

## Supplemental Materials

**Table S1.** Search Terms Used in Database Searches

Database	Search Terms
PubMed	(“self-compassion*”[Title/Abstract] OR “self-kindness*”[Title/Abstract]) AND (program*[Title/Abstract] OR intervention*[Title/Abstract] OR treatment*[Title/Abstract] OR therap*[Title/Abstract] OR training*[Title/Abstract] OR counsel*[Title/Abstract] OR efficacy[Title/Abstract] OR effectiveness[Title/Abstract] OR effect*[Title/Abstract] OR impact*[Title/Abstract] OR evaluation*[Title/Abstract] OR random*[Title/Abstract])
CINAHL	(TI “self-compassion*” OR AB “self-compassion*” OR TI “self-kindness*” OR AB “self-kindness*”) AND (TI program* OR AB program* OR TI intervention* OR AB intervention* OR TI treatment* OR AB treatment* OR TI therap* OR AB therap* OR TI training* OR AB training* OR TI counsel* OR AB counsel* OR TI efficacy OR AB efficacy OR TI effectiveness OR AB effectiveness OR TI effect* OR AB effect* OR TI impact* OR AB impact* OR TI evaluation* OR AB evaluation* OR TI random* OR AB random*)
PsycInfo®	(TIAB(“self-compassion*” OR “self-kindness*”)) AND (TIAB(program* OR intervention* OR treatment* OR therap* OR training* OR counsel* OR efficacy OR effectiveness OR effect* OR impact* OR evaluation* OR random*))
Scopus	( TITLE-ABS-KEY ( “self-compassion*” OR “self-kindness*” ) AND TITLE-ABS-KEY ( program* OR intervention* OR treatment* OR therap* OR training* OR counsel* OR efficacy OR effectiveness OR effect* OR impact* OR evaluation* OR random* ) )

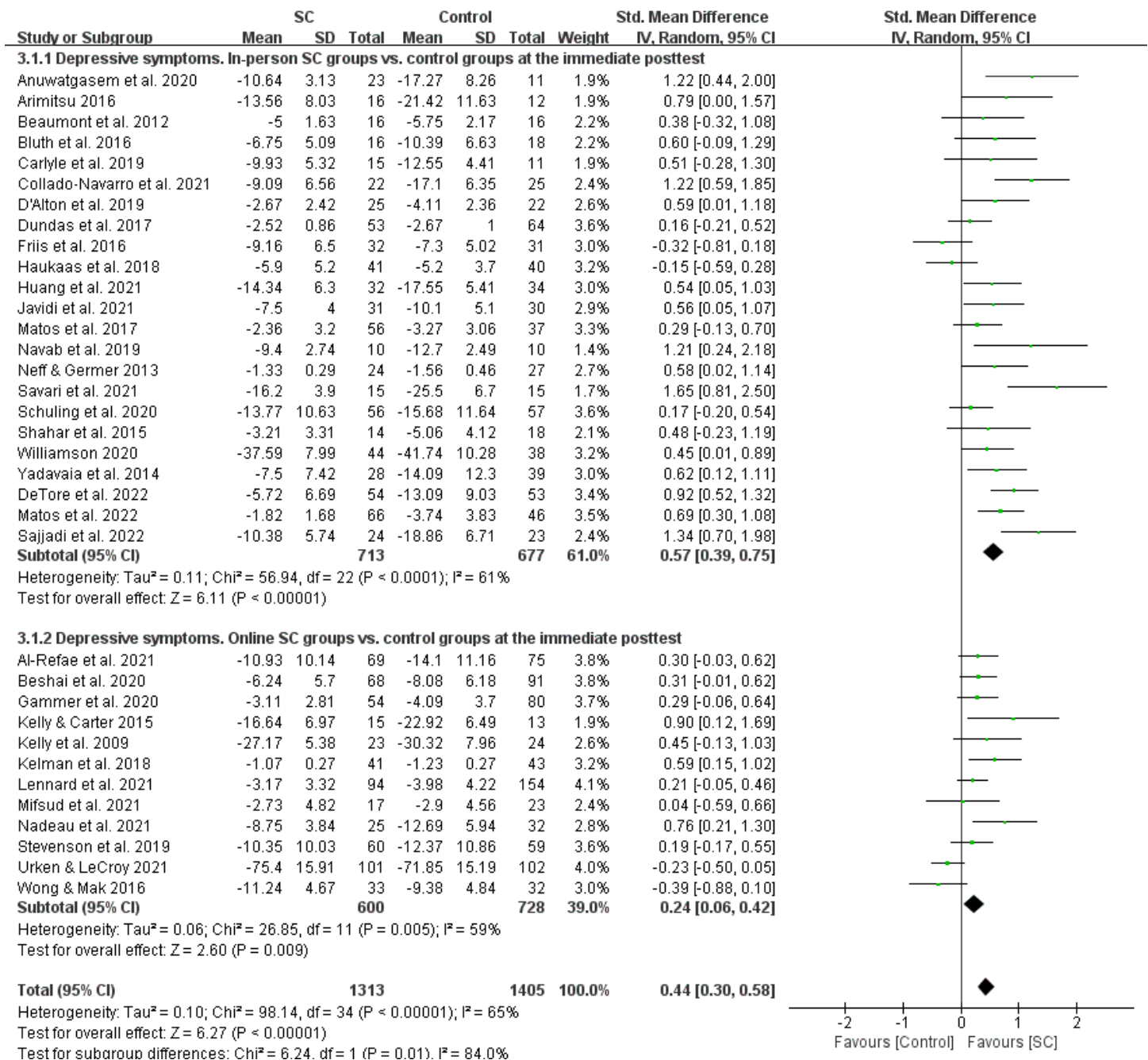
**Table S2.** Risk of Bias (RoB) of the Included Studies

Reference	Random Sequence Generation	Allocation Concealment	Blinding of Participants and Personnel	Blinding of Outcome Assessment	Incomplete Outcome Data	Selective Reporting	Overall RoB
Al-Refae et al. (2021)	Low	Unclear	High	High	High	Unclear	High
Anuwatgasem et al. (2020)	Low	Unclear	Unclear	Unclear	High	Unclear	High
Arimitsu (2016)	Unclear	Unclear	Unclear	Unclear	High	Unclear	High
Beaumont et al. (2012)	Unclear	Unclear	High	High	Unclear	Unclear	High
Beshai et al. (2020)	Low	Unclear	Unclear	Unclear	Low	Low	Unclear
Bluth et al. (2016)	Unclear	Unclear	Unclear	Unclear	Low	Unclear	Unclear
Boggiss et al. (2020)	Low	Low	Unclear	Unclear	Unclear	High	High
Cândeia & Szentágotai-Táatar (2018)	Low	Unclear	Unclear	Unclear	High	Unclear	High
Carlyle et al. (2019)	Unclear	Unclear	Low	Low	Unclear	Unclear	Unclear
Collado-Navarro et al. (2021)	Low	Low	Unclear	Unclear	Low	Low	Unclear
D'Alton et al. (2019)	Low	Low	High	High	High	Low	High
DeTore et al. (2022)	Low	Unclear	Unclear	Unclear	Low	Unclear	Unclear
Dundas et al. (2017)	Low	Unclear	Unclear	Low	High	Unclear	High
Eriksson et al. (2018)	Unclear	Unclear	Unclear	High	High	Unclear	High
Fernandes et al. (2022)	Low	Low	High	High	Low	Low	High
Friis et al. (2016)	Unclear	Unclear	Unclear	High	Low	Low	Unclear
Gammer et al. (2020)	Low	Low	Unclear	Unclear	Low	Low	Unclear
Guo et al. (2020)	Low	Low	High	High	High	High	High
Hasselberg & Rönnlund (2020)	Unclear	Unclear	Unclear	Unclear	High	Unclear	High
Haukaas et al. (2018)	Low	Unclear	Unclear	Unclear	Low	Unclear	Unclear
Held & Owens (2015)	Unclear	Unclear	Unclear	Unclear	Low	Unclear	Unclear
Huang et al. (2021)	Unclear	Unclear	Unclear	Unclear	High	Unclear	High
Javidi et al. (2021)	Low	Low	Low	Low	High	Low	High
Kelly & Carter (2015)	Low	Unclear	Unclear	Unclear	Low	Unclear	Unclear

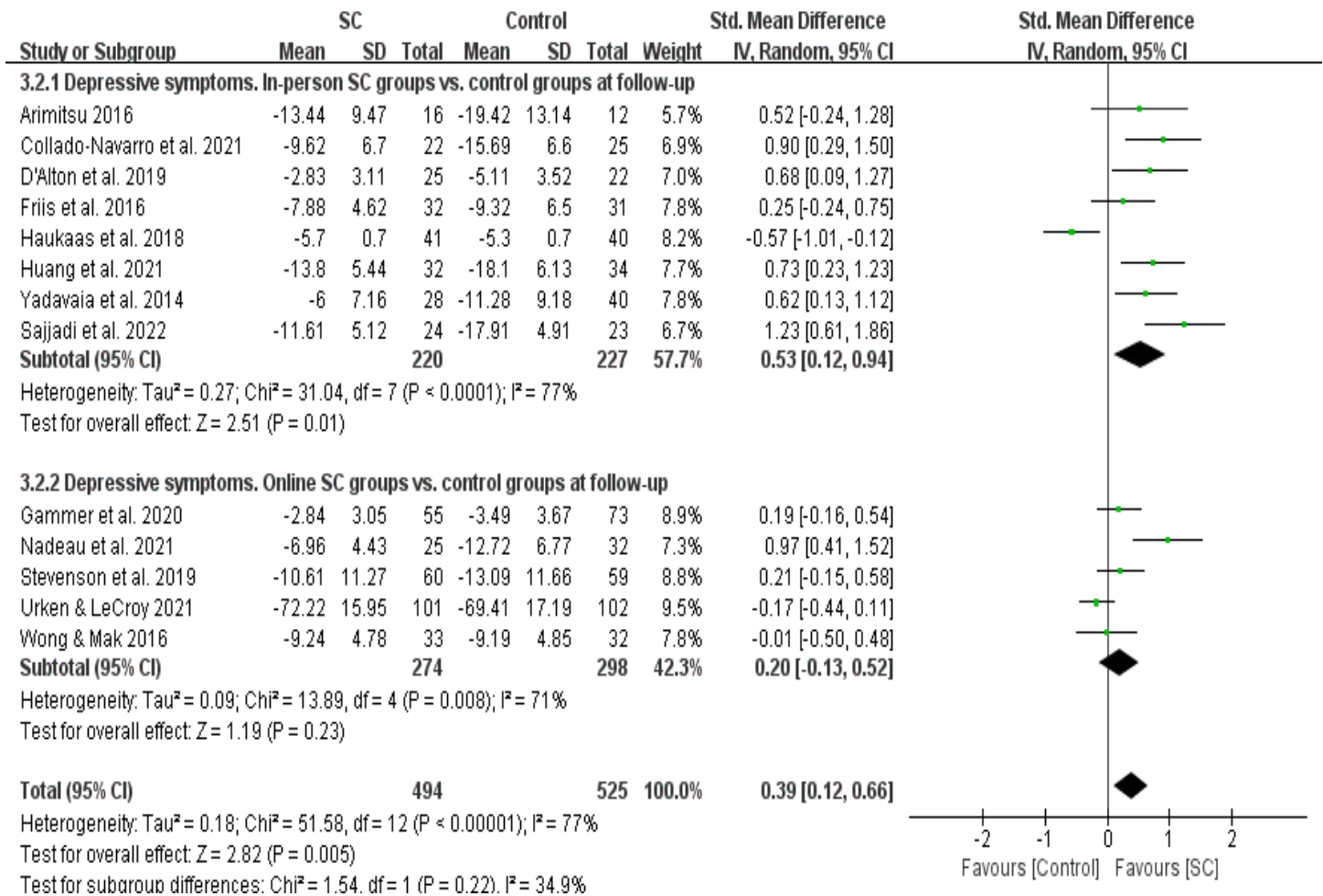
Kelly et al. (2009)	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear	Unclear
Kelman et al. (2018)	Unclear	Unclear	Unclear	Unclear	High	Low	High
Krieger et al. (2019)	Low	Low	Unclear	High	Low	Low	Unclear
Lennard et al. (2021)	Unclear	Unclear	Unclear	Unclear	High	Low	High
Mak et al. (2018)	Low	Low	High	High	Low	Low	High
Martínez-Borrás et al. (2022)	Low	Unclear	High	High	High	Unclear	High
Matos et al. (2017)	Unclear	Unclear	Unclear	High	High	Unclear	High
Matos et al. (2022)	Low	Unclear	High	High	High	Low	High
Mifsud et al. (2021)	Low	Low	Low	Low	Low	Low	Low
Nadeau et al. (2021)	Low	Low	High	High	High	Unclear	High
Navab et al. (2019)	Unclear	Unclear	Unclear	High	High	Unclear	High
Neff & Germer (2013)	Unclear	Unclear	Unclear	Unclear	High	Unclear	High
Noorbala et al. (2013)	Unclear	Unclear	Unclear	High	High	Unclear	High
Preuss et al. (2021)	Low	Low	High	High	Low	Low	High
Sajjadi et al. (2022)	Unclear	Unclear	Unclear	Unclear	Low	Unclear	Unclear
Savari et al. (2021)	Low	Low	Unclear	Unclear	Low	Unclear	Unclear
Schnepper et al. (2020)	Low	Low	Unclear	Unclear	High	Unclear	High
Schuling et al. (2020)	Low	Low	High	High	Low	Low	High
Seekis et al. (2020)	Low	Unclear	Unclear	Unclear	Low	Unclear	Unclear
Shahar et al. (2015)	Low	Low	Unclear	Unclear	Low	Unclear	Unclear
Shapira & Mongrain (2010)	Low	Unclear	Unclear	Unclear	High	Unclear	High
Sommers-Spijkerman et al. (2018)	Low	Low	Unclear	High	Low	Low	Unclear
Stevenson et al. (2019)	Low	Unclear	Unclear	Unclear	Low	Low	Unclear
Teale Sapach et al. (2023)	Low	Unclear	High	High	Low	Low	High
Torrijos-Zarcero et al. (2021)	Low	Low	High	High	Low	Low	High

Urken & LeCroy (2021)	Low	Unclear	Unclear	Unclear	High	Unclear	High
Weibel et al. (2017)	Low	Unclear	High	High	High	Unclear	High
Williamson (2020)	Low	Unclear	High	High	High	Unclear	High
Wong & Mak (2016)	Low	Low	Low	Low	High	Unclear	High
Woodfin et al. (2021)	Unclear	Unclear	Unclear	Unclear	High	High	High
Yadavaia et al. (2014)	Low	Unclear	Unclear	High	Low	Unclear	Unclear
Zheng et al. (2022)	Low	Low	Low	Low	Low	Low	Low

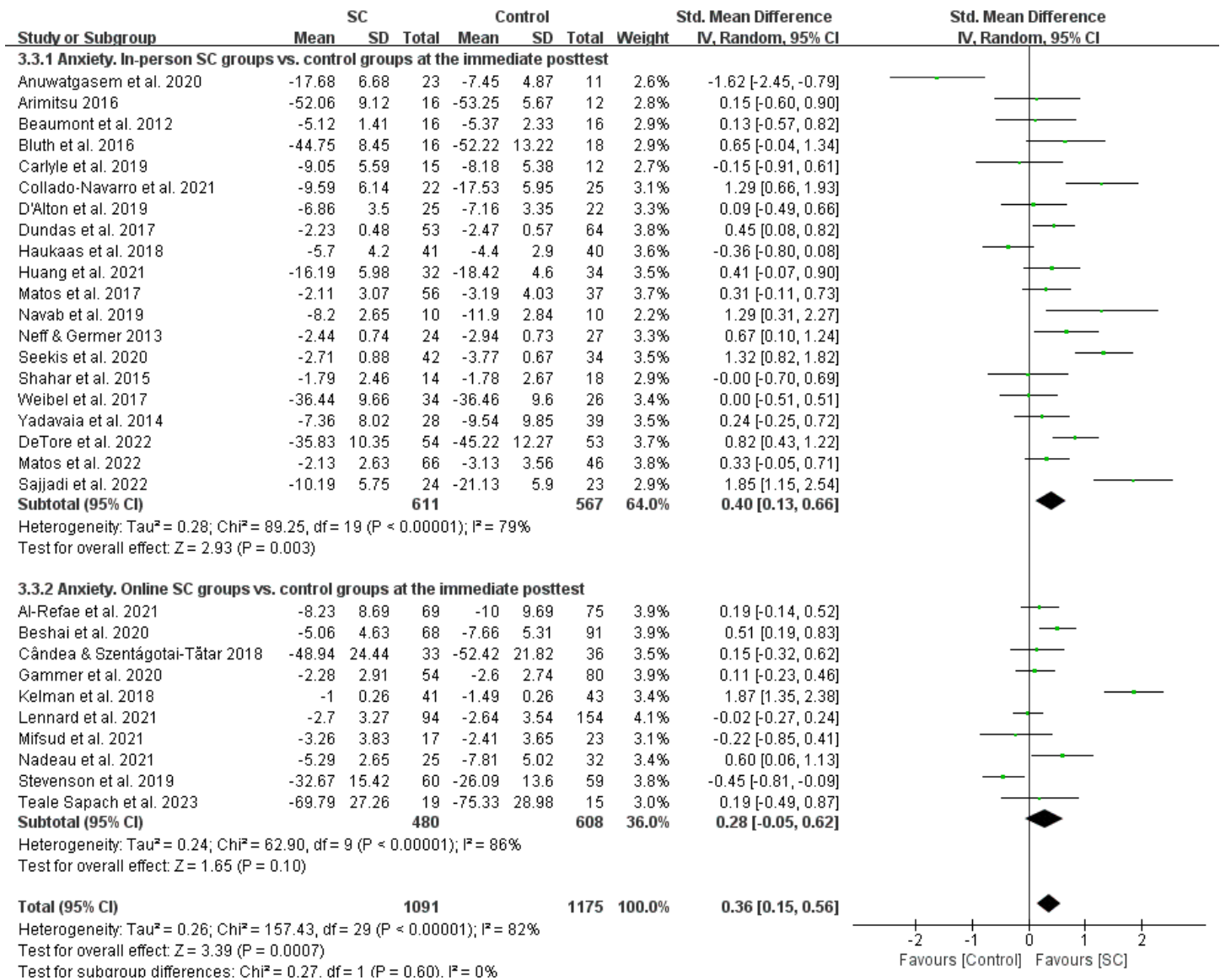
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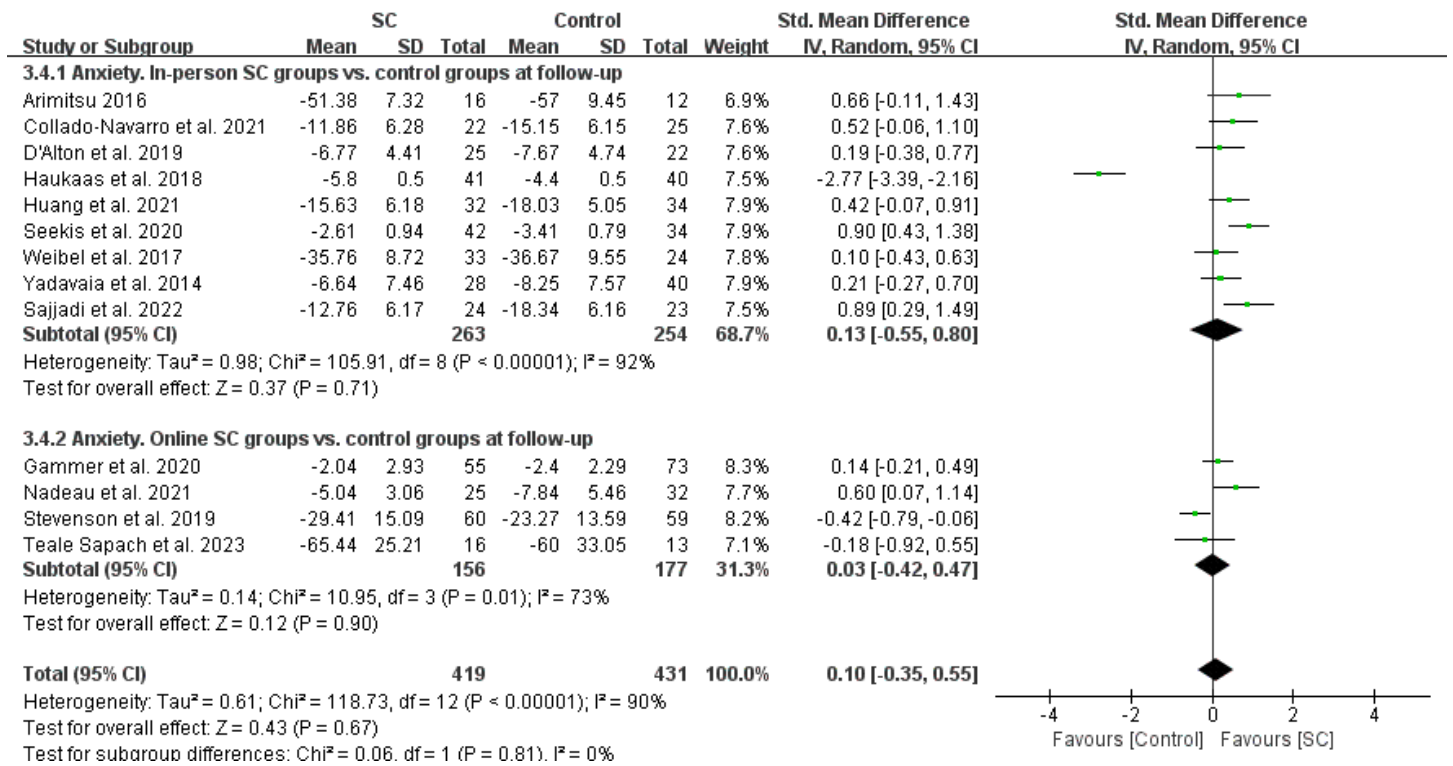
**Fig. S1** Forest plots showing effects of self-compassion interventions on depressive symptoms according to the intervention delivery modes at the immediate posttest



**Fig. S2** Forest plots showing effects of self-compassion interventions on depressive symptoms according to the intervention delivery modes at follow-up

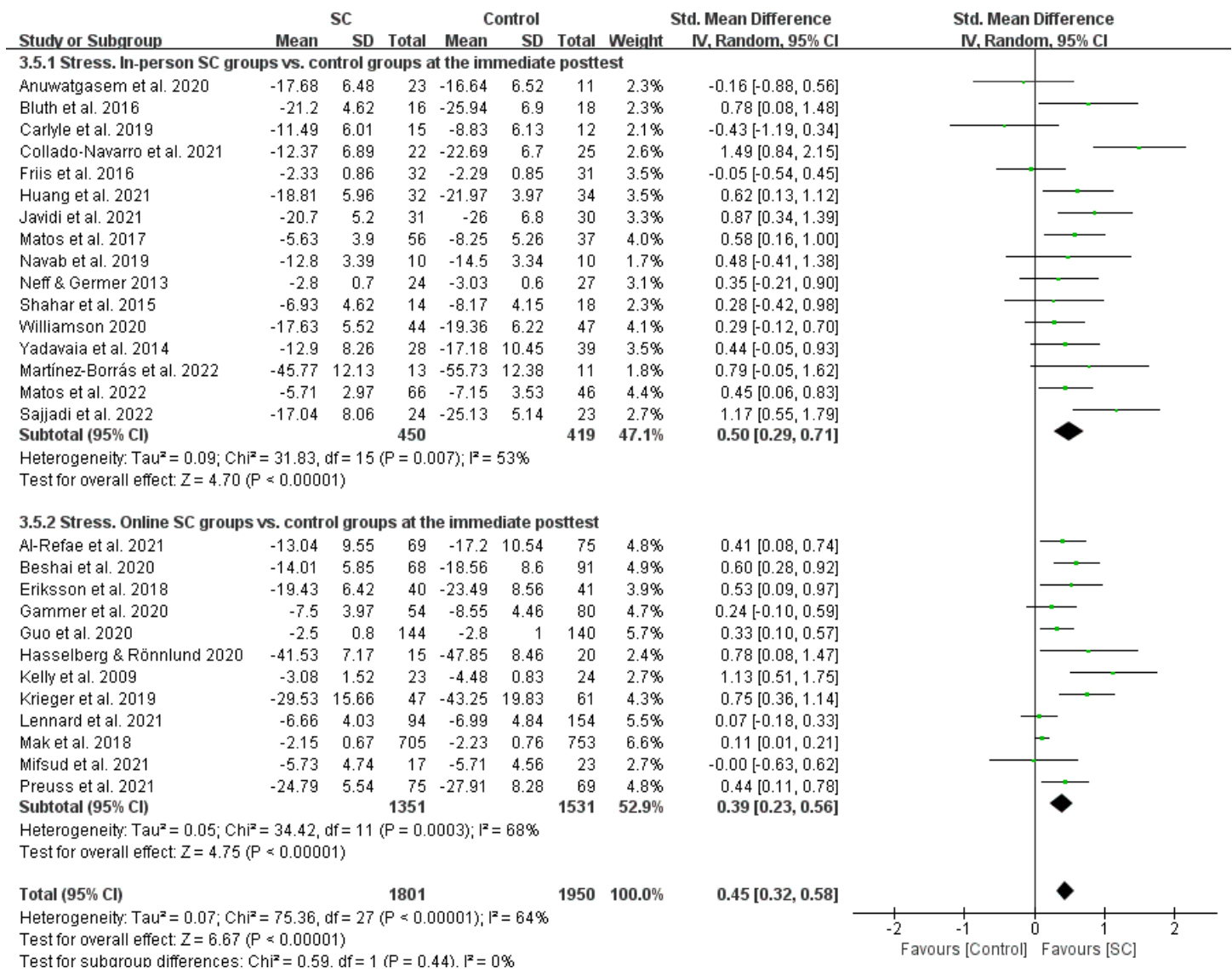


**Fig. S3** Forest plots showing effects of self-compassion interventions on anxiety according to the intervention delivery modes at the immediate posttest

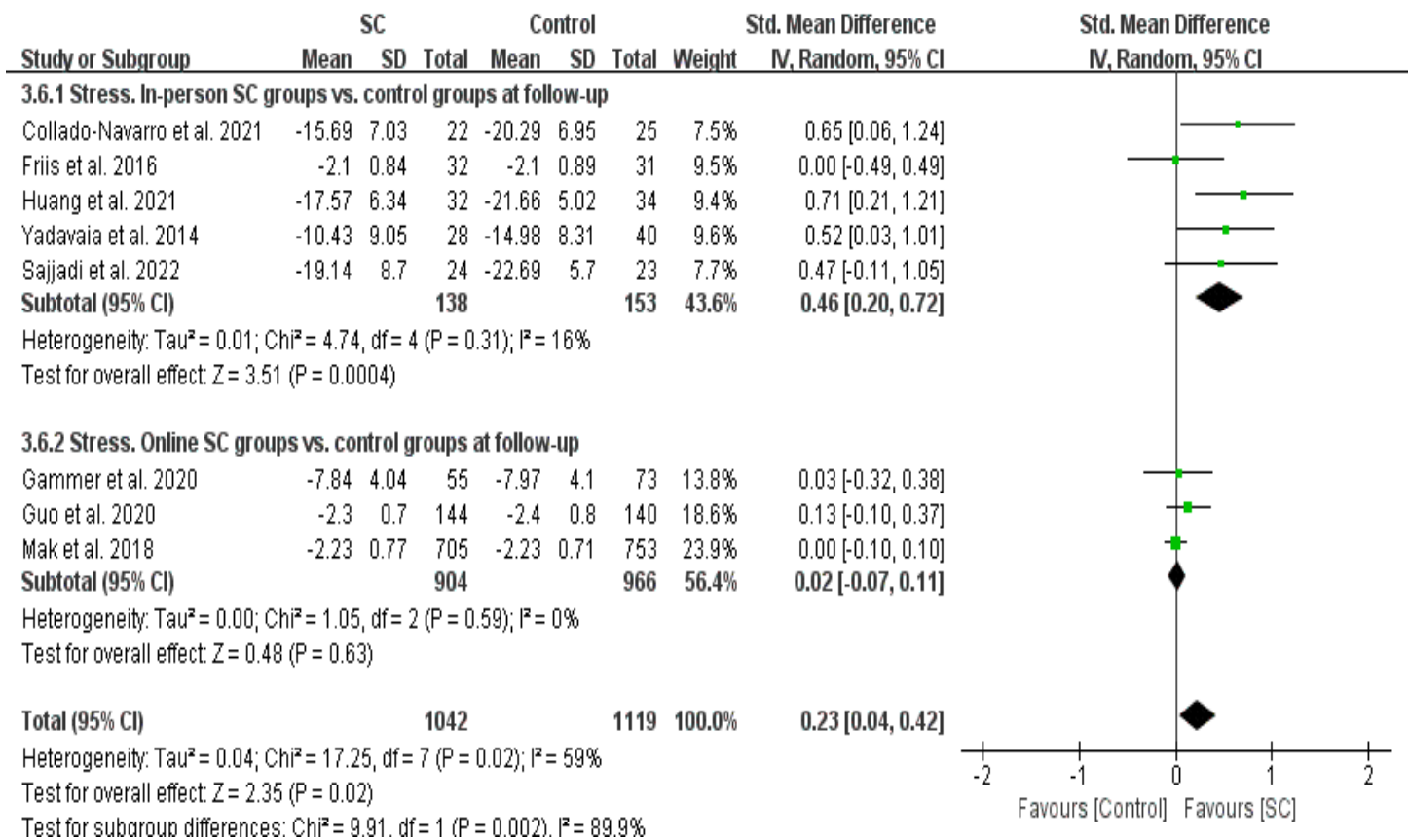


**Fig. S4** Forest plots showing effects of self-compassion interventions on anxiety according to the intervention delivery modes at follow-up

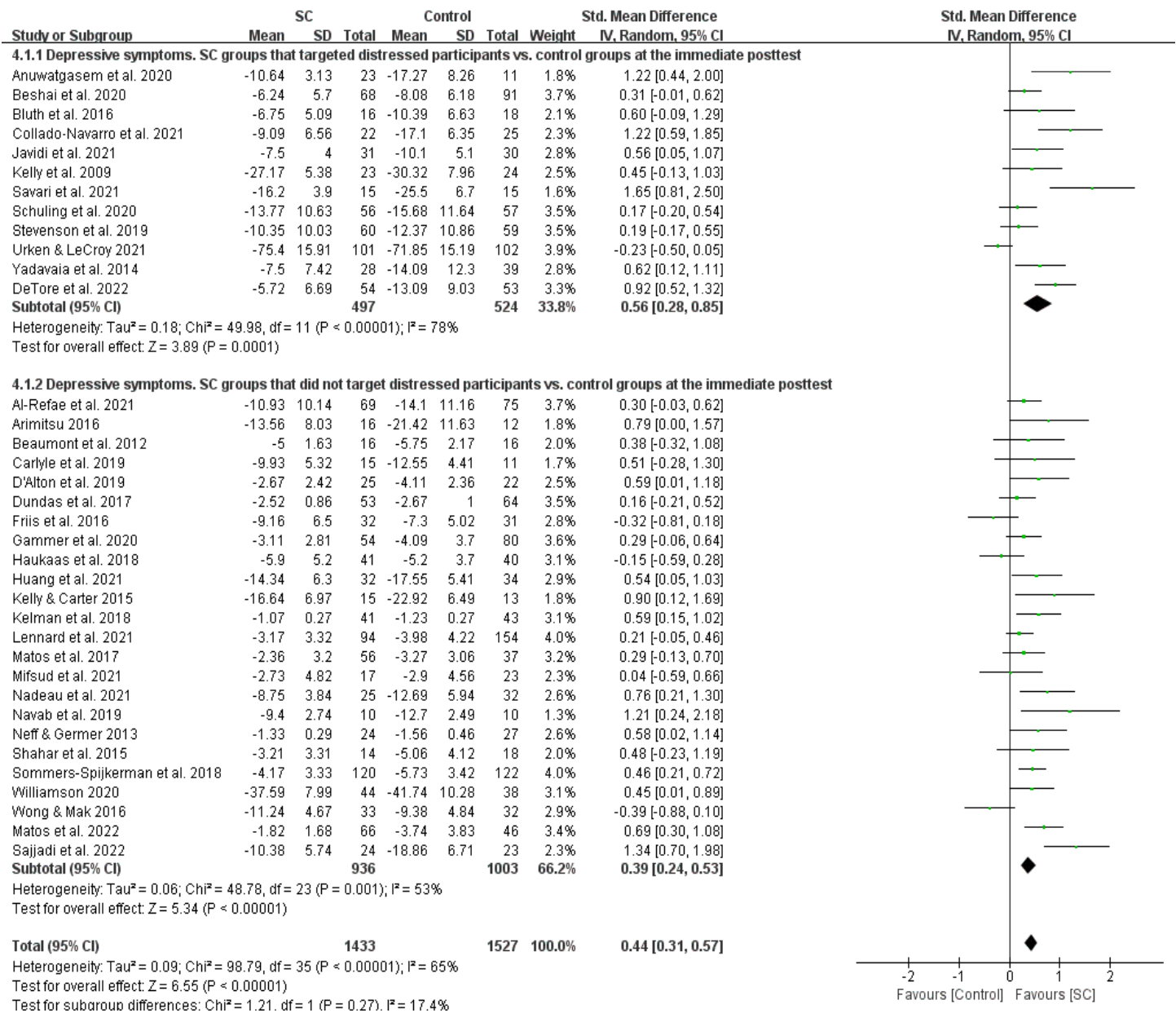




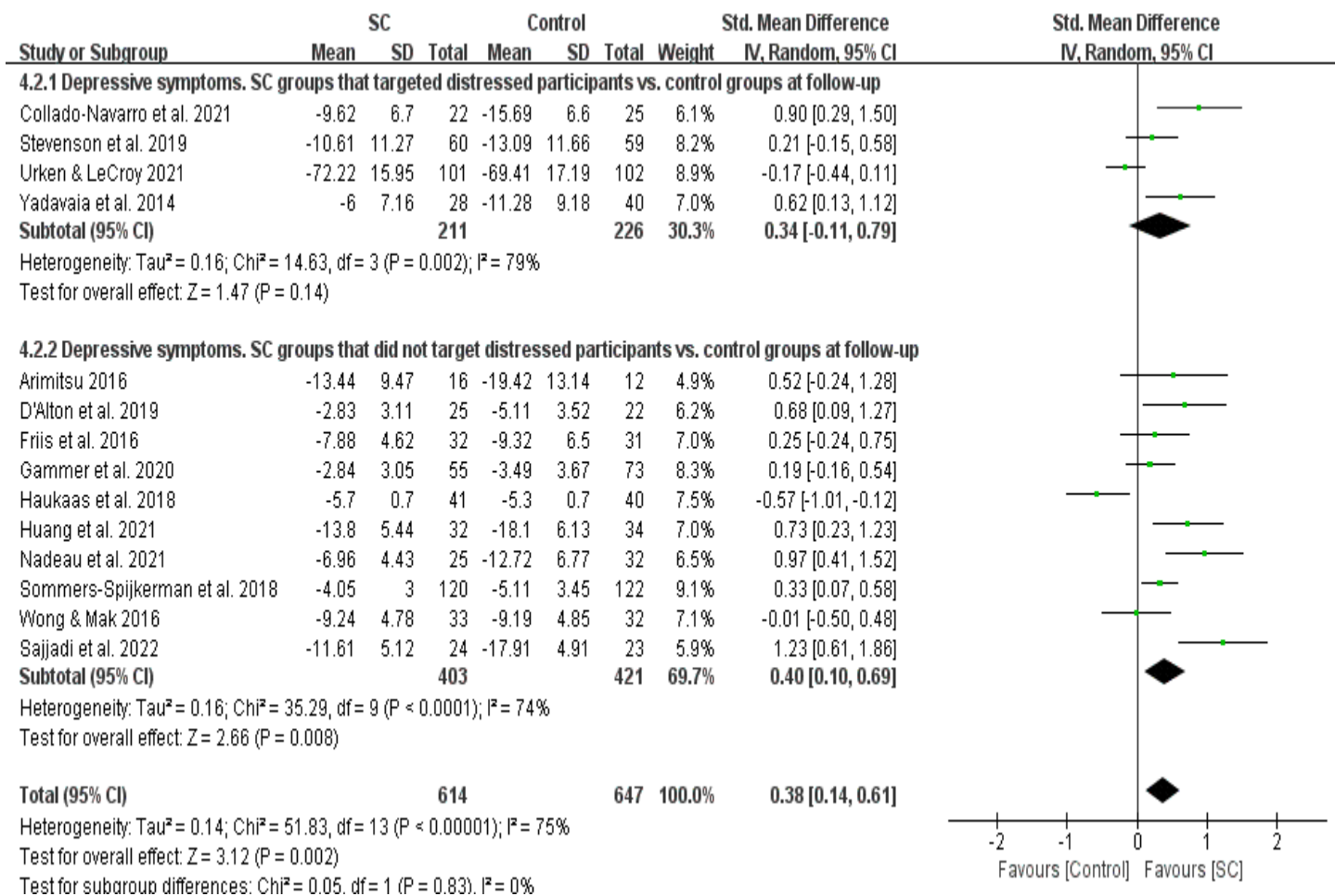
**Fig. S5** Forest plots showing effects of self-compassion interventions on stress according to the intervention delivery modes at the immediate posttest



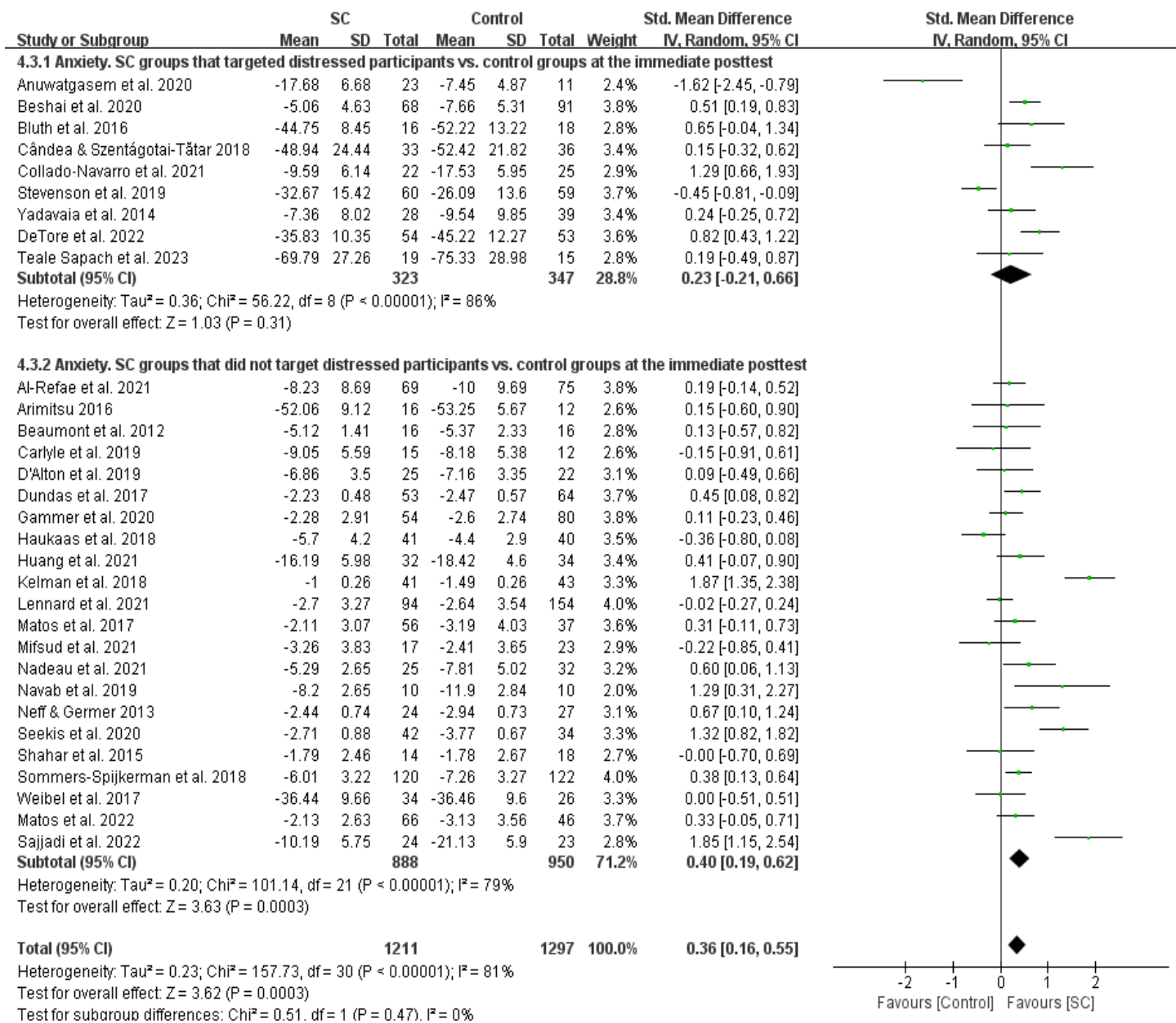
**Fig. S6** Forest plots showing effects of self-compassion interventions on stress according to the intervention delivery modes at follow-up



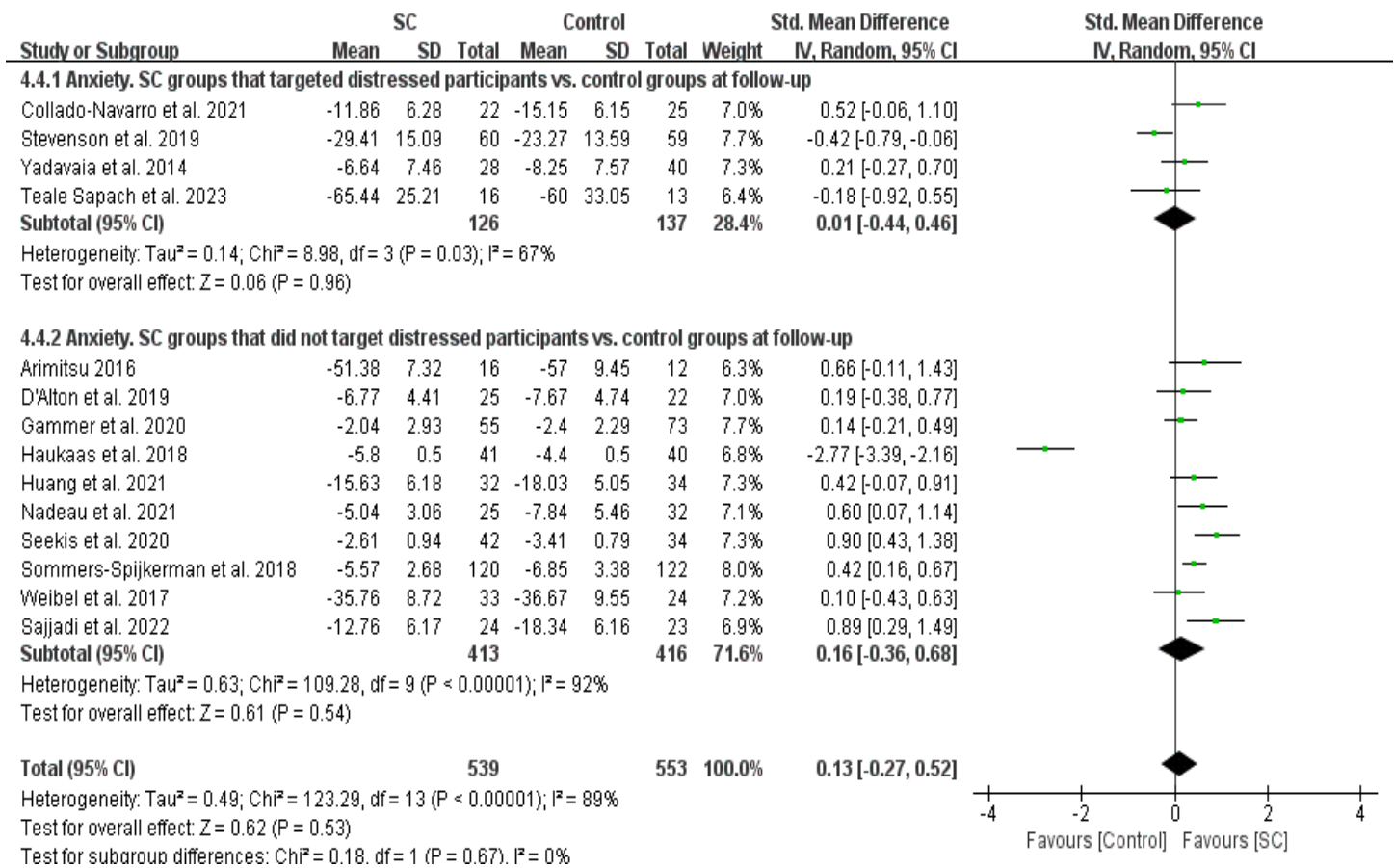
**Fig. S7** Forest plots showing effects of self-compassion interventions on depressive symptoms according to the involvement of targeted distressed participants at the immediate posttest



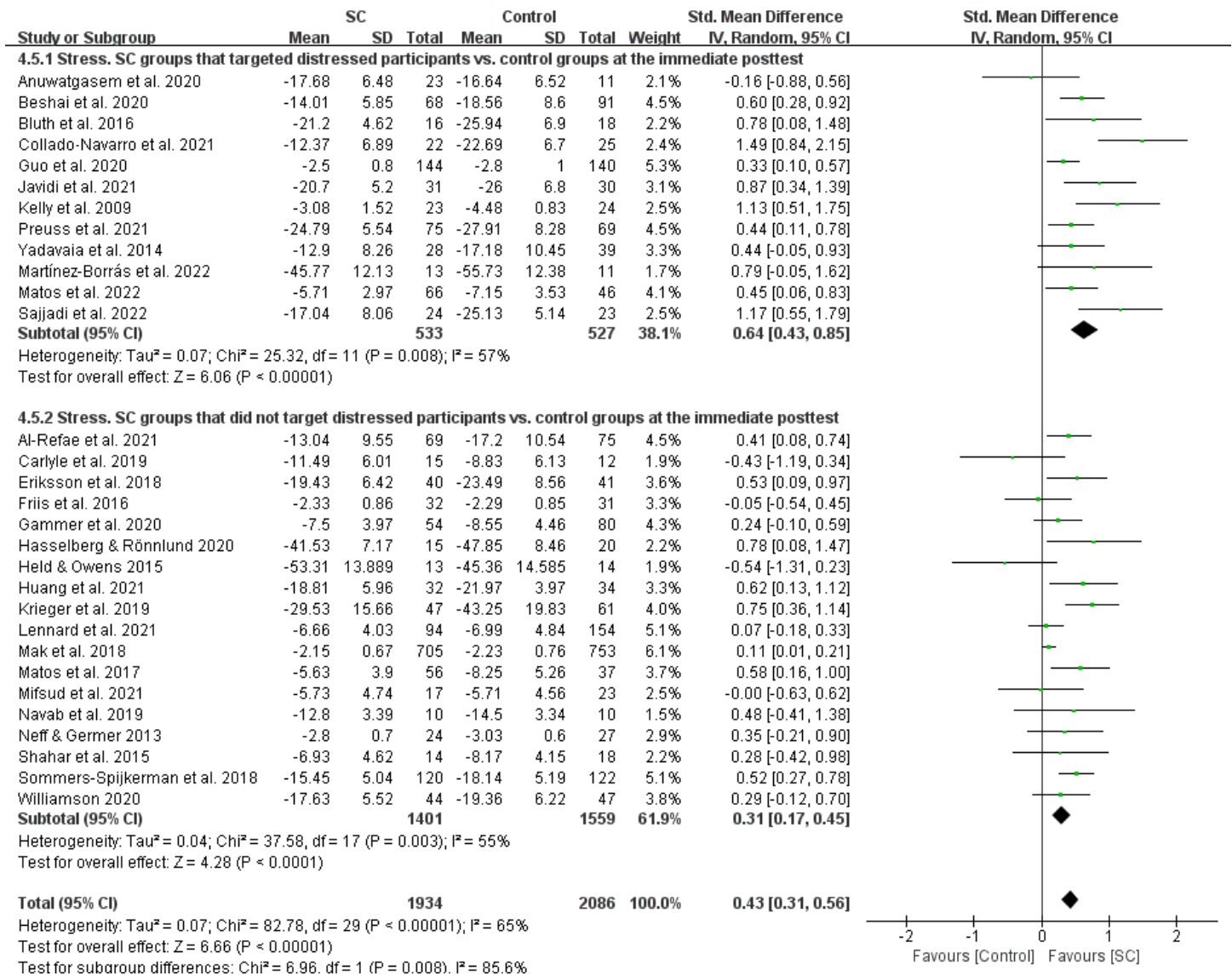
**Fig. S8** Forest plots showing effects of self-compassion interventions on depressive symptoms according to the involvement of targeted distressed participants at follow-up



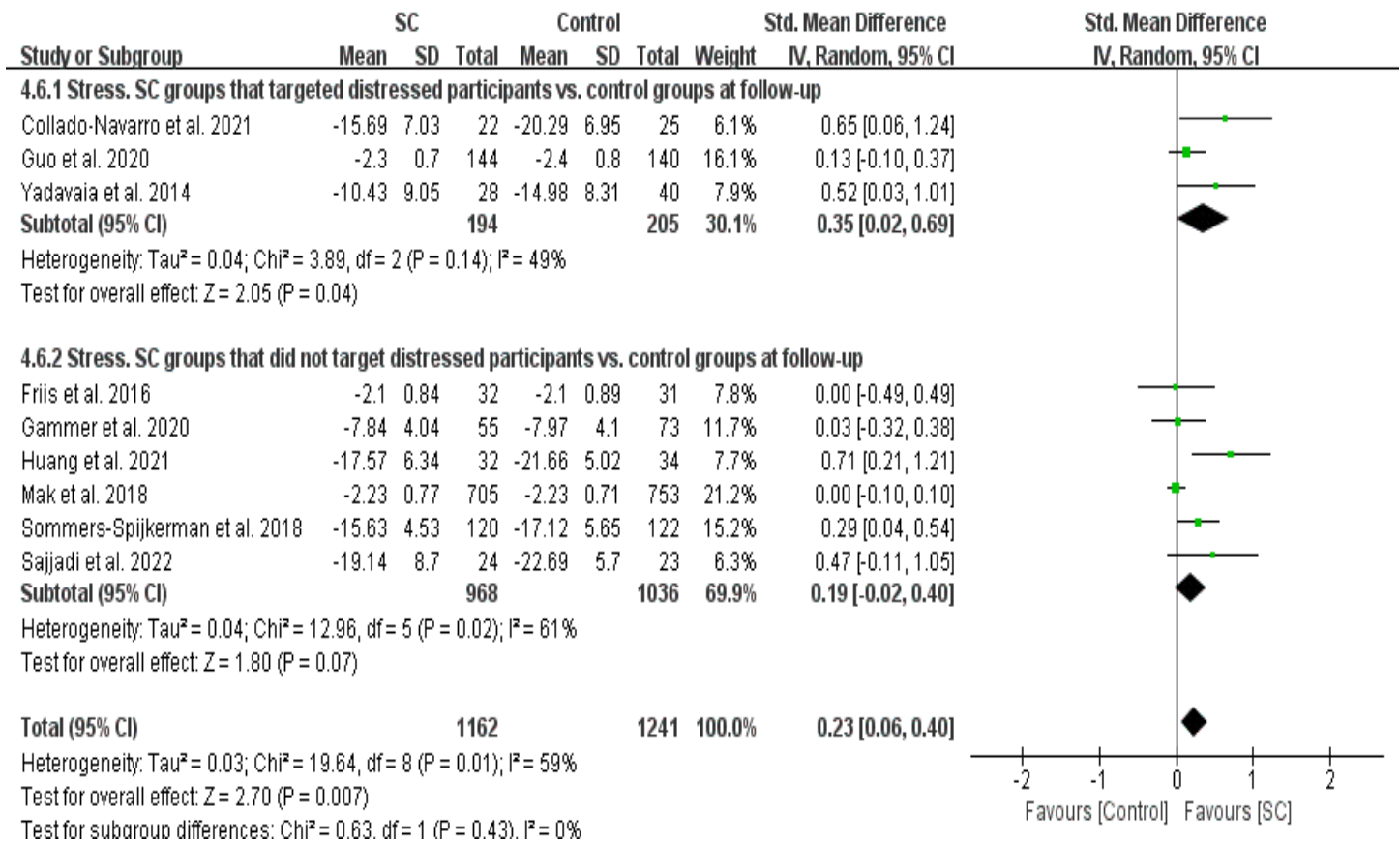
**Fig. S9** Forest plots showing effects of self-compassion interventions on anxiety according to the involvement of targeted distressed participants at the immediate posttest



**Fig. S10** Forest plots showing effects of self-compassion interventions on anxiety according to the involvement of targeted distressed participants at follow-up



**Fig. S11** Forest plots showing effects of self-compassion interventions on stress according to the involvement of targeted distressed participants at the immediate posttest



**Fig. S12** Forest plots showing effects of self-compassion interventions on stress according to the involvement of targeted distressed participants at follow-up