**Online Supplementary Materials for**

*The Compassion Balance: Understanding the Interrelation of Self- and Other-Compassion for Optimal Well-being*

Sahdra, B. K., Ciarrochi, J., Fraser, M. I., Yap, K., Haller, E., Hayes, S. C., Hofman, S. & Gloster, A. (2023).

**Table S1**

*Counts and percentages of responses for the most important activity since the last prompt*

|  |  |  |
| --- | --- | --- |
| **Most important activity since last prompt** | **Count** | **Percent** |
| 0 = Work/school | 519 | 14.52% |
| 1 = Being on the way from A to B | 161 | 4.50% |
| 2 = Media/TV/Internet | 176 | 4.92% |
| 3 = Contact with family/conversation | 231 | 6.46% |
| 4 = Contact with other people/conversation | 540 | 15.11% |
| 5 = Being on my own/bored | 73 | 2.04% |
| 6 = Shopping/household | 259 | 7.25% |
| 7 = Leisure (excl. physical activities) | 126 | 3.53% |
| 8 = Physical activity | 211 | 5.90% |
| 9 = Eat/drink | 251 | 7.02% |
| 10 = Enjoy/relax | 606 | 16.96% |
| 11 = Other | 421 | 11.78% |

**Table S2**

*Descriptive statistics of the within-person correlation of state self-compassion and state other-compassion in the three a-prior groups of individuals with self and other compassion as discordant, independent, or harmonious*

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *n* | *M* | *SD* | *median* | *trimmed* | *mad* | *min* | *max* | *range* | *skew* | *kurtosis* | *SE* |
| **Self- and Other-Compassion as Discordant (within-person correlation =<0.10)** | | | | | | | | | | | |
| 19 | -0.34 | 0.25 | -0.23 | -0.32 | 0.07 | -1.00 | -0.12 | 0.88 | -1.37 | 0.73 | 0.06 |
| **Self- and Other-Compassion as Independent (within-person correlation between -0.10 and 0.10)** | | | | | | | | | | | |
| 15 | 0.01 | 0.07 | 0.03 | 0.01 | 0.07 | -0.09 | 0.09 | 0.18 | -0.33 | -1.67 | 0.02 |
| **Self- and Other-Compassion as Harmonious (within-person correlation >= 0.10)** | | | | | | | | | | | |
| 115 | 0.54 | 0.25 | 0.54 | 0.52 | 0.30 | 0.10 | 1.00 | 0.9 | 0.05 | -1.09 | 0.02 |

**Table S3**

*Standardized estimates of fixed effects and random effects from multilevel models of self-compassion predicting other-compassion with or without type of patients as a moderator*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **State Other-Compassion** | | | **Moderation by Patient Type** | | |
| *Predictors* | *Estimates* | *CI* | *p* | *Estimates* | *CI* | *p* |
| (Intercept) | -0.09 | -0.20 – 0.02 | 0.108 | -0.13 | -0.29 – 0.03 | 0.113 |
| State Self-Compassion | 0.41 | 0.34 – 0.49 | **<0.001** | 0.39 | 0.29 – 0.49 | **<0.001** |
| clinical type [Outpatient] |  |  |  | 0.07 | -0.15 – 0.29 | 0.535 |
| State Self-Compassion \* clinical type [Outpatient] |  |  |  | 0.05 | -0.09 – 0.19 | 0.492 |
| **Random Effects** | | | | | | |
| *σ2* | 0.35 | | | 0.35 | | |
| *τ00* | 0.41 | | | 0.42 | | |
| *τ11* | 0.12 | | | 0.12 | | |
| *ρ01* | -0.46 | | | -0.47 | | |
| *ICC* | 0.60 | | | 0.60 | | |
| N | 153 | | | 153 | | |
| Observations | 3524 | | | 3524 | | |
| Marginal *R*2 / Conditional *R*2 | 0.162 / 0.667 | | | 0.166 / 0.669 | | |

*Note*. *σ2*= variance of the residual; *τ00* = variance of the intercept; *τ11* = variance of state self-compassion; *ρ01* = correlation of *τ00*and *τ11*; *ICC* = intra-class correlation; *N* = sample size; *CI* = 95% confidence interval.

**Table S4**

*Standardized estimates of fixed effects and random effects from multilevel models predicting state life satisfaction*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Model 1b** | | | **Model 2b** | | | **Model 3b** | | |
| *Predictors* | *Estimates* | *CI* | *p* | *Estimates* | *CI* | *p* | *Estimates* | *CI* | *p* |
| (Intercept) | -0.06 | -0.16 – 0.05 | 0.306 | -0.00 | -0.11 – 0.11 | 0.958 | -0.01 | -0.10 – 0.09 | 0.905 |
| MSC | 0.22 | 0.10 – 0.34 | **<0.001** |  |  |  | 0.10 | -0.00 – 0.20 | 0.058 |
| Cor | -0.05 | -0.17 – 0.07 | 0.440 | 0.20 | 0.08 – 0.31 | **0.001** |  |  |  |
| SC | 0.45 | 0.43 – 0.48 | **<0.001** |  |  |  | 0.39 | 0.36 – 0.42 | **<0.001** |
| Cor \* SC | 0.11 | 0.08 – 0.14 | **<0.001** |  |  |  |  |  |  |
| MOC |  |  |  | 0.29 | 0.18 – 0.40 | **<0.001** | 0.20 | 0.10 – 0.30 | **<0.001** |
| OC |  |  |  | 0.30 | 0.28 – 0.33 | **<0.001** | 0.16 | 0.14 – 0.19 | **<0.001** |
| Cor \* OC |  |  |  | 0.15 | 0.12 – 0.18 | **<0.001** |  |  |  |
| SC \* OC |  |  |  |  |  |  | -0.03 | -0.04 – -0.01 | **0.005** |
| **Random Effects** | | | | | | | | | |
| *σ2* | 0.22 | | | 0.25 | | | 0.21 | | |
| *τ00* | 0.42 | | | 0.44 | | | 0.31 | | |
| *ICC* | 0.66 | | | 0.64 | | | 0.59 | | |
| *N* | 148 | | | 148 | | | 153 | | |
| Observations | 3519 | | | 3519 | | | 3524 | | |
| Marginal *R*2 / Conditional *R*2 | 0.369 / 0.782 | | | 0.321 / 0.755 | | | 0.465 / 0.782 | | |

*Note*. MSC = mean of state self-compassion; Cor = within-person correlation of state self-compassion and state other-directed compassion; SC = state self-compassion; OC = state other-directed compassion; MOC = mean of state other-directed compassion; *σ2* = variance of the residual; *τ00* = variance of the intercept; *ICC* = intra-class correlation; *N* = sample size; *CI* = 95% confidence interval. Mean state measures were averages of state measures by person.

**Table S5**

*Standardized estimates of fixed effects and random effects from multilevel models predicting state life satisfaction, testing moderation by type of clinical patients*

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Model 1c** | | | **Model 2c** | | | **Model 3c** | | | |
| *Predictors* | *Estimates* | *CI* | *p* | *Estimates* | *CI* | *p* | | *Estimates* | *CI* | *p* |
| (Intercept) | -0.17 | -0.34 – 0.01 | 0.066 | -0.12 | -0.30 – 0.07 | 0.203 | | -0.10 | -0.26 – 0.05 | 0.190 |
| TSC | 0.04 | -0.08 – 0.16 | 0.498 |  |  |  | | 0.06 | -0.04 – 0.17 | 0.240 |
| Cor | 0.13 | -0.05 – 0.32 | 0.161 | 0.30 | 0.11 – 0.49 | **0.002** | |  |  |  |
| SC | 0.44 | 0.39 – 0.48 | **<0.001** |  |  |  | | 0.36 | 0.32 – 0.40 | **<0.001** |
| clinical type [Outpatient] | 0.18 | -0.07 – 0.42 | 0.151 | 0.17 | -0.08 – 0.43 | 0.172 | | 0.12 | -0.10 – 0.33 | 0.284 |
| Cor \* SC | 0.11 | 0.07 – 0.16 | **<0.001** |  |  |  | |  |  |  |
| Cor \* clinical type [Outpatient] | -0.15 | -0.40 – 0.10 | 0.237 | -0.17 | -0.43 – 0.09 | 0.199 | |  |  |  |
| SC \* clinical type [Outpatient] | 0.03 | -0.02 – 0.09 | 0.268 |  |  |  | | 0.05 | -0.01 – 0.10 | 0.125 |
| (Cor \* SC) \* clinical type [Outpatient] | -0.03 | -0.10 – 0.04 | 0.363 |  |  |  | |  |  |  |
| TOC |  |  |  | 0.10 | -0.03 – 0.22 | 0.127 | | 0.09 | -0.01 – 0.19 | 0.085 |
| OC |  |  |  | 0.35 | 0.31 – 0.39 | **<0.001** | | 0.20 | 0.16 – 0.24 | **<0.001** |
| Cor \* OC |  |  |  | 0.16 | 0.12 – 0.20 | **<0.001** | |  |  |  |
| OC \* clinical type [Outpatient] |  |  |  | -0.06 | -0.11 – -0.01 | **0.027** | | -0.05 | -0.10 – 0.01 | 0.101 |
| (Cor \* OC) \* clinical type [Outpatient] |  |  |  | 0.01 | -0.05 – 0.07 | 0.701 | |  |  |  |
| SC \* OC |  |  |  |  |  |  | | -0.02 | -0.05 – 0.00 | 0.100 |
| (SC \* OC) \* clinical type [Outpatient] |  |  |  |  |  |  | | 0.00 | -0.04 – 0.04 | 0.942 |
| **Random Effects** | | | | | | | | | | |
| *σ2* | 0.21 | | | 0.23 | | | | 0.20 | | |
| *τ00* | 0.45 | | | 0.49 | | | | 0.35 | | |
| *ICC* | 0.68 | | | 0.68 | | | | 0.64 | | |
| *N* | 132 | | | 132 | | | | 137 | | |
| Observations | 3135 | | | 3135 | | | | 3140 | | |
| Marginal *R*2 / Conditional *R*2 | 0.279 / 0.768 | | | 0.208 / 0.744 | | | | 0.346 / 0.761 | | |

*Note*. TSC = trait self-compassion; Cor = within-person correlation of state self-compassion and state other-directed compassion; SC = state self-compassion; OC = state other-directed compassion; TOC = trait other-directed compassion; *σ2* = variance of the residual; *τ00* = variance of the intercept; *ICC* = intra-class correlation; *N* = sample size; *CI* = 95% confidence interval.

**Table S6**

*Standardized estimates of fixed effects and random effects from multilevel models predicting mood state*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Model 4b** | | | **Model 5b** | | | **Model 6b** | | |
| *Predictors* | *Estimates* | *CI* | *p* | *Estimates* | *CI* | *p* | *Estimates* | *CI* | *p* |
| (Intercept) | -0.03 | -0.11 – 0.06 | 0.568 | 0.03 | -0.07 – 0.13 | 0.524 | 0.03 | -0.05 – 0.11 | 0.421 |
| MSC | 0.07 | -0.03 – 0.17 | 0.161 |  |  |  | 0.03 | -0.06 – 0.13 | 0.496 |
| Cor | -0.01 | -0.11 – 0.09 | 0.881 | 0.17 | 0.07 – 0.28 | **0.001** |  |  |  |
| SC | 0.51 | 0.47 – 0.55 | **<0.001** |  |  |  | 0.42 | 0.38 – 0.46 | **<0.001** |
| Cor \* SC | 0.14 | 0.10 – 0.19 | **<0.001** |  |  |  |  |  |  |
| MOC |  |  |  | 0.04 | -0.06 – 0.15 | 0.418 | -0.02 | -0.11 – 0.07 | 0.677 |
| OC |  |  |  | 0.38 | 0.34 – 0.42 | **<0.001** | 0.24 | 0.20 – 0.28 | **<0.001** |
| Cor \* OC |  |  |  | 0.16 | 0.12 – 0.20 | **<0.001** |  |  |  |
| SC \* OC |  |  |  |  |  |  | -0.01 | -0.04 – 0.01 | 0.386 |
| **Random Effects** | | | | | | | | | |
| *σ2* | 0.49 | | | 0.51 | | | 0.47 | | |
| *τ00* | 0.26 | | | 0.33 | | | 0.22 | | |
| *ICC* | 0.35 | | | 0.40 | | | 0.32 | | |
| *N* | 148 | | | 148 | | | 153 | | |
| Observations | 3519 | | | 3519 | | | 3524 | | |
| Marginal *R*2 / Conditional *R*2 | 0.290 / 0.535 | | | 0.192 / 0.512 | | | 0.319 / 0.538 | | |

*Note*. MSC = mean of state self-compassion; Cor = within-person correlation of state self-compassion and state other-directed compassion; SC = state self-compassion; OC = state other-directed compassion; MOC = mean of state other-directed compassion; *σ2* = variance of the residual; *τ00* = variance of the intercept; *ICC* = intra-class correlation; *N* = sample size; *CI* = 95% confidence interval. Mean state measures were averages of state measures by person.

**Table S7**

*Standardized estimates of fixed effects and random effects from multilevel models predicting mood state, moderation by patient type*

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Model 4c** | | | **Model 5c** | | | | **Model 6c** | | | |
| *Predictors* | *Estimates* | *CI* | *p* | | *Estimates* | *CI* | *p* | | *Estimates* | *CI* | *p* | |
| (Intercept) | -0.19 | -0.33 – -0.05 | **0.007** | | -0.14 | -0.29 – 0.02 | 0.082 | | -0.13 | -0.26 – 0.00 | 0.053 | |
| TSC | -0.02 | -0.12 – 0.07 | 0.627 | |  |  |  | | -0.01 | -0.10 – 0.08 | 0.847 | |
| Cor | 0.12 | -0.02 – 0.27 | 0.098 | | 0.28 | 0.12 – 0.44 | **0.001** | |  |  |  | |
| SC | 0.49 | 0.43 – 0.55 | **<0.001** | |  |  |  | | 0.41 | 0.34 – 0.47 | **<0.001** | |
| clinical type [Outpatient] | 0.30 | 0.11 – 0.49 | **0.003** | | 0.29 | 0.08 – 0.50 | **0.008** | | 0.26 | 0.08 – 0.44 | **0.005** | |
| Cor \* SC | 0.16 | 0.09 – 0.22 | **<0.001** | |  |  |  | |  |  |  | |
| Cor \* clinical type [Outpatient] | -0.14 | -0.35 – 0.06 | 0.169 | | -0.15 | -0.37 – 0.08 | 0.200 | |  |  |  | |
| SC \* clinical type [Outpatient] | 0.04 | -0.04 – 0.12 | 0.353 | |  |  |  | | 0.03 | -0.05 – 0.12 | 0.461 | |
| (Cor \* SC) \* clinical type [Outpatient] | -0.04 | -0.14 – 0.06 | 0.483 | |  |  |  | |  |  |  | |
| TOC |  |  |  | | 0.01 | -0.10 – 0.12 | 0.856 | | 0.02 | -0.07 – 0.10 | 0.675 | |
| OC |  |  |  | | 0.39 | 0.33 – 0.44 | **<0.001** | | 0.26 | 0.19 – 0.32 | **<0.001** | |
| Cor \* OC |  |  |  | | 0.18 | 0.12 – 0.23 | **<0.001** | |  |  |  | |
| OC \* clinical type [Outpatient] |  |  |  | | -0.01 | -0.09 – 0.06 | 0.748 | | -0.03 | -0.11 – 0.05 | 0.424 | |
| (Cor \* OC) \* clinical type [Outpatient] |  |  |  | | -0.02 | -0.11 – 0.06 | 0.584 | |  |  |  | |
| SC \* OC |  |  |  | |  |  |  | | 0.02 | -0.02 – 0.07 | 0.268 | |
| (SC \* OC) \* clinical type [Outpatient] |  |  |  | |  |  |  | | -0.08 | -0.13 – -0.02 | **0.009** | |
| **Random Effects** | | | | | | | | | | | | |
| *σ2* | 0.48 | | | | 0.51 | | | | 0.47 | | | |
| *τ00* | 0.26 | | | | 0.33 | | | | 0.22 | | | |
| *ICC* | 0.35 | | | | 0.40 | | | | 0.32 | | | |
| *N* | 132 | | | | 132 | | | | 137 | | | |
| Observations | 3135 | | | | 3135 | | | | 3140 | | | |
| Marginal *R*2 / Conditional *R*2 | 0.284 / 0.533 | | | | 0.212 / 0.525 | | | | 0.323 / 0.542 | | | |

*Note*. TSC = trait self-compassion; Cor = within-person correlation of state self-compassion and state other-directed compassion; SC = state self-compassion; OC = state other-directed compassion; TOC = trait other-directed compassion; *σ2* = variance of the residual; *τ00* = variance of the intercept; *ICC* = intra-class correlation; *N* = sample size; *CI* = 95% confidence interval.

**Table S8**

*Standardized estimates of fixed effects and random effects from multilevel models predicting state life satisfaction, moderation by gender*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Model 1e** | | | **Model 2e** | | | **Model 3e** | | |
| *Predictors* | *Estimates* | *CI* | *p* | *Estimates* | *CI* | *p* | *Estimates* | *CI* | *p* |
| (Intercept) | -0.05 | -0.22 – 0.11 | 0.532 | -0.05 | -0.22 – 0.13 | 0.602 | -0.01 | -0.16 – 0.13 | 0.870 |
| TSC | 0.07 | -0.05 – 0.19 | 0.280 |  |  |  | 0.08 | -0.03 – 0.18 | 0.142 |
| Cor | 0.06 | -0.13 – 0.25 | 0.554 | 0.27 | 0.07 – 0.47 | **0.008** |  |  |  |
| SC | 0.46 | 0.42 – 0.50 | **<0.001** |  |  |  | 0.39 | 0.35 – 0.42 | **<0.001** |
| Gender [Male] | -0.04 | -0.28 – 0.19 | 0.712 | 0.02 | -0.23 – 0.27 | 0.882 | -0.05 | -0.26 – 0.16 | 0.611 |
| Cor \* SC | 0.11 | 0.07 – 0.16 | **<0.001** |  |  |  |  |  |  |
| Cor \* Gender [Male] | -0.01 | -0.26 – 0.25 | 0.958 | -0.08 | -0.34 – 0.19 | 0.570 |  |  |  |
| SC \* Gender [Male] | -0.01 | -0.07 – 0.05 | 0.683 |  |  |  | 0.00 | -0.06 – 0.06 | 0.979 |
| (Cor \* SC) \* Gender [Male] | -0.03 | -0.11 – 0.04 | 0.341 |  |  |  |  |  |  |
| TOC |  |  |  | 0.13 | 0.00 – 0.25 | **0.043** | 0.10 | -0.00 – 0.20 | 0.057 |
| OC |  |  |  | 0.33 | 0.29 – 0.36 | **<0.001** | 0.19 | 0.16 – 0.23 | **<0.001** |
| Cor \* OC |  |  |  | 0.18 | 0.14 – 0.22 | **<0.001** |  |  |  |
| OC \* Gender [Male] |  |  |  | -0.03 | -0.08 – 0.02 | 0.245 | -0.04 | -0.09 – 0.01 | 0.140 |
| (Cor \* OC) \* Gender [Male] |  |  |  | -0.04 | -0.10 – 0.02 | 0.159 |  |  |  |
| SC \* OC |  |  |  |  |  |  | -0.02 | -0.05 – 0.00 | 0.069 |
| (SC \* OC) \* Gender [Male] |  |  |  |  |  |  | -0.01 | -0.04 – 0.03 | 0.733 |
| **Random Effects** | | | | | | | | | |
| *σ2* | 0.21 | | | 0.24 | | | 0.20 | | |
| *τ00* | 0.46 | | | 0.50 | | | 0.36 | | |
| *ICC* | 0.68 | | | 0.68 | | | 0.64 | | |
| *N* | 132 | | | 132 | | | 137 | | |
| Observations | 3130 | | | 3130 | | | 3135 | | |
| Marginal *R*2 / Conditional *R*2 | 0.270 / 0.768 | | | 0.193 / 0.743 | | | 0.340 / 0.761 | | |

*Note*. TSC = trait self-compassion; Cor = within-person correlation of state self-compassion and state other-directed compassion; SC = state self-compassion; OC = state other-directed compassion; TOC = trait other-directed compassion; *σ2* = variance of the residual; *τ00* = variance of the intercept; *ICC* = intra-class correlation; *N* = sample size; *CI* = 95% confidence interval.

**Table S9**

*Standardized estimates of fixed effects and random effects from multilevel models predicting state life satisfaction, moderation by age*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Model 1f** | | | **Model 2f** | | | **Model 3f** | | |
| *Predictors* | *Estimates* | *CI* | *p* | *Estimates* | *CI* | *p* | *Estimates* | *CI* | *p* |
| (Intercept) | -0.00 | -0.41 – 0.40 | 0.981 | -0.09 | -0.51 – 0.33 | 0.669 | 0.02 | -0.33 – 0.36 | 0.926 |
| TSC | 0.07 | -0.05 – 0.19 | 0.242 |  |  |  | 0.07 | -0.03 – 0.17 | 0.162 |
| Cor | 0.27 | -0.16 – 0.70 | 0.211 | 0.42 | -0.03 – 0.86 | 0.069 |  |  |  |
| SC | 0.42 | 0.31 – 0.52 | **<0.001** |  |  |  | 0.30 | 0.19 – 0.40 | **<0.001** |
| age | -0.00 | -0.01 – 0.01 | 0.699 | 0.00 | -0.01 – 0.01 | 0.789 | -0.00 | -0.01 – 0.01 | 0.730 |
| Cor \* SC | 0.21 | 0.08 – 0.34 | **0.002** |  |  |  |  |  |  |
| Cor \* age | -0.01 | -0.02 – 0.01 | 0.303 | -0.01 | -0.02 – 0.01 | 0.385 |  |  |  |
| SC \* age | 0.00 | -0.00 – 0.00 | 0.580 |  |  |  | 0.00 | -0.00 – 0.01 | 0.089 |
| (Cor \* SC) \* age | -0.00 | -0.01 – 0.00 | 0.083 |  |  |  |  |  |  |
| TOC |  |  |  | 0.13 | 0.00 – 0.25 | **0.044** | 0.09 | -0.01 – 0.19 | 0.069 |
| OC |  |  |  | 0.50 | 0.41 – 0.60 | **<0.001** | 0.38 | 0.29 – 0.48 | **<0.001** |
| Cor \* OC |  |  |  | 0.20 | 0.09 – 0.31 | **<0.001** |  |  |  |
| OC \* age |  |  |  | -0.01 | -0.01 – -0.00 | **<0.001** | -0.01 | -0.01 – -0.00 | **<0.001** |
| (Cor \* OC) \* age |  |  |  | -0.00 | -0.00 – 0.00 | 0.373 |  |  |  |
| SC \* OC |  |  |  |  |  |  | 0.04 | -0.02 – 0.11 | 0.208 |
| (SC \* OC) \* age |  |  |  |  |  |  | -0.00 | -0.00 – 0.00 | 0.070 |
| **Random Effects** | | | | | | | | | |
| *σ2* | 0.21 | | | 0.23 | | | 0.20 | | |
| *τ00* | 0.45 | | | 0.50 | | | 0.35 | | |
| *ICC* | 0.68 | | | 0.68 | | | 0.63 | | |
| *N* | 132 | | | 132 | | | 137 | | |
| Observations | 3135 | | | 3135 | | | 3140 | | |
| Marginal *R*2 / Conditional *R*2 | 0.270 / 0.767 | | | 0.202 / 0.745 | | | 0.346 / 0.760 | | |

*Note*. TSC = trait self-compassion; Cor = within-person correlation of state self-compassion and state other-directed compassion; SC = state self-compassion; OC = state other-directed compassion; TOC = trait other-directed compassion; *σ2* = variance of the residual; *τ00* = variance of the intercept; *ICC* = intra-class correlation; *N* = sample size; *CI* = 95% confidence interval.

**Table S10**

*Standardized estimates of fixed effects and random effects from multilevel models predicting state mood, moderation by gender*

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Model 4e** | | | **Model 5e** | | | | **Model 6e** | | |
| *Predictors* | *Estimates* | *CI* | *p* | *Estimates* | *CI* | *p* | *Estimates* | | *CI* | *p* | |
| (Intercept) | -0.05 | -0.18 – 0.09 | 0.473 | -0.02 | -0.17 – 0.13 | 0.823 | 0.00 | | -0.12 – 0.13 | 0.956 | |
| TSC | 0.01 | -0.09 – 0.10 | 0.914 |  |  |  | 0.01 | | -0.08 – 0.10 | 0.853 | |
| Cor | 0.06 | -0.10 – 0.21 | 0.478 | 0.25 | 0.08 – 0.42 | **0.005** |  | |  |  | |
| SC | 0.49 | 0.44 – 0.55 | **<0.001** |  |  |  | 0.39 | | 0.33 – 0.45 | **<0.001** | |
| Gender [Male] | 0.02 | -0.17 – 0.22 | 0.801 | 0.06 | -0.16 – 0.28 | 0.581 | 0.02 | | -0.16 – 0.20 | 0.841 | |
| Cor \* SC | 0.16 | 0.09 – 0.22 | **<0.001** |  |  |  |  | |  |  | |
| Cor \* Gender [Male] | 0.00 | -0.21 – 0.21 | 0.981 | -0.05 | -0.28 – 0.18 | 0.675 |  | |  |  | |
| SC \* Gender [Male] | 0.04 | -0.04 – 0.12 | 0.334 |  |  |  | 0.08 | | -0.00 – 0.17 | 0.063 | |
| (Cor \* SC) \* Gender [Male] | -0.03 | -0.13 – 0.07 | 0.536 |  |  |  |  | |  |  | |
| TOC |  |  |  | 0.05 | -0.06 – 0.16 | 0.355 | 0.04 | | -0.05 – 0.13 | 0.378 | |
| OC |  |  |  | 0.42 | 0.37 – 0.47 | **<0.001** | 0.27 | | 0.22 – 0.32 | **<0.001** | |
| Cor \* OC |  |  |  | 0.15 | 0.09 – 0.21 | **<0.001** |  | |  |  | |
| OC \* Gender [Male] |  |  |  | -0.08 | -0.15 – -0.00 | **0.042** | -0.10 | | -0.17 – -0.02 | **0.016** | |
| (Cor \* OC) \* Gender [Male] |  |  |  | 0.02 | -0.06 – 0.11 | 0.573 |  | |  |  | |
| SC \* OC |  |  |  |  |  |  | -0.03 | | -0.07 – 0.01 | 0.100 | |
| (SC \* OC) \* Gender [Male] |  |  |  |  |  |  | 0.03 | | -0.02 – 0.09 | 0.248 | |
| **Random Effects** | | | | | | | | | | | |
| *σ2* | 0.48 | | | 0.51 | | | 0.47 | | | | |
| *τ00* | 0.28 | | | 0.35 | | | 0.23 | | | | |
| *ICC* | 0.36 | | | 0.41 | | | 0.33 | | | | |
| *N* | 132 | | | 132 | | | 137 | | | | |
| Observations | 3130 | | | 3130 | | | 3135 | | | | |
| Marginal *R*2 / Conditional *R*2 | 0.265 / 0.532 | | | 0.186 / 0.521 | | | 0.311 / 0.539 | | | | |

*Note*. TSC = trait self-compassion; Cor = within-person correlation of state self-compassion and state other-directed compassion; SC = state self-compassion; OC = state other-directed compassion; TOC = trait other-directed compassion; *σ2* = variance of the residual; *τ00* = variance of the intercept; *ICC* = intra-class correlation; *N* = sample size; *CI* = 95% confidence interval.

**Table S11**

*Standardized estimates of fixed effects and random effects from multilevel models predicting state mood, moderation by age*

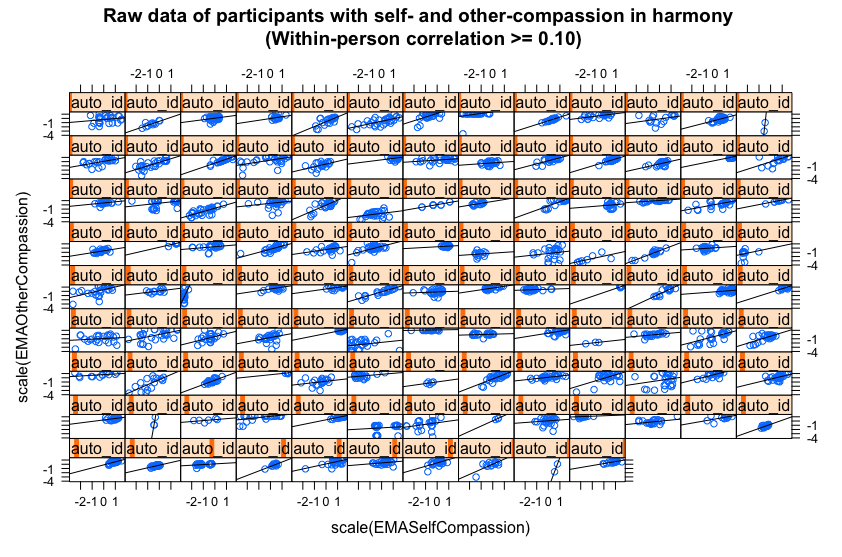
|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Model 4f** | | | **Model 5f** | | | **Model 6f** | | |
| *Predictors* | *Estimates* | *CI* | *p* | *Estimates* | *CI* | *p* | *Estimates* | *CI* | *p* |
| (Intercept) | 0.09 | -0.24 – 0.42 | 0.577 | -0.01 | -0.37 – 0.35 | 0.956 | 0.10 | -0.19 – 0.40 | 0.498 |
| TSC | 0.01 | -0.09 – 0.10 | 0.904 |  |  |  | 0.01 | -0.08 – 0.10 | 0.788 |
| Cor | 0.19 | -0.17 – 0.55 | 0.288 | 0.39 | -0.01 – 0.78 | 0.055 |  |  |  |
| SC | 0.56 | 0.41 – 0.71 | **<0.001** |  |  |  | 0.44 | 0.29 – 0.59 | **<0.001** |
| age | -0.00 | -0.01 – 0.01 | 0.432 | 0.00 | -0.01 – 0.01 | 0.892 | -0.00 | -0.01 – 0.01 | 0.535 |
| Cor \* SC | -0.03 | -0.21 – 0.15 | 0.766 |  |  |  |  |  |  |
| Cor \* age | -0.00 | -0.01 – 0.01 | 0.409 | -0.00 | -0.02 – 0.01 | 0.377 |  |  |  |
| SC \* age | -0.00 | -0.01 – 0.00 | 0.533 |  |  |  | -0.00 | -0.00 – 0.00 | 0.847 |
| (Cor \* SC) \* age | 0.00 | -0.00 – 0.01 | 0.063 |  |  |  |  |  |  |
| TOC |  |  |  | 0.04 | -0.06 – 0.15 | 0.427 | 0.03 | -0.05 – 0.12 | 0.439 |
| OC |  |  |  | 0.53 | 0.39 – 0.66 | **<0.001** | 0.37 | 0.23 – 0.51 | **<0.001** |
| Cor \* OC |  |  |  | 0.30 | 0.15 – 0.45 | **<0.001** |  |  |  |
| OC \* age |  |  |  | -0.00 | -0.01 – -0.00 | **0.023** | -0.00 | -0.01 – -0.00 | **0.045** |
| (Cor \* OC) \* age |  |  |  | -0.00 | -0.01 – 0.00 | 0.064 |  |  |  |
| SC \* OC |  |  |  |  |  |  | 0.02 | -0.08 – 0.13 | 0.660 |
| (SC \* OC) \* age |  |  |  |  |  |  | -0.00 | -0.00 – 0.00 | 0.546 |
| **Random Effects** | | | | | | | | | |
| *σ2* | 0.48 | | | 0.50 | | | 0.47 | | |
| *τ00* | 0.28 | | | 0.35 | | | 0.23 | | |
| *ICC* | 0.37 | | | 0.41 | | | 0.33 | | |
| *N* | 132 | | | 132 | | | 137 | | |
| Observations | 3135 | | | 3135 | | | 3140 | | |
| Marginal *R*2 / Conditional *R*2 | 0.264 / 0.536 | | | 0.191 / 0.524 | | | 0.309 / 0.537 | | |

*Note*. TSC = trait self-compassion; Cor = within-person correlation of state self-compassion and state other-directed compassion; SC = state self-compassion; OC = state other-directed compassion; TOC = trait other-directed compassion; *σ2* = variance of the residual; *τ00* = variance of the intercept; *ICC* = intra-class correlation; *N* = sample size; *CI* = 95% confidence interval.

**Figure S1**

*Within-person raw correlations between self-compassion and other compassion in the three groups of individuals in the sample*

|  |  |
| --- | --- |
|  |  |



**Figure S2**

*Multilevel model implied individual associations of state self-compassion and state other-compassion*

