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1. [Barriers to self-compassion for female survivors of childhood maltreatment: The roles of fear of self-compassion and psychological inflexibility.](#)

Boykin D.M., Himmerich S.J., Pinciotti C.M., Miller L.M., Miron L.R., Orcutt H.K.
Child Abuse and Neglect. 76 (pp 216-224), 2018. Date of Publication: February 2018.

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- 2. **Self-Compassion as a prospective predictor of PTSD symptom severity among trauma-exposed U.S. Iraq and Afghanistan war veterans.**

Hiraoka R., Meyer E.C., Kimbrel N.A., DeBeer B.B., Gulliver S.B., Morissette S.B.

Journal of traumatic stress. 28 (2) (pp 127-133), 2015. Date of Publication: 01 Apr 2015.

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- 3. **Self-compassion is associated with emotional stress and perceived health-related functioning in veterans.**

Dinh J., Walsler R., Best S., Cloitre M., McCaslin-Rodrigo S.

Psychosomatic Medicine. Conference: 72nd Annual Scientific Meeting of the American Psychosomatic Society. San Francisco, CA United States. Conference Publication: (var.pagings). 76 (3) (pp A-115), 2014. Date of Publication: April 2014.

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1. **Self-compassion and cognitive flexibility in trauma-exposed individuals with and without ptsd. [References].**

Daneshvar, Somayeh; Basharpour, Sajjad; Shafiei, Masumeh.

Current Psychology: A Journal for Diverse Perspectives on Diverse Psychological Issues. 2020, pp. No Pagination Specified.

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Supplementary material Table 1

Inclusion and exclusion criteria

	Inclusion	Exclusion
Interventions	An intervention with primary focus on self-compassion	Interventions without explicit focus on self-compassion.
Comparisons	Before and after intervention	No baseline measurement
Study design	Pre-post studies Crossover or parallel design	-
Outcomes	A standardised measure to evaluate PTSD symptoms	No PTSD or post-traumatic stress measure
Data reported	Data that enables analysis and estimation of effect size	Unpublished data Data without Mean Data without SD/SEM Data without <i>N</i>
Publication type	Peer-reviewed journal Written in English	Review article Case report Grey literature Non-English article

Note. SD = standard deviation; SEM = standard error of mean; *N* = sample size; PTSD = posttraumatic stress disorder.

Supplementary Material S2 the methods used to measure heterogeneity and publication bias in detail

Method

Test of Heterogeneity

In systematic review and meta-analyses, conclusions are less clear when the results vary across studies (Higgins et al., 2003). In this meta-analysis, heterogeneity between studies was evaluated using I^2 statistic, which indicates the percentage of total variance that is due to between-study variation. It is expressed as $I^2 = 100\% \times (Q - df)/Q$, in which df means degree of freedom, and Q is calculated by summing the squared deviations of each study's estimate from the overall meta-analytic estimate (Higgins et al., 2003). Values of 25%, 50%, and 75% were described as low, moderate, and large heterogeneity respectively.

Additionally, Galbraith plot was used to evaluate and depict the between-study variation. Galbraith plot illustrates the percentage of studies which lie within two standard errors of the effect estimate (i.e. meta-analytic estimate divided by its standard error). The effect is consistent across studies when more than 95% of included studies positioning within two standard errors of the population effect (Thompson, 1994). We expected to see heterogeneity across studies due to the variations in studies (e.g. samples, PTSD outcomes, interventions, and duration). Random-effect models were therefore used which allows for statistical control of heterogeneity and generalization of meta-analytic results.

Publication Bias

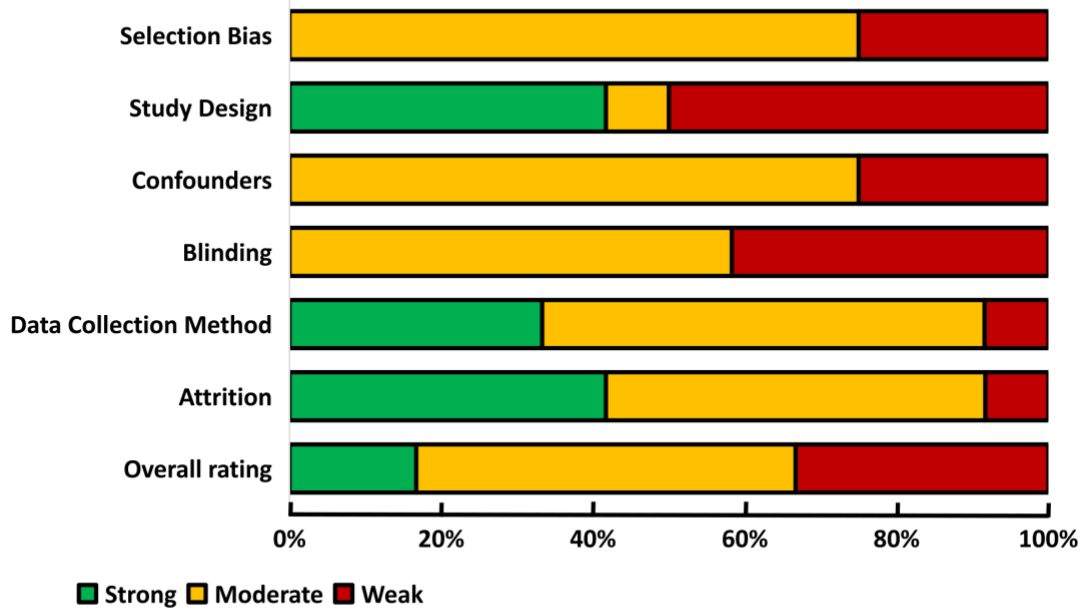
Publication bias may also affect the reliability of result estimates. Different methodologies were used to examine publication bias in this review (Che et al., 2018). Overall, the selectivity funnel plot depicts effect estimates against sample size, which is a

straightforward way to visually inspect publication bias. Moreover, the objective statistics, i.e. Begg and Mazumdar's rank correlations and Egger's regression intercept test were further carried out. The Begg and Mazumdar test is a rank correlation test which associates the standardized effect estimates with the variance of the effect estimates (Begg & Mazumdar, 1994). Egger's regression test is expressed as Standardized Effect Size = $a + b * \text{Inverse Standard Error}$, where intercept 'a' is a measure of publication bias (Egger et al., 1997). Additionally, a Bayesian approach was used to create the posterior distribution of a mitigated test statistic which provides inferences to the existence of an effect (Guan & Vandekerckhove, 2016).

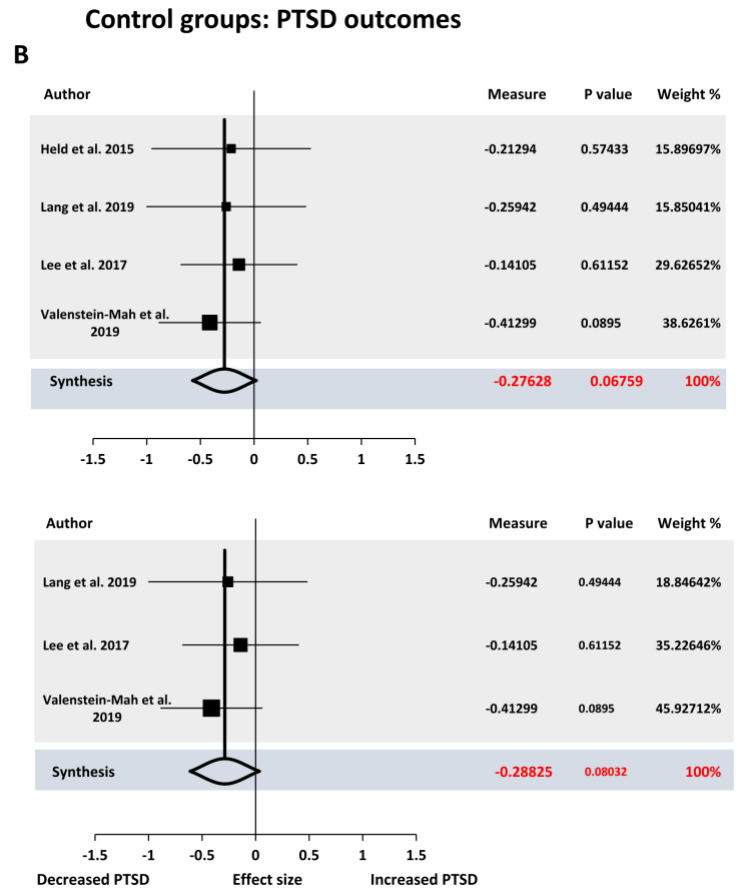
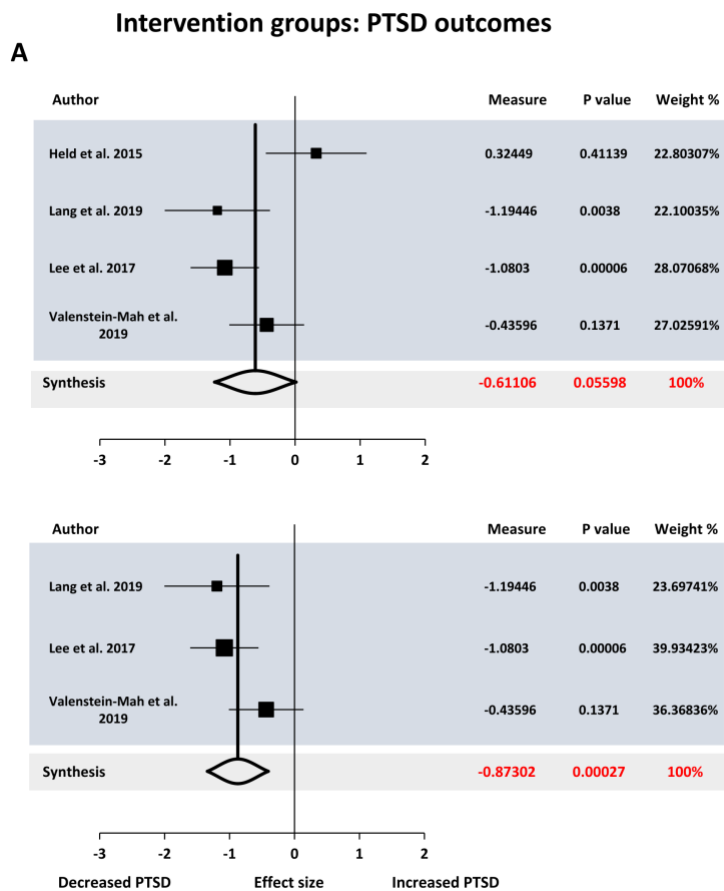
Reference:

- Begg, C. B., & Mazumdar, M. (1994). Operating characteristics of a rank correlation test for publication bias. *Biometrics*, 1088-1101.
- Che, X., Cash, R., Chung, S., Fitzgerald, P. B., & Fitzgibbon, B. M. (2018). Investigating the influence of social support on experimental pain and related physiological arousal: A systematic review and meta-analysis. *Neuroscience & Biobehavioral Reviews*, 92, 437-452.
- Egger, M., Smith, G. D., Schneider, M., & Minder, C. (1997). Bias in meta-analysis detected by a simple, graphical test. *Bmj*, 315(7109), 629-634.
- Guan, M., & Vandekerckhove, J. (2016). A Bayesian approach to mitigation of publication bias. *Psychonomic bulletin & review*, 23(1), 74-86.
- Higgins, J. P., Thompson, S. G., Deeks, J. J., & Altman, D. G. (2003). Measuring inconsistency in meta-analyses. *Bmj*, 327(7414), 557-560.
- Thompson, S. G. (1994). Systematic Review: Why sources of heterogeneity in meta-analysis should be investigated. *Bmj*, 309(6965), 1351-1355.

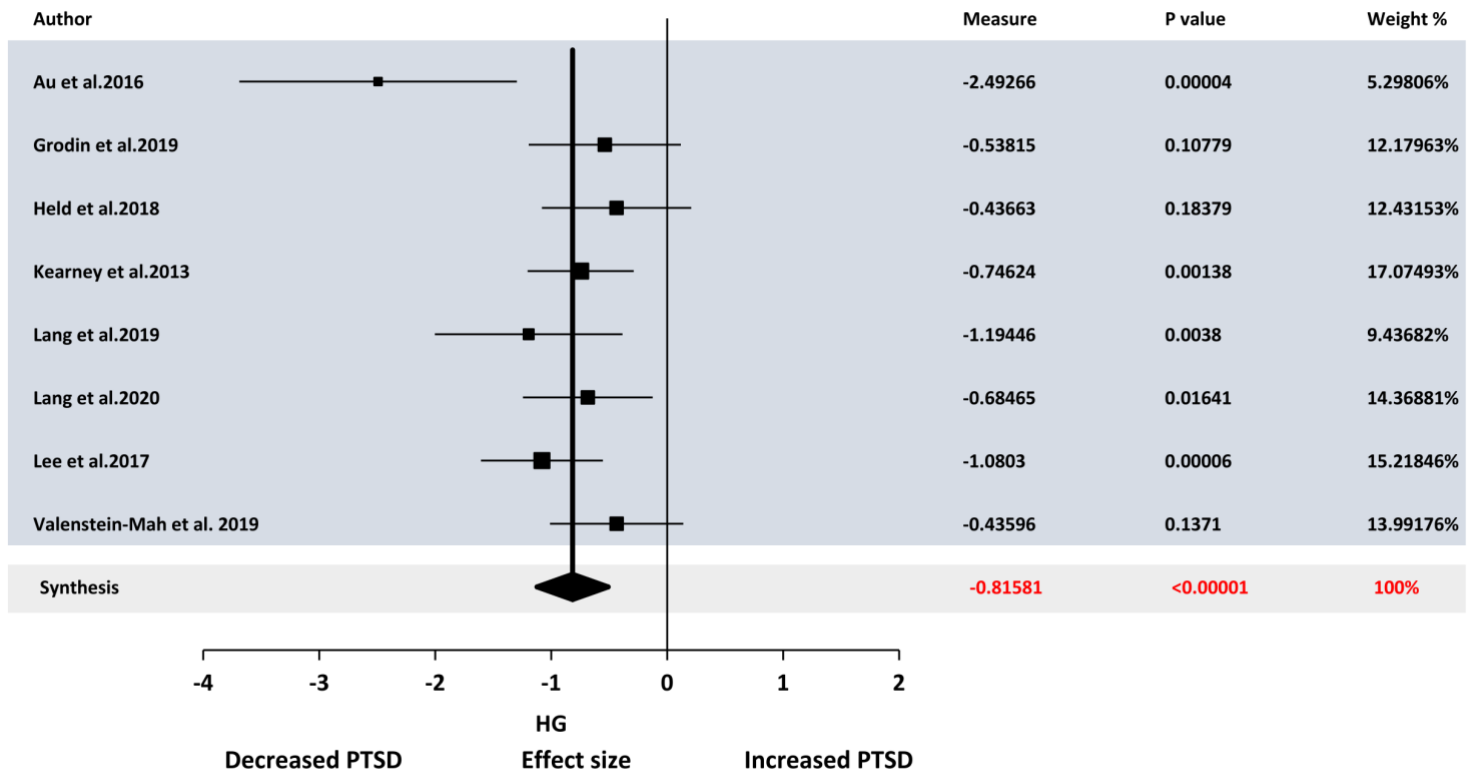
Supplementary Material Fig. 1 Risk of bias assessments. Each assessment component was presented as percentages across included studies



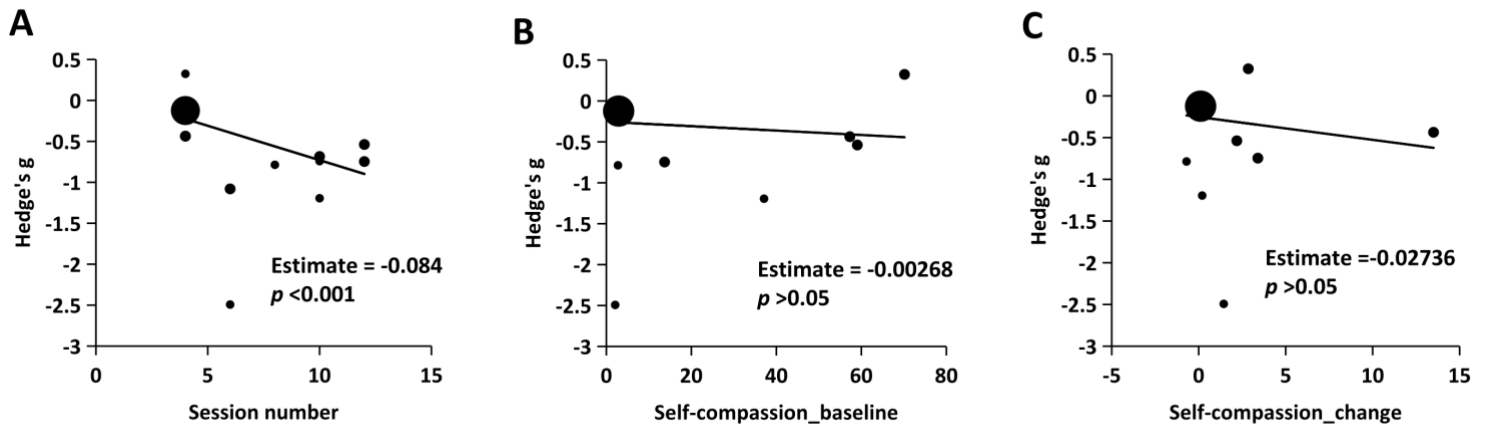
Supplementary Material Fig. 2 Forest plot showing the effect of self-compassion focused interventions on PTSD in studies with a control group. Overall, a therapist is critical for self-compassion focused interventions to reduce PTSD symptoms (see upper versus lower parts of the figure). Held et al. (2015) conducted an intervention in the absence of a therapist.



Supplementary Material Fig. 3 Forrest plot of Hedge's adjust g analysis for effects of self-compassion focused interventions on reported PTSD after removing studies with weak quality.



Supplementary Material Fig. 4 Meta-regression analyses revealed the modulating impact of session number on intervention efficacy (a). But either baseline (b) or change scores (c) in reported self-compassion had no impact on intervention effects.



Supplementary Material Fig. 5 Forrest plot of Hedge's adjust g analysis for effects of self-compassion focused interventions on reported self-compassion.

