

# **The relationship between mindful self-compassion and coping: A meta-analysis**

Christina Ewert, Michela Schröder-Abé

*Department of Psychology; Differential Psychology and Psychological Assessment, Potsdam, Germany*

## Background.

Mindful self-compassion, a trait with buddhistic roots, describes a positive and caring attitude of a person toward her- or himself in times of failures and individual shortcomings. As a result of this caring attitude, individuals high in self-compassion are assumed to experience higher use of adaptive and less maladaptive coping in demanding or painful situations. However, current research results also present inconsistent or highly variable estimates of these relationships in terms of specific adaptive (e.g. positive restructuring, acceptance and proactive coping) and maladaptive coping forms (e.g. denial and other disengagement strategies). So the present meta-analysis examines the relationship between self-compassion and different forms of adaptive and maladaptive coping strategies.

## Methods.

The authors combined  $k = 179$  samples, with an overall sample size of  $N = 38,417$ , and analyzed the central tendencies of effect sizes (Pearson correlation coefficients) with a random-effects model.

## Results.

In our first analyses we have already found an overall magnitude of the relationship between self-compassion and adaptive coping  $r = .36$  as well as between self-compassion and maladaptive coping  $r = -.32$ . Analyses between the relationships of self-compassion and specific coping strategies will be finalized soon. Additionally, sample characteristics (e.g. gender, cultural background) and mindfulness will be tested as potential moderators. Last but not least, we plan to investigate potential causal effects of self-compassion on overall adaptive and maladaptive coping.

## Discussion.

First results already highlight the importance of self-compassion for individuals' coping.