

## **A meta-analysis of the association between compassion and psychopathology: A transdiagnostic approach.**

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Last 20 years of research have shown an increased interest in the nature and benefits of compassion. Compassion has been increasingly introduced in the clinical practice to help reducing psychopathology and numerous studies has shown its effectiveness. Since compassion practice focuses on activating affiliative processing systems (i.e., parasympathetic system) it can be considered as a transdiagnostic process (Kirby, 2017). However, until now all the meta-analysis on compassion and psychopathology did not addressed its potential transdiagnostic character, and the majority of studies have been focusing on a specific disorder or population while evaluating its effectiveness. Driven by these concerns, the aim of this meta-analysis is to investigate, for the first time, whether the transdiagnostic factors (i.e., the level of self-criticism, shame, and guilt) moderates the relationship between compassion and psychopathology.

A systematic search on compassion and mental health was conducted, including 57 independent studies and 111 effect sizes in the meta-analysis. A three-level meta-analytic model was used to analyze the data. The results highlights the potential benefits of compassion on a range of psychopathologies, and its potential transdiagnostic character. The specific findings will be presented at the conference. There was no indication for publication bias pointing towards the robustness of the findings.

Implications of the present results for the clinical use of compassion-based interventions are discussed, and future research directions are provided.