Self-Compassion Scale-Youth version (SCS-Y; Neff et al., 2020)

. The 17-item SCS-Y was employed to assess self-compassion among adolescents. The scale comprises six subscales assessing positive and negative dimensions of self-compassion. The SCS-Y items with items were responded on a five-point scale from 1 (*almost never*) to 5 (*almost always*) with negative dimensions reverse scored. The total raw scores range from 17 to 85. The total mean of the six subscale means was used to calculate a total score. A higher score represents a higher self-compassion. The scale's reliability was very good in the present study (α=0.87). The Chinese version of SCS-Y was translated and validated in the parallel study. See supplementary data.

The collected data can be utilized in two ways:

1. To calculate an overall compassion score – Items representing uncompassionate responses to inadequacy or suffering (the self-judgment, isolation, and over-identification subscales) are reverse-coded only when calculating the overall compassion score. In this way, higher scores represent a lower frequency of these responses.

In order to calculate a total compassion score, take the mean score of each subscale (after reverse scoring where necessary) and compute a total mean.

2. To calculate individual subscale scores – If you plan to examine the subscales separately, do not reverse the scoring of any item. Scoring on the subscales of these items should only be reversed when calculating the overall compassion score.

Fit indices for Six factor CFA models across gender

Model	sample	χ^2.*df*	CFI	TLI	SRMR	RMSEA 90% [CI]
CFA						
	Total	2.98	.955	.948	.056	.066 [.059, .072]
	Male	2.16	.962	.955	.052	.044 [.038, .046]
	Female	2.28	.970	.9611	.066	.052 [.045, .058]

Note:

CFI=comparative fit index; TLI=Tucker-Lewis index; RMSEA=root mean square error of approximation (RMSEA); CI=confidence interval. AIC=Akaike information criterion