Supplementary Material S1

SCS Regression and Mediations

## Regressions Results

Total effects predicting: TFEQ_EE

| Names | Effect | Estimate | SE | Lower | Upper | β | df | t | p |
|-------|--------|----------|------|-------|-------|------|----|------|-------|
| DERS | DERS | 0.131 | 0.0313 | 0.0668 | 0.194 | 0.593 | 32 | 4.17 | < .001 |

TFEQ_EE = Three Factor Eating Questionnaire – Emotional Eating; DERS = Difficulties in Emotion Regulation Scale.

Mediator Model

Dependent variable: SCS_inv

| Names | Effect | Estimate | SE | Lower | Upper | β | df | t | p |
|-------|--------|----------|---------|---------|--------|-------|----|------|-------|
| DERS | DERS | 0.0175 | 0.00521 | 0.00690 | 0.0281 | 0.511 | 32 | 3.36 | 0.002 |

SCS_inv = Self-Compassion Scale; Inv = The scale was used inversely to measure self-compassion in a negative way, that is, the less self-compassion one had; DERS = Difficulties in Emotion Regulation Scale.

Full model predicting TFEQ_EE

| Names | Effect | Estimate | SE | Lower | Upper | β | df | t | p |
|---------|---------|----------|--------|--------|-------|-------|----|------|-------|
| SCS_inv | SCS_inv | 2.4935 | 0.9841 | 0.4864 | 4.501 | 0.388 | 31 | 2.53 | 0.017 |
| DERS | DERS | 0.0870 | 0.0337 | 0.0182 | 0.156 | 0.395 | 31 | 2.58 | 0.015 |

TFEQ_EE = Three Factor Eating Questionnaire – Emotional Eating; SCS_inv = Self-Compassion Scale; Inv = The scale was used inversely to measure self-compassion in a negative way, that is, the less self-compassion one had; DERS = Difficulties in Emotion Regulation Scale.

## Mediation Estimates (SCS)

| Effect | Label | Estimate | SE | 95% Confidence Interval | | Z | p |
|---|---|---|---|---|---|---|---|
| | | | | Lower | Upper | | |
| Indirect | a × b | 0.0436 | 0.0222 | 0.00623 | 0.0954 | 1.97 | 0.049 |
| Direct | c | 0.0870 | 0.0285 | 0.03081 | 0.1470 | 3.05 | 0.002 |
| Total | c + a × b | 0.1306 | 0.0251 | 0.08378 | 0.1813 | 5.20 | < .001 |

### Path Estimates

| | | | Label | Estimate | SE | 95% Confidence Interval | | Z | p |
|---|---|---|---|---|---|---|---|---|---|
| | | | | | | Lower | Upper | | |
| DERS | → | SCS_inv | a | 0.0175 | 0.00495 | 0.00861 | 0.0279 | 3.54 | < .001 |
| SCS_inv | → | TFEQ_EE | b | 2.4935 | 1.04836 | 0.37433 | 4.4497 | 2.38 | 0.017 |
| DERS | → | TFEQ_EE | c | 0.0870 | 0.02853 | 0.03081 | 0.1470 | 3.05 | 0.002 |

## Mediation Estimates (AAQ)

| Effect | Label | Estimate | SE | 95% Confidence Interval | | Z | p |
|---|---|---|---|---|---|---|---|
| | | | | Lower | Upper | | |
| Indirect | a × b | 0.0349 | 0.0205 | 0.00249 | 0.0820 | 1.71 | 0.088 |
| Direct | c | 0.0957 | 0.0243 | 0.04600 | 0.1426 | 3.94 | < .001 |
| Total | c + a × b | 0.1306 | 0.0233 | 0.08401 | 0.1757 | 5.61 | < .001 |

### Path Estimates

| | | | Label | Estimate | SE | 95% Confidence Interval | | Z | p |
|---|---|---|---|---|---|---|---|---|---|
| | | | | | | Lower | Upper | | |
| DERS | → | AAQ | a | 0.1820 | 0.0739 | 0.0403 | 0.338 | 2.46 | 0.014 |
| AAQ | → | TFEQ_EE | b | 0.1919 | 0.0711 | 0.0397 | 0.318 | 2.70 | 0.007 |
| DERS | → | TFEQ_EE | c | 0.0957 | 0.0243 | 0.0460 | 0.143 | 3.94 | < .001 |

SCS = Self-Compassion Scale; DERS = Difficulties in Emotion Regulation Scale; SCS_inv = Self-Compassion Scale; Inv = The scale was used inversely to measure self-compassion in a negative way, that is, the less self-compassion one had; TFEQ_EE = Three Factor Eating Questionnaire – emotional; AAQ = Action and Acceptance Questionnaire.

### Mediation Estimates (FFMQ)

| Effect | Label | Estimate | SE | 95% Confidence Interval | | Z | p |
|--------|-------|----------|-----|-------|-------|------|------|
| | | | | Lower | Upper | | |
| Indirect | a × b | 0.0154 | 0.0148 | -0.0121 | 0.0494 | 1.04 | 0.299 |
| Direct | c | 0.1152 | 0.0283 | 0.0597 | 0.1707 | 4.06 | < .001 |
| Total | c + a × b | 0.1306 | 0.0242 | 0.0829 | 0.1765 | 5.40 | < .001 |

### Path Estimates

| | | | Label | Estimate | SE | 95% Confidence Interval | | Z | p |
|---|---|---|-------|----------|-----|-------|-------|------|------|
| | | | | | | Lower | Upper | | |
| DERS | → | FFMQ - inv | a | 0.4048 | 0.1781 | 0.0802 | 0.775 | 2.27 | 0.023 |
| FFMQ - inv | → | TFEQ_EE | b | 0.0380 | 0.0329 | -0.0260 | 0.107 | 1.15 | 0.248 |
| DERS | → | TFEQ_EE | c | 0.1152 | 0.0283 | 0.0597 | 0.171 | 4.06 | < .001 |

### Mediation Estimates (PSWQ)

| Effect | Label | Estimate | SE | 95% Confidence Interval | | Z | p |
|--------|-------|----------|-----|-------|-------|------|------|
| | | | | Lower | Upper | | |
| Indirect | a × b | 0.0137 | 0.0245 | -0.0308 | 0.0663 | 0.558 | 0.577 |
| Direct | c | 0.1169 | 0.0338 | 0.0501 | 0.1820 | 3.455 | < .001 |
| Total | c + a × b | 0.1306 | 0.0244 | 0.0796 | 0.1764 | 5.348 | < .001 |

### Path Estimates

| | | | Label | Estimate | SE | 95% Confidence Interval | | Z | p |
|---|---|---|-------|----------|-----|-------|-------|------|------|
| | | | | | | Lower | Upper | | |
| DERS | → | PSWQ | a | 0.2484 | 0.0722 | 0.1101 | 0.391 | 3.443 | < .001 |
| PSWQ | → | TFEQ_EE | b | 0.0550 | 0.0903 | -0.1276 | 0.225 | 0.609 | 0.543 |
| DERS | → | TFEQ_EE | c | 0.1169 | 0.0338 | 0.0501 | 0.182 | 3.455 | < .001 |

FFMQ = Five Facet Mindfulness Questionnaire; DERS = Difficulties in Emotion Regulation Scale; Inv = The scale was used inversely to measure self-compassion in a negative way, that is, the less self-compassion one had; TFEQ_EE = Three Factor Eating Questionnaire – Emotional Eating; PSWQ = Penn State Worry Questionnaire.