**Supplementary material**

Appendix A presented the English and Chinese items on the Self-Compassion Scale–Short Form (SCS–SF).

**Appendix A.** English/Chinese Version of the Self-Compassion Scale–Short Form (SCS–SF). Adapted from Raes, F., Pommier, E., Neff,K. D., & Van Gucht, D. (2011). Construction and factorial validation of a short form of the Self-Compassion Scale. *Clinical Psychology & Psychotherapy*. 18, 250-255.12

HOW I TYPICALLY ACT TOWARDS MYSELF IN DIFFICULT TIMES, Please read each statement carefully before answering. To the right of each item, indicate how often you behave in the stated manner, using the following scale:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Item** | **Almost****Never****太不****符合** | **不符合** | **不确定** | **符合** | **Almost always非常****符合** |
| 1. When I fail at something important to me I become consumed by feelings of inadequacy.1. 在一些对自己重要的事情上失败后，我会感到自己的缺点很多。 | 1 | 2 | 3 | 4 | 5 |
| 2. I try to be understanding and patient towards those aspects of my personality I don’t like.2. 我试着去理解和容忍自身性格中自己不喜欢的方面。 | 1 | 2 | 3 | 4 | 5 |
| 3. When something painful happens I try to take a balanced view of the situation.3. 当一些令人痛苦的事情发生时，我尽量用平和的心态来对待它。 | 1 | 2 | 3 | 4 | 5 |
| 4. When I’m feeling down, I tend to feel like most other people are probably happier than I am.4. 情绪低落时，我容易觉得很多人可能比我幸福。 | 1 | 2 | 3 | 4 | 5 |
| 5. I try to see my failings as part of the human condition.5.我尽量把自己的失败看成人生经历中的一个必然部分。 | 1 | 2 | 3 | 4 | 5 |
| 6. When I’m going through a very hard time, I give myself the caring and tenderness I need.6. 艰难的岁月里，我会关心、善待自己。 | 1 | 2 | 3 | 4 | 5 |
| 7. When something upsets me I try to keep my emotions in balance.7. 遇到烦心事，我会尽量想办法让自己保持情绪稳定。 | 1 | 2 | 3 | 4 | 5 |
| 8. When I fail at something that’s important to me, I tend to feel alone in my failure.8. 在一些对自己重要的事情上失败时，我容易觉得是自己一个人在承受失败，感到孤独。 | 1 | 2 | 3 | 4 | 5 |
| 9. When I’m feeling down I tend to obsess and fixate on everything that’s wrong.9. 情绪低落时，我会被各种不顺心的事困扰。 | 1 | 2 | 3 | 4 | 5 |
| 10. When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.10. 当我感到自己在某些方面不足时，我尽量提醒自己，大部分人和我一样，都不完美。 | 1 | 2 | 3 | 4 | 5 |
| 11. I’m disapproving and judgmental about my own flaws and inadequacies.11. 对自己的缺点和不足，我持反对和批判的态度。 | 1 | 2 | 3 | 4 | 5 |
| 12. I’m intolerant and impatient towards those aspects of my personality I don’t like.12. 我无法忍受自身性格中自己不喜欢的那些方面。 | 1 | 2 | 3 | 4 | 5 |

Note: Subscale scores are computed by calculating the mean of subscale item responses. To compute a total self-compassion score, reverse score the negative subscale items - self-judgment, isolation, and over-identification (i.e., 1 = 5, 2 = 4, 3 = 3, 4 = 2, 5 = 1) - then compute a total mean.