Supplementary Material

Table S1

Factor loadings of the two-factor solution of the self-compassion scale.

Item	Self-reassurance	Self-criticism	Item	Self-reassurance	Self-criticism
1	-.02	**.61**	14	**.70**	-.07
2	-.01	**.79**	15	**.66**	-.01
3	**.71**	.16	16	.06	**.71**
4	-.07	**.63**	17	**.60**	-.22
5	**.80**	.15	18	.00	**.55**
6	.21	**.65**	19	**.75**	-.11
7	**.72**	.12	20	.08	.74
8	**.64**	-.08	21	-.13	**.65**
9	**.71**	-.05	22	**.80**	-.11
10	**.77**	.02	23	.34	**-.43**
11	-.05	**.66**	24	-.03	**.71**
12	**.69**	.18	25	-.02	**.75**
13	.04	**.65**	26	**.54**	-.07

Notes: The principal factor method was used to extract factor loadings, parallel analysis was used to determine factor numbers, and the promax method was used for rotation. The inter-factorial correlation was -.24. The two-factor solution explained 48 percent of the total variance.