Supplemental Materials

Configural and Metric Invariance Results When Examining Gender Differences

To compare relationships using latent variables, configural and metric invariance between groups are required (Milfont & Fischer, 2010). To establish configural invariance, we ran a model examining the fit of the latent variable indicators on their respective latent factors separately for men, Satorra-Bentler Adjusted (SB) χ^2 (80) = 181.14, $p < .001$; CFI = .92; TLI = .89; RMSEA = .09, 90% CI [.07, .11]; SRMR = .05, and women, Satorra-Bentler Adjusted (SB) χ^2 (80) = 194.34, $p < .001$; CFI = .94; TLI = .92; RMSEA = .09, 90% CI [.07, .10]; SRMR = .05. Since the model demonstrated adequate fit for both groups, we next examined metric invariance in which we compared a model that allowed the indicator variables to freely estimate their latent factors across groups, Satorra-Bentler Adjusted (SB) χ^2 (180) = 409.18, $p < .001$; CFI = .92; TLI = .91; RMSEA = .09, 90% CI [.07, .10]; SRMR = .06, with a model that constrained the loadings of the indicator variables to be equal across groups, Satorra-Bentler Adjusted (SB) χ^2 (185) = 415.19, $p < .001$; CFI = .92; TLI = .91; RMSEA = .08, 90% CI [.07, .10]; SRMR = .07. Given that the ΔCFI between the fully free and fully constrained models was less than .01, metric invariance was established.

References

Milfont, T. L., & Fischer, R. (2010). Testing measurement invariance across groups: Applications in cross-cultural research. *International Journal of Psychological Research*, *3*(1), 111-130.

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Table 1

Exploratory Factor Analysis Pattern Matrix of the Self-Compassion Scale

	Factors	
Items	1	2
SCS1	.606	
SCS2	.675	
SCS3		.587
SCS4	.665	
SCS5		.656
SCS6	.748	
SCS7		.713
SCS8	.692	
SCS9		.556
SCS10		.807
SCS11	.589	
SCS12		.643
SCS13	.678	
SCS14		.648
SCS15		.703
SCS16	.728	
SCS17		.690
SCS18	.599	
SCS19		.464
SCS20	.653	
SCS21	.639	
SCS22		.539
SCS23		.425

SCS24	.641	
SCS25	.699	
SCS26		.579

Note. Factor loadings less than .35 are not presented in the table for ease of interpretation. Factor analysis was run using Principal Axis Factoring and a promax rotation. Factor 1 clusters items related to self-coldness (self-judgment dimension: SCS1, 8, 11, 16, 2; isolation dimension: SCS4, 13, 18, 25; over-identified dimension: SCS2, 6, 20, 24). Factor 2 clusters items related to self-compassion (self-kindness dimension: SCS5, 12, 19, 23, 26; common humanity dimension: SCS3, 7, 10, 15; mindfulness dimension: SCS9, 14, 17, 22