

Model	Variable (X)	Direct effect of 'X' on daytime sleepiness (Mediator)	Direct effect of daytime sleepiness (Mediator) on DDS (Outcome)	Direct effect of 'X' on DDS (Outcome)	Indirect effect of 'X' on DDS (Outcome)	Finding
1.	SCS Total	b = -1.65 SE = .30, p < .001 95% CI [-2.24, -1.05]	b = .04 SE = .01 p < .001 95% CI [.03, .06]	b = -.51 SE = .06 p < .001 95% CI [-.62, -.40]	b = -.07 SE = .03 95% CI [-.13, -.03]	SCS Total has a negative direct path, and a negative indirect path on DDS
2.	SCS Self-kindness	b = -.33 SE = .21 p = .116 95% CI [-.74, .08]	b = .06 SE = .01 p < .001 95% CI [.04, .08]	b = -.04 SE = .04 p = .339 95% CI [-.12, .04]	b = -.02 SE = .02 95% CI [-.05, .01]	SCS Self-kindness has neither a direct or indirect path on DDS
3.	SCS Self-judgement	b = 1.01 SE = .19 p < .001 95% CI [.63, 1.39]	b = .04 SE = .01 p < .001 95% CI [.02, .06]	b = .42 SE = .03 p < .001 95% CI [.35, .49]	b = .04 SE = .01 95% CI [.02, .07]	SCS Self-judgement has a positive direct and indirect path on DDS
4.	SCS Common Humanity	b = .14 SE = .18 p = .427 95% CI [-.21, .49]	b = .06 SE = .01 p < .001 95% CI [.04, .08]	b = .11 SE = .03 p = .001 95% CI [.04, .18]	b = .01 SE = .01 95% CI [-.01, .03]	SCS Common Humanity has a direct positive path, but not an indirect path on DDS
5.	SCS Isolation	b = 1.17 SE = .18 p < .001 95% CI [.82, 1.52]	b = .03 SE = .01 p < .001 95% CI [.02, .05]	b = .43 SE = .03 p < .001 95% CI [.37, .49]	b = .04 SE = .01 95% CI [.01, .07]	SCS Isolation has a positive direct and indirect path on DDS
6.	SCS Mindfulness	b = -.40 SE = .20 p = .048 95% CI [-.79, -.004]	b = .06 SE = .01 p < .001 95% CI [.04, .08]	b = -.01 SE = .04 p = .717 95% CI [-.09, .06]	b = -.02 SE = .01 95% CI [-.06, .001]	SCS Mindfulness has neither a direct or indirect path on DDS
7.	SCS Over-identified	b = 1.18 SE = .19 p < .001 95% CI [.81, 1.56]	b = .03 SE = .01 p < .001 95% CI [.02, .05]	b = .46 SE = .03 p < .001 95% CI [.39, .52]	b = .04 SE = .01 95% CI [.01, .07]	SCS Over-identified has a positive direct and indirect path on DDS

DDS = Diabetes Distress Scale; SCS = Self Compassion Scale

S1 Supplementary table.

Mediation analysis outcomes.