

Supplemental Table 1

Participant Demographics (n = 111)

| Variable | | <i>N</i> | % |
|---------------------|---------------------------|----------|------|
| Age | 19 – 30 | 47 | 42.3 |
| | 31 – 40 | 51 | 45.9 |
| | 41 – 50 | 12 | 10.8 |
| | 51 – 60 | 1 | 0.9 |
| | <hr/> | | |
| Cultural Background | Caucasian | 82 | 73.9 |
| | Indigenous | 0 | 0 |
| | Hispanic | 5 | 4.5 |
| | African American | 2 | 1.8 |
| | Asian | 7 | 6.3 |
| | Other | 15 | 13.5 |
| | <hr/> | | |
| Education Completed | High School | 16 | 14.4 |
| | College/Vocational School | 26 | 23.4 |
| | University | 52 | 46.8 |
| | Postgraduate | 17 | 15.3 |
| | <hr/> | | |
| Employment Status | Stay at home mother | 23 | 20.7 |
| | Student | 3 | 2.7 |
| | Part-time | 20 | 18.0 |
| | Full-time | 65 | 58.5 |
| | <hr/> | | |
| Marital Status | Single | 14 | 12.6 |
| | Common-law | 16 | 14.4 |
| | Married | 78 | 70.2 |
| | Separated/Divorced | 3 | 2.7 |
| | <hr/> | | |
| Number of Children | 1 | 41 | 36.9 |
| | 2 | 57 | 51.3 |
| | 3 | 7 | 6.3 |
| | 4 | 3 | 2.7 |
| | 5+ | 3 | 2.7 |
| | <hr/> | | |

Supplemental Table 2

Descriptive Statistics

| Variable | Range | M | SD | Alpha |
|------------------------------------|-------------|-------|------|-------|
| Self-Compassion | 1.35 – 4.50 | 2.84 | 0.65 | 0.92 |
| Fear of Self- Compassion | 0 – 3.40 | 1.44 | 0.82 | 0.92 |
| Confident vs Insecure | -3 – 3 | -0.71 | 1.65 | N/A |
| Lazy vs Industrious | -2 – 3 | 1.01 | 1.41 | N/A |
| A Success vs A Failure | -3 – 3 | -1.02 | 1.56 | N/A |
| Anxious vs Relaxed | -3 – 3 | -0.04 | 1.76 | N/A |
| Unhappy vs Happy | -3 – 3 | 1.17 | 1.41 | N/A |
| Responsible vs Irresponsible | -3 – 3 | 1.45 | 1.62 | N/A |
| Self-centered vs Other-oriented | -3 – 3 | 0.16 | 1.39 | N/A |
| Pleasant vs Unpleasant | -3 – 2 | -1.46 | 1.23 | N/A |
| Arrogant vs Modest | -2 – 3 | 0.96 | 1.29 | N/A |
| Careful vs Careless | -3 – 2 | -1.58 | 1.26 | N/A |

| | | | | |
|-------------------|--------|-------|------|-----|
| Judgmental vs | -3 – 3 | -0.03 | 1.34 | N/A |
| Non-judgmental | | | | |
| Competent vs | -3 – 2 | -1.47 | 1.16 | N/A |
| Incompetent | | | | |
| Weak vs Strong | -2 – 3 | 1.04 | 1.38 | N/A |
| Admirable vs | -3 – 3 | -0.98 | 1.24 | N/A |
| Shameful | | | | |
| Ambitious vs Non | -3 – 2 | -1.14 | 1.28 | N/A |
| ambitious | | | | |
| Competitive vs | -3 – 3 | 0.19 | 1.55 | N/A |
| Cooperative | | | | |
| Self-indulgent vs | -3 – 2 | -0.65 | 1.17 | N/A |
| Self-denying | | | | |