was a statistically significant predictor of anxiety, stress, and depression,...The current findings support the use of mindfulness practice among art and design students. Colleges are encouraged to provide offerings aimed at increasing mindfulness."	Journal	Quantitative	University art students		Excluded	Not addressing self-compassion enough	Not self-compassion specific
Self-efficacy, mindfulness, and perceived social support as resources to maintain the mental health of students in Switzerland's universities of applied sciences: a cross-sectional study	Villegas-Frei, Jubin, Bucher and Bachmann, 2024	Switzerland	"These findings suggest that self-efficacy, mindfulness, and perceived social support are valuable resources for protecting students' mental health. Thus, implementing interventions aimed at reinforcing them, could support students in applied sciences all along their academic pathway, in their classes and during their professional work experience placements."	Journal?	Quantitative	University students		Excluded	Not addressing self-compassion enough	Not self-compassion specific
The effects of the Mindfulness, Acceptance and Self-Compassion in Sport (MASCs) program on the sport anxiety and self-compassion of elite tennis players	Terzioglu and çakır-çelebi, 2024		"The results showed that after the MASCs program, there was an increase in self-compassion and a decrease in somatic anxiety, worry, and concentration disruption sub-dimensions of sport anxiety in the experimental group...These findings suggest that elite athletes can improve their ability to cope with anxiety in sports by practicing mindfulness and self-compassion exercises."	Journal	Quantitative	Elite tennis players		Included	relevant self-compassion intervention seeking to improve mental health outcomes	
The road to greater well-being: exploring the impact of an undergraduate positive education course on university students' well-being	Pastore, McAllister and Fortier, 2023	Canada	"Analyses revealed that the course improved the students' SWB, self-compassion, mindfulness, and optimism...Our findings support positive education's effectiveness in enhancing student SWB and expand on the current literature by proposing novel mechanisms linking positive education to enhanced student SWB, self-compassion, mindfulness, and optimism."		Qualitative	Undergraduate students	Example of a qualitative study (might be relevant for module 6). RTA for interview analysis. USEFUL CODE TABLE	Excluded	Not addressing self-compassion enough	Not self-compassion specific
The Underlying Mechanism for Childhood Psychological Maltreatment and Self-Satisfaction: The Serial Mediating Roles of Self-Critical Rumination and Self-Compassion	Cecen and Gümüş, 2024		"The findings have implications for intervention programs, emphasizing the importance of addressing self-critical rumination and promoting self-compassion to enhance the well-being of individuals with a history of childhood maltreatment."	Journal	Quantitative	Adults		Excluded	Not addressing self-compassion enough	Not self-compassion specific
When depressed—be mindful of and kind to yourself: Self-compassion as mediator of change in a mindful depression treatment	Buxton, Hofheinz, Remmers and Michalak, 2024	Germany	"In summary, this randomized controlled study provides preliminary evidence for the idea that self-compassion mediates the effects of mindfulness-based treatments on depression severity. Correspondingly, our results support the potential important role that strengthening self-compassion plays in the treatment of depression."	Journal	Quantitative	Clinically depressed adults		Excluded	Not addressing self-compassion enough	Not self-compassion specific
Lesser degree of HR and HF-HRV recovery from an evaluative stressor is associated with higher levels of perfectionism and self-compassion	O'Brien, et al., 2023	USA		Journal	Quantitative	Undergraduate students		Excluded	Not addressing self-compassion enough	Not self-compassion specific

Title	Citation	Location	Findings that relate to the research question	Document type	Methodology	Population	Notes	Included/ Excluded?	Why?	Reason for exclusion
My inner perfectionist and nasty side! Self-compassion, emotional health, and subjective well-being in college students	Arslan, 2023	Turkey	"The results showed that dysfunctional parent modes significantly predicted emotional distress, but did not predict subjective well-being. Additionally, self-compassion was found to be predicted by dysfunctional parent modes. The findings also revealed that self-compassion mediated the relationship between dysfunctional parent modes and emotional distress and subjective well-being in college students. These results highlight the importance of self-compassion as a resilience factor in promoting emotional health and subjective well-being among college students. Therefore, incorporating self-compassion into the therapeutic process may be useful in improving mental health and well-being."	Journal	Quantitative	University students		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Self-compassion buffers the effects of perfectionistic self-presentation on social media on wellbeing	Keutler and McHugh, 2022		"self-compassion was found as a significant mediator of perfectionistic self-presentation on social media and wellbeing, indicating that self-compassion may buffer the effects perfectionistic self-presentation on social media has on wellbeing. Therefore, cultivating self-compassion may be a useful process of change to target for the treatment and prevention of perfectionistic self-presentation on social media."	Journal	Quantitative	Adults	Pearl. try tried to acces Rasmussen and Troilo (2016) but couldn't - check UWTSD emails from library. This paper (K&McHugh) is good for how to structure definitions and rationales, also provides more good stuff about social media - although watch out if this takes the topic too broad...	Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Examining the Relationship Between Maladaptive Perfectionism and Social Anxiety: The Mediating Role of Self-Compassion	Akkus, Vardar, Tuncel and Sütçü, 2023	Turkey	"Based on current findings, it can be suggested that future studies should consider self-esteem when examining the role of self-compassion and its relationship with various psychological problems."	Journal?	Quantitative	University students		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
The Influence of Positive and Negative Aspects of Perfectionism on Psychological Distress in Emerging Adulthood: Exploring the Mediating Role of Self-Compassion	Koutra, Mouatsou and Psoma, 2023	Greece	The results indicated that self-compassion mediated the association between positive and negative aspects of perfectionism and different dimensions of psychological distress (i.e., somatic symptoms, anxiety/insomnia, social dysfunction, and severe depression)		Quantitative	University students		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Using social cognition models to understand why people, such as perfectionists, struggle to respond with self-compassion	Biskas, Sirois and Webb, 2022	UK	"The results showed that participants were less likely to respond with self-compassion to lapses if they held negative beliefs about self-compassion and experienced difficulties enacting self-compassion. Participants high in perfectionistic concerns were more likely to have negative beliefs about self-compassion and experience difficulties enacting self-compassion."	Journal	Quantitative	Adults		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Effects of a Brief Self-Compassion Intervention for College Students With Impostor Phenomenon	Liu, Wei and Russell, 2023	USA	"Our findings suggested that impostor phenomenon and maladaptive perfectionism have been reduced by the brief self-compassion intervention."	Journal	Quantitative	University students		Included	relevant self-compassion intervention seeking to moderate perfectionism	

Title	Citation	Location	Findings that relate to the research question	Document type	Methodology	Population	Notes	Included/ Excluded?	Why?	Reason for exclusion
Well-Being and Perfectionism: Assessing the Mediatonal Role of Self-Compassion in Emerging Adults	Benedetto, Macidonio and Ingrassia, 2024		"Results suggest focusing on self-compassion as a buffer factor that reduces the negative impact of maladaptive perfectionism on psychological well-being...Results indicate a significant increase in self-compassion levels and a reduction of maladaptive perfectionism and anxiety/depression symptoms in the intervention group compared to the control (waiting list) group."	Journal	Quantitative	Adults		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Examining risk and resilience factors for depression: The role of self-criticism and self-compassion	Ehret, Joorman and Berking, 2015	Germany	"The findings provide support for the idea that increased self-criticism and decreased self-compassion place certain individuals at increased risk for experiencing depression repeatedly or chronically over the course of their lives."	Journal	Quantitative	Clinically depressed adults		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Self-Compassion as a Mediator Between Perfectionism and Life-Satisfaction Among University Students	Sahin, 2021	Turkey?	"results show that self-compassion fully mediates the relationship between maladaptive perfectionism and life-satisfaction."	Journal	Quantitative	University students		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
A preliminary investigation of the mediating roles of self-compassion and emotion dysregulation in the relationship between maladaptive perfectionism and obsessive-compulsive behaviors	Sher, Wooton and Paparo, 2024		"targeted interventions designed to improve self-compassion and support effective emotion regulation perhaps offer a promising avenue for OCD prevention among individuals high in maladaptive perfectionism."	Journal	Quantitative	University students		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Exploration of the Mediating Role of Self-Compassion and Mindfulness on Orthorexia Nervosa and Perfectionism	Kalika, Hussain, Egain and Mantzios, 2024	UK?	"In conclusion, ON is positively correlated with perfectionism and negatively correlated to mindfulness and self-compassion. The present study has also conducted a mediation analysis which revealed that mindfulness and self-compassion can successfully mediate the relationship between perfectionism and orthorexia nervosa."	Journal?	Quantitative			Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
The Role of Self-Compassion Among Adaptive and Maladaptive Perfectionists in University Students	Kawamoto, et al, 2023	USA	"Supporting the tripartite model, our findings indicate that adaptive perfectionists tend to be psychologically healthier than maladaptive perfectionists and that self-compassion plays a significant role in this difference."	Journal?	Quantitative	University students		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
The relationship between perfectionism and depressive symptoms among Chinese college students: The mediating roles of self-compassion and impostor syndrome	Liu, et al, 2023	China	"This study found that positive perfectionism and positive self-compassion can reduce depression in college students, while negative perfectionism, negative self-compassion and impostor syndrome can increase depression."	Journal?	Quantitative	University students		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
A compassion focused intervention for trait perfectionism in non-clinical settings: a pilot study	Birni and Satıcı, 2024		"perfectionism levels of the intervention group decreased and compassion levels increased...this pilot study, the compassion-focused intervention program helped individuals with their perfectionism and fears of compassion."	Journal?	Quantitative	Undergraduate students		Included	relevant self-compassion intervention seeking to moderate perfectionism	
The relationships between cognitive flexibility, perfectionism, optimism, self-compassion and psychological well-being: A mixed study	Circir and Tagay, 2024		"During the first stage of the study, it was found that self-compassion and psychological well-being acted as mediators in the relationship between perfectionism and cognitive flexibility"	Journal?	Quantitative, mixed methods?	Adolescents?		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention

Title	Citation	Location	Findings that relate to the research question	Document type	Methodology	Population	Notes	Included/ Excluded?	Why?	Reason for exclusion
Self-Compassion as a Mediator Between Perfectionism and Personal Growth Initiative	Umandap and Teh, 2020	Philippines	"On the other hand, those high in self-evaluative perfectionism, considered maladaptive, are far less likely to have self-compassion; and through lower levels of self-compassion, are less likely to develop personal growth initiative."	Journal?	Quantitative	Adults		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Self-compassion as a moderator between clinical perfectionism and psychological distress	Adams, Howell and Egan, 2023	Australia?	"when self-compassion was higher the association between clinical perfectionism and psychological distress was lower, relative to when self-compassion was lower, hence self-compassion was a moderator between clinical perfectionism and distress"	Journal	Quantitative	Adults?		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Perfectionism, life stress, and suicidal ideation among college students: A protective role of self-compassion	You, Kwon and Kim, 2022	South Korea	"students with higher self-compassion reporting more negligible adverse impacts of maladaptive perfectionism on suicidal ideation mediated by life stress."	Journal	Quantitative	University students		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Keeping Up Appearances: Perfectionism and Perfectionistic Self-Presentation on Social Media	Hellman, 2016			Honor Scholar Thesis			Need to read properly	Excluded	Not a journal	Not a journal
Perfectionistic self-presentation mediates the relationship between perfectionistic concerns and subjective well-being: A three-wave longitudinal study	Mackinnon and Sherry, 2012		"Perfectionistic concerns indirectly affected SWB through perfectionistic self-presentation,"	Journal	Quantitative	Young adults 18-24		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
Perfectionism and the Five-Factor Model of Personality: A Meta-Analytic Review	Smith, et al, 2019		"revealed perfectionistic concerns (socially prescribed perfectionism, concern over mistakes, doubts about actions, and discrepancy) were characterized by neuroticism ($r^+ = .50$), low agreeableness ($r^+ = -.26$), and low extraversion"	Journal?	Quantitative			Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
It is all about being popular: The effects of need for popularity on social network site use	Utz, Tanis and Vermeulen, 2012	Netherlands	"In sum, NFP seems a promising personality characteristic to consider when studying online social behavior. It strongly predicts a variety of SNS behaviors and may also teach us more about what drives people to make use of SNSs. Perhaps it is just all about being popular."	Journal?	Quantitative	University students		Excluded	Not specifically targeting self-compassion interventions	Not a self-compassion intervention
"It Has to be Perfect!": The Development of Perfectionism and the Family System	Rasmussen and Troilo, 2016							Excluded	Not measuring self-compassion intervention	Not a self-compassion intervention
From preliminary reading										
Self-Compassion: Theory, Method, Research, and Intervention	Neff, 2023		Review				Pearl	Excluded	Key author	Not a self-compassion intervention
Self-Compassion Levels in Music and Non-Music Students	Kelley and Farley,	USA		Journal?	Quantitative	University students		Excluded	Not measuring self-compassion intervention	Not a self-compassion intervention
Self-compassion in sport: a scoping review	Cormier, et al, 2023							Excluded	Performance (sport)	Not a self-compassion intervention
Resilience and Enhancement in Sport, Exercise, & Training (RESET): A brief self-compassion intervention with NCAA student-athletes	Kuchar, Neff and Mosewich, 2023			Journal	Quantitative	student athletes		Included	Performance (sport)/university students	
In Search of Perfection – The Need for Self-Compassion in Music Performance Education: A Concept Analysis	Oosthuizen, 2024			Journal				Excluded	not methodologically rigorous enough	Poor quality methodology

Title	Citation	Location	Findings that relate to the research question	Document type	Methodology	Population	Notes	Included/ Excluded?	Why?	Reason for exclusion
Self-Compassion and Perfectionism in College Music Students: A Mixed-Methods Pilot Study	Uhl, 2024			Thesis				Excluded	Not a journal	Not a journal
Music performance anxiety and self-compassion in college-level music majors	Farley and Kelley, 2023			Journal		university music students		Excluded	Not measuring self-compassion intervention	Not a self-compassion intervention
Self-Compassion, Self-Esteem, and Well-Being	Neff, 2011							Excluded	Not measuring self-compassion intervention	Not a self-compassion intervention
Go soft or go home? A scoping review of empirical studies on the role of self-compassion in the competitive sport setting	Röthlin, Horvath and Birrer, 2019							Excluded	Performance (sport)	Not a self-compassion intervention
Nurturing self-compassionate performers	Walton, Osborne, Gilbert and Kirby, 2022			Journal?			pearl	Excluded	not methodologically rigorous enough	Poor quality methodology
AN INVESTIGATION OF COPING, RESILIENCE AND SELF-COMPASSION AMONG CONSERVATOIRE MUSIC STUDENTS IN THE UNITED KINGDOM	Ho Chuen Lam, 2024			Thesis				Excluded	Not a journal	Not a journal
Self-compassion is associated with reduced self-presentation concerns and increased student communication behavior	Long and Neff, 2018			Journal?	Quantitative	Undergraduate students		Excluded	Not measuring self-compassion intervention	Not a self-compassion intervention

Appendix 3

Title	Citation	Location	Findings that relate to the research question	Document Type	Methodology	Population	Included/ Excluded?	Why?	Related literature	Methods	Sample size
Narratives of adolescent women athletes' body self-compassion, performance and emotional well-being	Eke, et al., 2020	Canada	This small qualitative study's findings support the literature that espouses self-compassion to be effective in "regulating emotions and sport performance perceptions".	Journal	Qualitative	adolescent female athletes	Included	Performance (sport)		2 x one to one semi-structured interviews and a journaling activity	7
Reductions in experiential avoidance explain changes in anxiety, depression and well-being after a mindfulness and self-compassion (MSC) training	Yela, et al., 2021	Spain and Portugal	"Following MSC training, participants increased their levels of self-compassion, reduced experiential avoidance, and enhanced mental health (i.e., anxiety and depression symptoms) and well-being scores. Increases in self-compassion were associated with decreases in experiential avoidance, which in turn were connected with changes in anxiety, depression, and well-being from pre- to post-training."	Journal	Quantitative	Adults	Included	Highly relevant MSC intervention seeking to improve mental health outcomes	Jimenez-Gomez, et al., 2022	MSC 8 week intervention, questionnaires	50
Effectiveness of the Mindfulness-Based Stress Reduction (MBSR) vs. the Mindful Self-Compassion (MSC) Programs in Clinical and Health Psychologist Trainees	Jimenez-Gomez, et al., 2022		"MBSR and MSC could contribute to prevent mental health problems in this population." Also, there is support here for qualitative study to gain a deeper understanding.	Journal	Quantitative	Students	Included	Highly relevant MSC intervention seeking to improve mental health outcomes	Yela, et al. 2021	MBSR and MSC 8 week interventions, questionnaires	88
A Pilot Study of the 8-Week Mindful Self-Compassion Training Program in a Chinese Community Sample	Finlay-Jones, et al., 2018	China	Some support for MSC	Journal	Quantitative	Female adults	Included	Highly relevant MSC intervention seeking to improve mental health outcomes	Neff and Germer, 2013	MSC 8 week intervention, questionnaires	44
Meeting Suffering With Kindness: Effects of a Brief Self-Compassion Intervention for Female College Students	Smeets, Neff, Alberts and Peters, 2014	Europe	"Results showed that the self-compassion intervention led to significantly greater increases in self-compassion, mindfulness, optimism, and self-efficacy, as well as significantly greater decreases in rumination in comparison to the active control intervention...These findings suggest that a brief self-compassion intervention has potential for improving student resilience and well-being."	Journal	Quantitative	Female university students	Included	Highly relevant MSC intervention seeking to improve mental health outcomes		self-compassion 3 week intervention, questionnaires	52
Improving Women's Self-Compassion Through an Online Program: A Randomized Controlled Trial	Nadeau, Caporale-Berkowitz and Rochlen, 2021		"The findings of this study indicate that women with subclinical levels of distress can effectively develop self-compassion with the use of a stand-alone, scalable, and self-paced online course. Yourself Truly and similar programs may constitute a valuable mental health resource for those who cannot afford or access traditional psychotherapy."	Journal	Quantitative	Women	Included	relevant self-compassion intervention seeking to improve mental health outcomes		10 week course (not specifically MSC), questionnaires	57
Developing Self-Compassion Online: Assessing the Efficacy and Feasibility of a Brief Online Intervention	Northover, Deacon, King and Irons, 2021		"This study found promising results for the effectiveness of this new online training programme in cultivating self-compassion and improving the mental health of the general population."	Journal	Quantitative		Included	relevant self-compassion intervention seeking to improve mental health outcomes	Dundas, Binder, Hansen and Stige, 2017	5 week compassionate mind training videos, diaries, questionnaires	81
Does a short self-compassion intervention for students increase healthy self-regulation? A randomized control trial	Dundas, Binder, Hansen and Stige, 2017	Norway	"shows that a short self-compassion intervention can increase students' self-compassion, enhance healthy forms of self-regulation, and improve their mental health...Importantly, the study provides evidence against the prejudice that self-compassion reduces motivation and a sense of agency."	Journal	Quantitative	University students	Included	relevant self-compassion intervention seeking to improve mental health outcomes		2 week self-compassion course based on MSC, MBSR and CMT, questionnaires	85

Title	Citation	Location	Findings that relate to the research question	Document Type	Methodology	Population	Included/ Excluded?	Why?	Related literature	Methods	Sample size
The Effectiveness of a Brief Self-Compassion Intervention Program on Self-Compassion, Positive and Negative Affect and Life Satisfaction	Mantelou and Karakasidou, 2017	Greece	This study found that by using a self-compassion based intervention there were increases in self-compassion, life satisfaction and positive affect. Furthermore, there were decreases in negative affect. It also showed that individuals with higher self-compassion had higher levels of positive affect. The findings from this study support the literature stating self-compassion to be a beneficial skill to develop in terms of improved impacts on mental health.	Journal?	Quantitative	University students	Included	relevant self-compassion intervention seeking to improve mental health outcomes	Smeets, Neff, Alberts and Peters (2014)	5 week self-compassion training (not specifically MSC), questionnaires	42
Effects of a Self-Compassion Break Induction on Self-Reported Stress, Self-Compassion, and Depressed Mood	Williamson, 2020	USA	The findings of this study did not support the hypothesis, although this could be due to study limitations.	Journal?	Quantitative	University students	Included	relevant self-compassion intervention seeking to improve mental health outcomes	Smeets, Neff, Alberts and Peters (2014)	Self-compassion break training, questionnaires	129
A Randomized Control Trial of a Brief Self-Compassion Intervention for Perfectionism, Anxiety, Depression, and Body Image	Woodfin, Molde, Dundas and Binder, 2021	Norway	"Results of the ANOVA showed significant post-intervention reductions in maladaptive perfectionistic tendencies and symptoms of depression and anxiety, in addition to increased self-compassion and improved body image in the intervention group as compared to the wait-list group...The study adds to the literature on the positive effects of mindfulness and self-compassion based interventions, by showing that even a short 3-week mindfulness/self-compassion intervention can have positive effects on students perfectionism, as well as on anxiety and depression in a university setting. Interestingly, the intervention reduced negative perfectionism, more than it affected perfectionistic strivings."	Journal	Quantitative	University students	Included			3 week intervention: seminars, retreat incl. lectures and practices from MSC and MBSR, questionnaires	89
The impact of #beauty and #self-compassion tiktok videos on young women's appearance shame and anxiety, self-compassion, mood, and comparison processes	Seekis and Kennedy, 2023	Australia	The findings from this study highlight the potentially harmful impacts brief exposure to beauty related tik tok videos can have on young women's sense of body image. Furthermore, it highlights the importance of continued research into how positive videos and content may increase self-compassion and reduce "detrimental comparison" in young women. The study found that when viewing self-compassion videos, young women may get an increase in self-compassion themselves.	Journal	Quantitative	Female undergraduate students 17-25	Included	relevant self-compassion intervention seeking to improve mental health outcomes		Viewing tiktok videos (either beauty tips, self-compassion strategies, or travel), questionnaires	115
The effects of the Mindfulness, Acceptance and Self-Compassion in Sport (MASCs) program on the sport anxiety and self-compassion of elite tennis players	Terzioglu and Çakır-Çelebi, 2024		"The results showed that after the MASCs program, there was an increase in self-compassion and a decrease in somatic anxiety, worry, and concentration disruption sub-dimensions of sport anxiety in the experimental group...These findings suggest that elite athletes can improve their ability to cope with anxiety in sports by practicing mindfulness and self-compassion exercises."	Journal	Quantitative	Elite tennis players	Included	relevant self-compassion intervention seeking to improve mental health outcomes		12 week Mindfulness, acceptance and self-compassion in sport (MASCs) program, questionnaires	16

Title	Citation	Location	Findings that relate to the research question	Document Type	Methodology	Population	Included/ Excluded?	Why?	Related literature	Methods	Sample size
Effects of a Brief Self-Compassion Intervention for College Students With Impostor Phenomenon	Liu, Wei and Russell, 2023	USA	"Our findings suggested that impostor phenomenon and maladaptive perfectionism have been reduced by the brief self-compassion intervention."	Journal	Quantitative	University students	Included	relevant self-compassion intervention seeking to moderate perfectionism		4 week self-compassion intervention, questionnaires	227
A compassion focused intervention for trait perfectionism in non- clinical settings: a pilot study	Birni and Satici, 2024		"perfectionism levels of the intervention group decreased and compassion levels increased...this pilot study, the compassion-focused intervention program helped individuals with their perfectionism and fears of compassion."	Journal?	Quantitative	Undergraduate students	Included	relevant self-compassion intervention seeking to moderate perfectionism		8 week compassion intervention, questionnaires	22
Resilience and Enhancement in Sport, Exercise, & Training (RESET): A brief self-compassion intervention with NCAA student-athletes	Kuchar, Neff and Mosewich, 2023			Journal	Quantitative	student athletes	Included	Performance (sport)/university students		6 x 1 hour RESET training (based on MSC), questionnaires	250 (148 treatment)
A Pilot Study and Randomized Controlled Trial of the Mindful Self-Compassion Program	Neff and Germer, 2013	Boston, USA		Journal	Quantitative	Community adults	Included			8 week MSC program, questionnaires	73

Appendix 4

INITIAL CODES		Clusters	Sub-themes (18)	Main themes (4)
Interventions				
10 week online self-compassion intervention found to reduce self-critical behaviours such as self-judgement, shame and perfectionism	✓	Sample majority female, impacting generalisability		
Online interventions in self-compassion may be a pragmatic way to improve well-being in the general public	✓			
Only female population	✓	with lack of socioeconomic diversity		
Sample overly homogeneous (ethnicity, socioeconomic status and sexuality)	✓	Study limited by overly homogenous middle class/female sample		
5 week compassionate mind training (CMT) found to increase self-compassion and well-being	✓	Sample overly homogeneous (ethnicity, socioeconomic status and sexuality)		
5 week compassionate mind training (CMT) found to reduce self-critical attitudes	✓	Sample majority highly educated, impacting generalisability		
Online interventions in self-compassion may be a pragmatic way to improve well-being in the general public	✓	Self-selecting participants, most with previous meditation experience		
Potential ethical risks in not assessing participants' mental health status prior to interventions	✓	Sample majority with previous meditation experience, impacting generalisability		
Short interventions combining elements of MSC, CMT and MBSR may be effective	✓			
Self-compassion intervention improves mental well-being	✓			
Self-compassion intervention increases self-compassion	✓	Self-selecting participants	Self-selecting participants, not randomised	
Self-compassion intervention increases motivation for learning	✓		Self-selecting participants	
Self-compassion intervention reduces self-critical attitudes	✓	No control to compare with	No control group	
Self-compassion intervention can increase healthy self-regulation	✓		Lack of a control group to compare results with	
Sample overly homogeneous (ethnicity, socioeconomic status)	✓			
Overwhelmingly female sample population	✓	Support future qualitative research		
Self-selecting participants	✓		There is a need to explore the benefits of MSC qualitatively	
Isolated use of self-compassion break non-significant to well-being outcomes	✓		There is a need to explore the benefits of MSC qualitatively	
Importance of deep self-compassion training in providing advantageous results for well-being	✓			
Overly female and white sample	✓	Small sample	Small sample may reduce generalisability	
Short interventions combining MSC and MBSR may be effective in improving well-being	✓			
Short interventions combining MSC and MBSR may be effective in reducing anxiety, depression and perfectionism	✓	Ethical risks	Potential ethical risks in not assessing participants' mental health status prior to interventions	
Sample overly homogenous (78% female for example)	✓			
Exposure to beauty related TikTok content decreases self-compassion	✓			
Exposure to beauty related TikTok content results in more upward appearance comparisons and higher levels of face related shame and anxiety, as well as negative moods	✓	Self-compassion benefits well-being	Increases in self-compassion linked to enhanced well-being, as well as reduced anxiety/depression	
Exposure to self-compassion related TikTok content increases self-compassion	✓	By increasing...	Benefits of MSC 8 week training on enhancing well-being	
It is important to help student singer-songwriters engage with social media in a healthy way	✓		MSC training leads to increases in self-compassion	
Overly white sample, less generalisable	✓		3 week MSC program can increase self-compassion	
MBIs can reduce somatic anxiety and disrupted concentration in athletes	✓		10 week online self-compassion intervention found to increase self-compassion	
MBIs can increase self-compassion in athletes	✓		5 week compassionate mind training (CMT) found to increase self-compassion and well-being	
Small sample may reduce generalisability	✓		Self-compassion intervention improves mental well-being	

INITIAL CODES		Clusters		Sub-themes (18)		Main themes (4)
Interventions						
Brief self-compassion intervention may reduce imposter phenomenon in university students	✓	Self-compassion intervention increases self-compassion				
Brief self-compassion intervention may reduce perfectionism in university students	✓	Self-compassion intervention increases motivation for learning				
Brief self-compassion intervention may not significantly impact psychological distress factors in university students	✓	Self-compassion intervention can increase healthy self-regulation				
Overly female and white sample, less generalisable	✓	Importance of deep self-compassion training in providing advantageous results for well-being				
Research instruments (self-compassion measures) may be designed with dominant cultural groups in mind	✓	Exposure to self-compassion related TikTok content increases self-compassion				
8 week compassion-focused intervention can decrease perfectionism	✓	8 week compassion-focused intervention can increase compassion				
8 week compassion-focused intervention can decrease fear of self-compassion	✓	8 week compassion-focused intervention can increase self-compassion				
8 week compassion-focused intervention can increase compassion	✓	Self-compassion intervention can increase self-compassion and perceived performance				
8 week compassion-focused intervention can increase self-compassion	✓	8 week MSC program showed increases in self-compassion, mindfulness and well-being				
Tailoring the MSC program for athletes can be effective	✓	Impacts of MSC program maintained upto at least 1 year after				
Omitting using the term 'self-compassion' in interventions may be beneficial, as well as adapting the language used	✓					
6 one hour sessions focusing on less meditative elements of MSC can be effective	✓	By decreasing...				
Self-compassion intervention can increase self-compassion and perceived performance	✓	Increases in self-compassion linked to reduction of experiential avoidance				
Self-compassion intervention can decrease self-criticism, fear of self-compassion, depression, anxiety and stress.	✓	10 week online self-compassion intervention found to reduce self-critical behaviours such as self-judgement, shame and perfectionism				
RESET program may not increase general resilience or flourishing	✓	5 week compassionate mind training (CMT) found to reduce self-critical attitudes				
RESET intervention may be applicable in music settings	✓	Self-compassion intervention reduces self-critical attitudes				
8 week MSC program showed increases in self-compassion, mindfulness and well-being	✓	Brief self-compassion intervention may reduce imposter phenomenon in university students				
8 week MSC program showed reductions in depression, anxiety, stress and avoidance	✓	Brief self-compassion intervention may reduce perfectionism in university students				
Impacts of MSC program maintained upto at least 1 year after	✓	8 week compassion-focused intervention can decrease perfectionism				
Sample majority female, impacting generalisability	✓	8 week compassion-focused intervention can decrease fear of self-compassion				
Sample majority caucasian, impacting generalisability	✓	Self-compassion intervention can decrease self-criticism, fear of self-compassion, depression, anxiety and stress.				
Sample majority highly educated, impacting generalisability	✓	8 week MSC program showed reductions in depression, anxiety, stress and avoidance				
Sample majority with previous meditation experience, impacting generalisability	✓					
		MSC may not always be effective				
		MBSR is more effective than MSC program in alleviating symptoms of depression				
		3 week MSC intervention may not be as effective as 8 week program				
		Non-clinical populations levels of anxiety and depression are not significantly impacted by self-compassion interventions				
		Isolated use of self-compassion break non-significant to well-being outcomes				

Appendix 5

