Compassion Focused Therapy
Studies Register

Studies of Translation

Name/Contact
Anna Bratt (Anna.bratt@lnu.se), Linneaus University, Child-Psychiatric Clinic Borås, Sweden

Study title
Compassionate Mind Training for adolescents and their parents.

Description
Pilot study including 10 adolescents and their parents.

Scales
Self-compassion measure, perceived stress and psychiatric symptoms.

Progress / Outcome
The main findings suggest that the adolescents with moderate to severe psychiatric symptoms show higher wellbeing, can ask for help from adults and are more involved in their school. The parents have decreased their stress symptoms and show positive effects regarding self-compassion.

Name/Contact
Christina Schlander (cs@kognitiv.dk), Aarhus University

Study title
A book: An introduction to Compassion Focused Therapy

Name/Contact
Daniel Rijo (drijo@fpce.uc.pt); Diana Ribeiro da Silva (d.s.ribeirodasilva@gmail.com);
Paula Vagos (paulavagos@fpce.uc.pt); Nélio Brazão (nelio-brazao@hotmail.com), Faculty of Psychology and Educational Sciences, University of Coimbra, Portugal

Paul Gilber (p.gilbert@derby.ac.uk), University of Derby, UK

Study title
The Centrality of Events Scale in Portuguese adolescents: Validity evidence based on internal structure and on relations to other variables
Description
We are now concluding studies on *The Centrality of Events Scale*, presenting psychometric data, including measurement invariance, in community, referred for behavioural problems, and forensic Portuguese youth samples.

Progress / Outcome
Manuscript accepted for publication.

******************************************************************************

Name / Contact
Daniel Rijo (drijo@fpce.uc.pt); Diana Ribeiro da Silva (d.s.ribeirodasilva@gmail.com); Paula Vagos (paulavagos@fpce.uc.pt); Nélio Brazão (nelio-brazao@hotmail.com), Faculty of Psychology and Educational Sciences, University of Coimbra, Portugal
Paul Gilbert (p.gilbert@derby.ac.uk), University of Derby, UK

Study title
Dimensionality and measurement invariance of *The Other as Shamer Scale* across diverse adolescent samples.

Description
We are now concluding studies on *The Other as Shamer Scale*, presenting psychometric data, including measurement invariance, in community, referred for behavioural problems, and forensic Portuguese youth samples.

Progress / Outcome
Manuscript accepted for publication.

******************************************************************************

Name / Contact
Daniel Rijo (drijo@fpce.uc.pt); Diana Ribeiro da Silva (d.s.ribeirodasilva@gmail.com); Paula Vagos (paulavagos@fpce.uc.pt); Nélio Brazão (nelio-brazao@hotmail.com), Faculty of Psychology and Educational Sciences, University of Coimbra, Portugal
Paul Gilbert (p.gilbert@derby.ac.uk), University of Derby, UK

Study title
The Early Memories of Warmth and Safeness Scale for adolescents: Cross-sample validation of the complete and brief versions.

Description
We are now concluding studies on *The Early Memories of Warmth and Safeness Scale*, presenting psychometric data, including measurement invariance, in community, referred for behavioural problems, and forensic Portuguese youth samples.

Progress / Outcome
Manuscript submitted for publication.
**Name / Contact**
Daniel Rijo (drijo@fpce.uc.pt); Diana Ribeiro da Silva (d.s.ribeirodasilva@gmail.com); Paula Vagos (paulavagos@fpce.uc.pt); Nélio Brazão (nelio-brazao@hotmail.com), Faculty of Psychology and Educational Sciences, University of Coimbra, Portugal
Paul Gilbert (p.gilbert@derby.ac.uk), University of Derby, UK

**Description**
We are now collecting data on *Compassion Scale*.

**Progress / Outcome**
We are collecting data.

*************************
************************************************

**Name / Contact**
Daniel Rijo (drijo@fpce.uc.pt); Diana Ribeiro da Silva (d.s.ribeirodasilva@gmail.com); Paula Vagos (paulavagos@fpce.uc.pt); Nélio Brazão (nelio-brazao@hotmail.com), Faculty of Psychology and Educational Sciences, University of Coimbra, Portugal
Paul Gilbert (p.gilbert@derby.ac.uk), University of Derby, UK

**Description**
We are now collecting data on *Self-Compassion Scale*.

**Progress / Outcome**
We are collecting data.

*************************
************************************************

**Name / Contact**
Daniel Rijo (drijo@fpce.uc.pt); Diana Ribeiro da Silva (d.s.ribeirodasilva@gmail.com); Paula Vagos (paulavagos@fpce.uc.pt); Nélio Brazão (nelio-brazao@hotmail.com), Faculty of Psychology and Educational Sciences, University of Coimbra, Portugal
Paul Gilbert (p.gilbert@derby.ac.uk), University of Derby, UK

**Description**
We are now collecting data on *Fears of Compassion Scale*.

**Progress / Outcome**
We are collecting data.

*************************
************************************************

**Name / Contact**
David Veale (David.Veale@kcl.ac.uk)

**Study title**
The use of CFT before or after CBT in people with severe Body Dysmorphic Disorder – A single case experimental design

Progress / Outcome
Protocol writing, ethics.

Name / Contact
Prof Ernst Bohlmeijer (e.t.bohlmeijer@utwente.nl); Dr. Hester Trompetter, (h.r.trompetter@utwente.nl), The Netherlands

Study title
Compassion as key to happiness – Beyond stress and self-criticism

Description
Bring CFT to the general public. 14% of Dutch have burnout problems – linked to high self-criticism. Developed a 7-chapter self-help book of CFT – RCT 270 adults – one group get guided self-help vs waiting list.

Scales
New compassion scales and the SCS.

Progress / Outcome
Doing 3 month follow up.

Name / Contact
Prof Ernst Bohlmeijer (e.t.bohlmeijer@utwente.nl); Dr. Hester Trompetter, (h.r.trompetter@utwente.nl), The Netherlands

Study title
Validation of Forms of Self-Criticising / Attacking and Self-Reassuring Scale and Functions of Self-Criticising / Attacking Scale

Scales
Run with Flourishing Scale.

Progress / Outcome
Same factor structure.

Name / Contact
Prof Ernst Bohlmeijer (e.t.bohlmeijer@utwente.nl); Dr. Hester Trompetter, (h.r.trompetter@utwente.nl), The Netherlands

Study title
Validation of new compassion scales.

Name / Contact
Khashayar Farhadi Langroudi (Khashi.FL@gmail.com)
Study title
An Existential Phenomenological Investigation Experience of Being Self-Compassionate During the Process of Recovering from Alcohol and/or Substance Abuse

Description
This study’s goal was to expand the scientific understanding of the lived experience of being self-compassionate during the process of recovery from substance abuse. In order to conduct this study, seven individuals were invited to share their written narratives of the phenomenon with the researcher. The written narratives were subsequently analysed using Giorgi’s phenomenological methodology.

Progress / Outcome
Five essential constituent themes emerged as a result of this study: (a) Being self-compassionate assists one to grow from one’s mistakes; (b) Accepting the humanness of one’s own emotions; (c) Being self-compassionate is a complex and on-going process; (d) Being mindful of the suffering innate in living; and (e) Avoiding suffering leads to increased self-criticism.

Name / Contact
Kenichi Asano

Study title
Development of Fears of Compassion Scale in Japanese

Name / Contact
Kohki Arimitsu (arimitsu@komazawa-u.ac.jp)

Study title
Development and validation of the Japanese version of the Self-Compassion Scale

Scales
SCS-J; Narcissistic Personality Inventory; The Rosenberg Self-Esteem Scale; The Subjective Happiness Scale; State-Trait Anxiety Inventory–Trait Form; Beck Depression Inventory.

Progress / Outcome
Confirmatory factor analysis, test-retest correlation, and correlation analysis revealed that the SCS-J has good reliability and validity as a measure of self-compassion.
Name / Contact
Kohki Arimitsu (arimitsu@komazawa-u.ac.jp)

Study title
Construction and Validation of a Short Form of the Japanese version of the Self-Compassion Scale

Scales
The Japanese version of the 12-item Self-Compassion Scale; Beck Depression Inventory; Satisfaction with Life Scale.

Progress / Outcome
Confirmatory factor analyses, as well as internal consistency analyses revealed that a Japanese version of a 12-item Self-Compassion Scale–Short Form (SCS-J-SF) had the similar six-factor structure to the Japanese long form and reliability coefficients were satisfactory.

Name / Contact
Neil Clapton (claptonneil@gmail.com)

Study title
Growing Kind Minds: A feasibility study and preliminary trial of adapted group-based Compassion Focused Therapy for people with Intellectual Disabilities (CFT-ID)

Description
Pilot/feasibility study of a six session CFT group for folk with ID and co-occurring Mental Health issue (at least two groups to be run). Pre and post group measures of psychological distress and well-being, self-compassion, and social comparison. Session feasibility and acceptance measure developed and administered after every group session to help ascertain how understandable and helpful the material and experiential practices are. Focus group to be run on completion of the group to explore participants’ experiences of attending the group, further exploring acceptability and feasibility.

Scales
PTOS ID-II (Psychological Therapies Outcome Scale for Intellectual Disabilities-Second Edition); Self-Compassion Scale Short-Form (adapted for ID); Adapted Social Comparison Scale; CFT-ID Feasibility and Acceptability Measure

Progress / Outcome
Group protocol and material developed.

Name / Contact
Sander de vos (s.devos@humanconcern.nl)

Study title
Compassion in eating disorder – Psychopathology and well-being
Description
Looking at self-criticism well-being – routine outcome

Name / Contact
Simone Lindsay; Sid Hiskey; Chris Irons (chris.irons@compassionatemind.co.uk)

Study title
Validation of compassion scales in community sample

Progress / Outcome
Results being collected.

Name / Contact
Tobias Krieger (tobias.krieger@psy.unibe.ch), University of Bern

Study title
Validation of a German Version of the Fears of Compassion Scales

Description
We validate German versions of the Fears of Compassion Scales in an online study with people from the general population. Additionally, the Fear of Self-Compassion Scale will be validated in two patient samples (Depression & SAD).

Progress / Outcome
We are planning to start the recruitment at the beginning of next year.

Name / Contact
Tobias Krieger (tobias.krieger@psy.unibe.ch), University of Bern

Description
We want to evaluate an online based version of the Mindfulness-Based Compassionate Living (MBCL) program by Van den Brink and Koster in a sample of non-clinical people with increased levels of self-criticism.

Progress / Outcome
We plan a pilot study in February 2016 and an RCT later on.

Name / Contact
Yasuhiro Kotera (yasuhirokotera@gmail.com), Academic Lead in Counselling, Psychotherapy & Psychology, University of Derby Online Learning

Study title
Attitudes Towards Mental Health Problems among Japanese working adults
Scales
Attitudes Towards Mental Health Problems survey (Japanese version); Forms of Self-Criticising/Attacking & Self-Reassuring Scale (Japanese version)

Progress / Outcome
Finished data collection. Data being analysed.

*****************************************************************************

Name / Contact
Yasuhiro Kotera (yasuhirokotera@gmail.com), Academic Lead in Counselling, Psychotherapy & Psychology, University of Derby Online Learning

Study title
Attitudes Towards Mental Health Problems among Japanese university students

Scales
Attitudes Towards Mental Health Problems survey (Japanese version); Forms of Self-Criticising/Attacking & Self-Reassuring Scale (Japanese version)

Progress / Outcome
Data being collected.

*****************************************************************************

Name / Contact
Professor Yanet Quijada, Psychology Faculty, Universidad San Sebastián, Chile

Study title
Psychometric properties of a scale for the measurement of social defeat perception in Chilean population: The Defeat Scale

Description
In the last decades Chile has obtained poor indicators of mental health. Likewise, in the social area, it appears like one of the countries with major social inequalities. That situation is negative evaluated by citizens, and as a consequence they have denounced collectively some situations links to inequalities. Even though, public policy declares that social determinants, such as inequality, affect individual and collective mental health, it is not entirely clear through what mechanism can trigger this association. The social defeat defined as a sense of failed struggle concerning the loss or disruption of some valued status or internal hierarchical aims, is a construct that may favor the understanding of this relations. The purpose of this study is to analyze the psychometrics properties of The Defeat Scale by Gilbert and Allan (1998) in a sample of college students. To the best of our knowledge, this scale has not been translated to Spanish, besides in Latin America only exists a Portuguese version of it. The sample will be around 600 students of the Universidad San Sebastián (Chile) and other institutions of the area. Firstly, it will be done the adaptation process using the translation-back translation methodology. Then a pilot assessment it will conducted for adjusted, if necessary, ending with the application to the selected sample. Data analyses include reliability and validity procedures, including confirmatory factor analysis (CFA). Also it will explore two criteria indexes of validity (discriminant validity with social wellbeing and convergent validity with hopelessness).
Progress / Outcome
Permission by original authors; project sent for ethical approval (in Chilean committee); Adjudication of funding for the project; Adapting process and psychometric analysis of the Social Well-being Scales (Keyes et al., 2002; Blanco y Díaz, 2005); First Spanish version and back translation to English.

Name / Contact
Yu, Fu Ya, MS (g9864013@cyu.org.tw), Department of Psychology, Chung Yuan Christian University, Taiwan

Study title
The relationship among self-criticism, self-compassion, rumination response style, and depression.

Description
The Forms of Self-Criticising/Attacking & Self-Reassuring Scale (Validation). Sample: stage 1 – 202 undergraduate students; stage 2 (re-test, 3 weeks later) – 20 of 202 undergraduate students. Data analysis: Exploratory factor analysis, Confirmatory factor analysis, Cronbach’s alpha, Test-retest reliability.

Progress / Outcome
Translation progress: translation of English version to Chinese version; Back-translation (one student from Graduate Institute of Translation and Interpretation); discussion and modification of the scale with two English teachers in Language Centre of Chung Yuan Christian University.
The results indicated that: (1) the Forms of Self-Criticizing/Attacking and Self-Reassuring Scale-Chinese Version had good psychometric properties; (2) the hated self of self-criticism and depression had positive correlation; (3) self-compassion and depression had negative correlation; (4) brooding and depression had positive correlation; (5) the hated self of self-criticism and brooding had positive correlation; (6) self-compassion and brooding had negative correlation; and (7) the indirect effects of the mediation model were significant.
Process Research

Name/Contact
Alyssa Ragoonath (ragoonathalyssa@gmail.com), Nottingham Trent University

Study title
Attitudes Towards Mental Illness: Cross-cultural study of Caribbean region

Description
The aim of this research is to explore people’s attitudes towards mental health related problems. This study will focus on the perception of individuals who were born in the Caribbean and are currently living there. The objectives are: to understand how the general population perceive those who may have a mental illness.
Past studies: My research indicates that very few studies have been done regarding stigma and attitudes towards mental illness of persons who have been born and raised in the Caribbean region. Arthur et al (2010) reported that there is a high level of stigma attached to mental illness in Jamaica. They also suggested that without proper education or awareness, stigma attached to mental illness will continue to be a problem.

Scales
Attitudes Towards Mental Health Problems Scale (ATMHPS); BMI; Depression Anxiety and Stress Scale (DASS)

Progress/Outcome
Ethics form still being completed.
Expect to find that there is a high level of stigma attached to mental illness and people in the Caribbean have very negative attitudes towards mental illness.

***************************************************************

Name / Contact
Charlie Heriot-Maitland (charles.heriot-maitland@kcl.ac.uk)

Study title
Social-rank threat, dissociation, and psychotic-like experiences in an online sample

Description
This study is using an online questionnaire design to recruit a large sample from the general population, which will allow for well-powered cross-sectional analysis of relationships between dissociative traits, social-rank threat, and psychotic-like states. A follow-up at 6 months will create a longitudinal sub-sample, enabling tests of prediction and moderation over time.

Scales
Social Comparison Scale; Social Safeness and Pleasure Scale; Forms of Self-Criticising/Attacking and Self-reassuring Scale; Other as Shamer Scale; Self-Compassion Scale; Dissociative Experiences Scale; Transpersonal Experiences Scale

Progress / Outcome
Identifying predictive and protective factors for the course and outcome of psychotic-like experience in the general population can inform the approach of clinical services.
Name / Contact
Charlie Heriot-Maitland (charles.heriot-maitland@kcl.ac.uk)

Study title
Social context of anomalous experiences in daily life

Description
This study is investigating the interplay of different threat experiences and processes in psychosis. Social-rank threat is being measured in both clinical and non-clinical groups to examine its role in relation to daily-life situations and psychotic-like states. This study is also investigating whether internal social safeness experiences may play a protective role in buffering or regulating dissociative processes and reducing psychotic-like states. ESM is being used to test a number of hypothesised relationships stemming from the dissociation and social-rank threat interaction model.

Scales
Social Comparison Scale; Social Safeness and Pleasure Scale; Psychosis Attachment Measure; Internalized Stigma of Mental Illness; Positive and Negative Syndrome Scale – Positive; Dissociative Experiences Scales

Progress / Outcome
May help to improve understandings of how social-rank threat and social safeness influence dissociative processes, psychotic-like experiences, and their outcomes.

Name / Contact
Chris Irons (chris.irons@compassatemind.co.uk); Lisa Wood

Study title
Questionnaire study looking at shame and rank experiences in psychosis

Progress / Outcome
Writing up for publication.

Name / Contact
Christina Schlander (cs@kognitiv.dk); Maja O’Connor (maja@psy.au.dk), Aarhus University

Study title
Elderly bereaved people with prolonged grief reactions: A comparison of mindfulness training and compassion focused therapy

Progress / Outcome
We have this plan:
Nov 2015: finish first version of CFT protocol; Dec 2015: screening of participants for 2 groups – 1 mindfulness and 1 CFT; Jan-Feb 2016: running the 2 groups; May-Jun 2016: adjust the protocol; Aug 2016: PhD project or post doc going on; Primo 2017: main project going on; in 2020 we hope to have a clinic with best practice.
We are in the writing process with the protocol for CFT. The protocol for mindfulness training has been tested on the group with significant reduction of symptoms. We have a lot of data on the group (characteristic, symptoms, attachment styles, risks and so on) but not about treatment.

Name / Contact
Elaine Beaumont (E.A.Beaumont@salford.ac.uk) School of Nursing, Midwifery, Social Work & Social Sciences, University of Salford; Mark Durkin; Caroline J. Hollins Martin; Jerome Carson

Study title
Compassion for others, self-compassion, quality of life and mental well-being measures and their association with compassion fatigue and burnout in student midwives: A quantitative survey

Description
Sample: 103 student midwives

Scales
Professional Quality of Life Scale; Self-Compassion Scale; Short Warwick and Edinburgh Mental Well-being Scale; Compassion For Others Scale.

Progress / Outcome
Just over half of the sample reported above average scores for burnout. The results indicate that student midwives who report higher scores on the self-judgement sub-scale are less compassionate towards both themselves and others, have reduced well-being, and report greater burnout and compassion fatigue. Student midwives who report high on measures of self-compassion and well-being report less compassion fatigue and burnout. Conclusion: student midwives may find benefit from ‘being kinder to self’ in times of suffering, which could potentially help them to prepare for the emotional demands of practice and study. Implications: developing, creating and cultivating environments that foster compassionate care for self and others may play a significant role in helping midwives face the rigours of education and clinical practice during their degree programme.

Name / Contact
Elaine Beaumont (E.A.Beaumont@salford.ac.uk) School of Nursing, Midwifery, Social Work & Social Sciences, University of Salford
Chris Irons (chris.irons@compassionatemind.co.uk); Gillian Rayner; Neil Dagnall

Study title
Does Compassion-Focused Therapy Training for Health Care Educators and Providers Increase Self-Compassion and Reduce Self-Persecution and Self-Criticism?

Description
28 participants classified into three groups: “nurses and midwives”, “counsellors/psychotherapists” and “other health care providers”
Scales
Self-Compassion Scale; Functions of Self-Criticizing and Self-Attacking Scale before and after CFT training.

Progress / Outcome
Results reveal an overall statistically significant increase in self-compassion and statistically significant reduction in self-critical judgment after training. There was no statistically significant reduction in self-persecution or self-correction scores after training.
Discussion: Developing self-compassion and compassionately responding to our own “self-critic” may lead the way forward in the development of more compassionate care among health care professionals. Training people in compassion-based exercises may bring changes in levels of self-compassion and self-critical judgment. The findings are exciting in that they suggest the potential benefits of training health care providers and educators in compassion-focused practices.

Name / Contact
Elaine Beaumont (E.A.Beaumont@salford.ac.uk) School of Nursing, Midwifery, Social Work & Social Sciences, University of Salford

Description
This article considers how compassionate mind training may be used to help student healthcare practitioners, including counsellors, nurses and midwives, cultivate self-compassion, which may help them face the demands of clinical care.

Progress / Outcome
Introducing CMT to healthcare students may help educate them regarding the deleterious impact of self-criticism. It may also help students to balance their affect regulation systems and cultivate compassion for their own suffering.
An education programme is proposed based on Paul Gilbert’s CMT model which may help students build resilience and could potentially provide a defensive barrier against empathic distress fatigue, burnout and compassion fatigue.

Name / Contact
Fiona Lacey (Fiona.lacey@nhs.net)

Study title
Experience and understanding of compassion and professional quality of life in mental health professionals

Description
The study aims to explore the lived experience and understanding of the receipt of compassion (self-compassion and compassion from others) and professional quality of life for mental health professionals working on two Older People's Acute Mental Health wards. The research will be a piece of action research, to gauge and encourage participant enquiry into compassion as an aspect of self-care and how the acceptance and fear of compassion impacts on their quality of life.

Scales
The research has two parts: 1) A questionnaire containing four measures: Self-compassion Scale (Neff, 2003), Fear of Self-Compassion, Fear of Receipt of Compassion (Gilbert et al, 2011) and Professional Quality of Life (ProQuOL) (Stamm, 2009); and 2) Up to six IPA interviews exploring individual understanding of compassion for self, compassion from others and professional quality of life.

Progress / Outcome
The study is in the process of gaining university ethical approval and HRA approval.

*******************************************************
Name / Contact
James Kirby (j.kirby@psy.uq.edu.au), The University of Queensland
Study title
A brief measure of the three affect regulation systems
Description
We are starting to generate items for the measure. Aim is for it to be used in clinical settings so that therapists can assess with clients how often they are spending in affiliative system compared to drive and threat system.
Progress / Outcome
To be used as a brief clinical measure to determine emotion experience in relation to three affect system.

*******************************************************
Name / Contact
James Kirby (j.kirby@psy.uq.edu.au); Mark Neilsen, The University of Queensland
Study title
Examining compassion in childhood
Description
In a series of three tasks we are examining whether children at 4-years of age show compassion to a ‘puppet’. The puppet will show distress when completing the task, and we wish to see if the children respond compassionately to the puppet. To determine whether children and predisposed to act compassionately.

*******************************************************
Name / Contact
James Kirby (j.kirby@psy.uq.edu.au); Stan Steindl; James Doty; Emma Seppala; Ania Filus; Cassie Tellegen, The University of Queensland, Stanford University
Study title
The development and validation of the Compassion Motivation and Commitment Scale
Description
Aim is to have two measures, one on compassion for others, the other for self-compassion. Both which aim to measure compassion motivation and commitment.
Progress / Outcome
We have collected data from over 700 participants and are in the process of analysing.

Name / Contact
Kohki Arimitsu (arimitsu@komazawa-u.ac.jp)

Study title
Cognitions as mediators in the relationship between self-compassion and affect

Description
Two studies examined the mediating role of cognitions in the relationship between self-compassion and anxiety, depression, and life satisfaction when controlling for self-esteem in Japanese people.

Scales
The SCS-J; State-Trait Anxiety Inventory-Trait Form; Beck Depression Inventory; the Depression Anxiety Cognition Scale, the Rosenberg Self-Esteem Scale, the Satisfaction with Life Scale, the Positive Automatic Thought Scale

Progress / Outcome
Results suggested that both self-compassion and self-esteem increased positive automatic thoughts and decreased trait anxiety, whereas only self-esteem increased life satisfaction and decreased depression directly. Positive automatic thoughts increased life satisfaction and decreased depression and trait anxiety, and positive automatic thoughts mediated the relationship between self-compassion and negative affect.

Name / Contact
Kohki Arimitsu (arimitsu@komazawa-u.ac.jp)

Study title
Effects of compassionate thinking on negative emotions

Description
The present study compared the effect of compassionate thinking with other methods traditionally used in cognitive behavioural therapy (cognitive reappraisal, responsibility reattribution, and self-deflection).

Scales
The Multiple Mood Scale; SCS-J.

Progress / Outcome
The results revealed that participants who engaged in compassionate thinking and cognitive reappraisal reported significantly lower levels of negative emotions compared to those in the responsibility reattribution and control conditions. Furthermore, results of hierarchical regression analyses suggested that habitual use of self-compassion reduced negative emotions in all conditions.
**Name / Contact**  
Liz Greenaway; Chris Irons ([chris.irons@compassatemind.co.uk](mailto:chris.irons@compassatemind.co.uk))

**Study title**  
Questionnaire study exploring the relationship between adolescent shame, social rank and narcissism

**Progress / Outcome**  
Ethics submission.

Name / Contact  
Marion Mernagh ([marion.mernagh@ucdconnect.ie](mailto:marion.mernagh@ucdconnect.ie)); Dr. Suzanne Guerin ([suzanne.guerin@ucd.ie](mailto:suzanne.guerin@ucd.ie)), Academic Supervisor, University College Dublin  
Dr. Katie Baird ([kbaird@stpatsmail.com](mailto:kbaird@stpatsmail.com)), Clinical Supervisor, St. Patrick’s University Hospital Dublin

**Study title**  
Investigating Interoceptive awareness amongst adults attending a trans-diagnostic Compassion Focused Therapy group intervention.

**Description**  
Interoceptive awareness is a term used to describe how we notice and pay attention to sensations in our bodies, as well as how we use information about sensations in our bodies to understand our emotional state and needs. Research has shown that interoceptive awareness plays an important role in regulating our affect, as well as in experiencing empathy.  
In CFT, developing a more soothing, calm affect is a key focus, as is the development of different facets of compassion, including empathy. Given the role that interoceptive awareness plays in regulating affect and given its link with empathy, it may be that Compassion Focused Therapy works to relieve feelings of distress and shame partly by increasing interoceptive awareness – however, currently this has yet to be explored.  
The purpose of this study is to investigate whether interoceptive awareness changes as a result of engaging in Compassion Focused Therapy, and whether interoceptive awareness is related to a reduction in psychological distress, an increase in compassion, or other key variables relating to Compassion Focused Therapy such as sense of social safeness and pleasure, or type of positive affect. Findings from this study will help us to better understand whether developing interoceptive awareness plays an important role in helping people to develop their capacity to regulate their emotions and to access a feeling of soothing and calm.

**Scales**  
The Brief Symptom Inventory (BSI; Derogatis & Fitzpatrick, 2004); The Multidimensional Assessment of Interoceptive Awareness (Mehling et al, 2012); The Compassionate Engagement and Action Scales (Gilbert, 2015); The Types of Positive Affect Scale (Gilbert et al, 2008); The Social Safeness and Pleasure scale (Gilbert et al., 2009).

**Progress / Outcome**  
Ethical approval has been granted, and data collection is currently underway. A systematic literature review will be conducted in the coming months.
Name / Contact
Matthew Rosen Marsh; Chris Irons (chris.irons@compassatemind.co.uk); Fergal Jones

Study title
Questionnaire study looking at relationship between compassion, rumination and self-criticism

Progress / Outcome
Writing up for publication.

Name / Contact
Olivia Bolt; Chris Irons (chris.irons@compassatemind.co.uk); Fergal Jones

Study title
Questionnaire study looking at the relationship between measures of compassion and relationship satisfaction in couples

Progress / Outcome
Writing up for publication.

Name / Contact
Tobyn Bell (tobynbell@hotmail.com)

Study title
Bringing compassion to self-criticism: Client experiences of a compassion-focused therapy intervention for self-criticism

Description
The study uses Interpretative Phenomenological Analysis to explore client experience of self-critic chair-work in CFT. The study is NHS based, with clients with depression, shame and self-criticism. Undertaken as part of my PhD at Derby University.

Progress / Outcome
NHS ethics passed. Recruitment ongoing.

Name / Contact
Tobyn Bell (tobynbell@hotmail.com)

Study title
Picturing the critic: an exploratory study of imagery in compassion-focused therapy exercises

Description
Research with undergraduate psychology students analysing their drawings and verbal descriptions when asked to picture their self-critic and their perfect nurturer. Questionnaires have also been devised to explore reflections on the imagery process.
Multi-site (UK and USA).
Study undertaken with Russell Kolts and Alison Dixon.

**Progress / Outcome**
Ethics passed and recruitment ongoing.

****************************
**************************************************************

**Name / Contact**
Tobyn Bell (tobynbell@hotmail.com)

**Study title**
Developing a Compassionate Internal Supervisor: Compassion-Focused Therapy for Trainee Therapists.

**Description**
The study used Interpretative Phenomenological Analysis to explore an imagery intervention for trainee psychotherapists. The intervention adapted the perfect nurturer exercise to create a ‘compassionate internal supervisor’. Study undertaken with Russell Kolts and Alison Dixon

**Progress / Outcome**
Paper under-review.
Main themes in findings: The benefit of working with blocks; Varied nature of the imagery; Benefit on cognitive processes (e.g., reduction in rumination); Internalising and integrating the compassionate supervisor; Improved emotional regulation; Positive impact (clinical work and wider consequences).

****************************
**************************************************************

**Name / Contact**
Tobyn Bell (tobynbell@hotmail.com)

**Study title**
The use of multiple-selves and interventions in compassion-focused therapy for clients with depression, self-criticism and shame

**Description**
PhD study (Derby University). NHS based research using Interpretative Phenomenological Analysis.

**Progress / Outcome**
Ongoing.

****************************
**************************************************************

**Name / Contact**
William Skelton, M.S. (Williammskelton@gmail.com), La Salle University, Philadelphia, United States

**Study title**
The Role of Self-Compassion and Shame in HIV/AIDS
Description
Despite the connection between self-compassion, shame and HIV/AIDS health outcomes in the literature, little is known about how shame potentially interferes with the positive benefits of self-compassion in PLWHIV. Therefore, the purpose of this current study is to examine the mediating relationship of shame between self-compassion and adherence, as well as health related quality of life.

Scales
Experience of Shame Scale; The Self- Compassion Subscale of The Compassionate Engagement and Action Scales; Adherence to Medication and Refill Scale; PROQOL-HIV Health Related Quality of Life HIV Questionnaire

Progress / Outcome
In progress. Data will be collected at Drexel University College of Medicine.
Treatment Outcome Studies

Name / Contact
Dr Anthony Lyons (a.lyons@latrobe.edu.au); Dr Chris Pepping (c.pepping@latrobe.edu.au), La Trobe University, Australia
Associate Professor Ruth McNair, University of Melbourne, Australia
James Kirby (j.kirby@psy.uq.edu.au) The University of Queensland
Professor Paul Gilbert, University of Derby

Study title
Targeting Depression in the LGBT Population: A Mindful Self-Compassion Intervention

Description
This project seeks to reduce mental health problems in sexual minority populations throughout Australia. It will develop and evaluate a mindfulness-based self-compassion intervention to treat depression in lesbian, gay, and bisexual (LGB) Australians, which is a high-risk and under-served population. Aim is to reduce depression and emotionalized shame and sexual stigma of Lesbian, Gay and Bisexual young individuals via a self-compassion intervention.

Scales
Beck-Depression-Inventory; Internalized-Homophobia Scale; Self-Compassion Scale; Shame-Proneness Scale; Fear of Compassion Scale; Suicide-Behaviour Questionnaire

Progress / Outcome
The study commenced in early 2016 and is currently underway.
It is hypothesised that the intervention will reduce depression, shame, and internalized homophobia in Lesbian, Gay and Bisexual individuals.

Name / Contact
Charlie Heriot-Maitland (charles.heriot-maitland@kcl.ac.uk)

Study title
A case series study of Compassion Focused Therapy for distressing experiences (in psychosis)

Description
This study aims to develop a therapy protocol for individual CFT for psychosis (CFTp), and to test the feasibility of delivering and evaluating this intervention for people referred to community psychosis services. The initial protocol draft has been developed by CFT experts, psychosis experts, and experts by experience, but will continue to be developed and evolve as the study progresses, and as more is learnt (e.g. from the service-user participants) about applying the model in this population.

Scales
Social Comparison Scale; Social Safeness and Pleasure Scale; Forms of Self-Criticising/Attacking and Self-reassuring Scale; Other as Shamer Scale; Self Compassion Scale; Personal Beliefs about Illness Questionnaire; Psychotic Symptom Rating Scales; Depression, Anxiety and Stress Scale; Heart Rate Variability
**Progress / Outcome**

The aim, by the end of the study, is to have a final CFTp protocol that can be taken forward for use in an efficacy trial (RCT). This study will also aim to address a number of feasibility questions to inform the parameters of this future trial.

***************************************************************************

**Name / Contact**

Chris Irons (chris.irons@compassatemind.co.uk); Charlie Heriot-Maitland, (charles.heriot-maitland@kcl.ac.uk); Paul Gilbert, CMF

**Description**

Outcome study looking at impact of 8 Week Compassionate Mind Training course for the general public.

**Scales**

A range of measures (E.g. compassion, self-criticism, wellbeing).

**Progress / Outcome**

Results being collected.

***************************************************************************

**Name / Contact**

Cuppage, J.; Baird, K. (kbaird@stpatsmail.com); Gibson, J.; Booth, R.; Hevey, D., St. Patrick’s Mental Health Services, Dublin, Ireland

**Study title**

An Evaluation of a Compassion Focused Therapy Group Programme Designed for Individuals with High Self-Criticism and Shame

**Description**

The aim of the study was to compare a new transdiagnostic CFT group with treatment as usual (TAU) in a psychiatric hospital in the Republic of Ireland. The study used a non-randomised controlled trial design.

**Scales**

The Brief Symptom Inventory (BSI) (Derogatis, 1993); Forms of Self-Criticism and Self-Reassurance Scale (Gilbert, Clarke, Hampel, Miles, & Irons, 2004); The Functions of Self-criticism Scale (Gilbert, Clarke, Hempel, Miles & Irons, 2004); The Fear of Self Compassion subscale of the Fears of Compassion Scale (Gilbert, McEwan, Matos, & Rivis, 2011); The Social Comparison Scale (Allan & Gilbert, 1995); The Submissive Behaviour Scale (Allan & Gilbert, 1997); The Other as Shamer scale (Goss, Gilbert & Allan, 1994); The California Psychotherapy Alliance Scale – Group (CALPAS-G) (Gaston & Marmar, 1994); The Group Climate Questionnaire (MacKenzie & Livesley, 1986); The Social Safeness and Pleasure scale (Gilbert et al., 2009).

**Progress / Outcome**

Main findings:

There were reductions in psychopathology as measured by the Global Severity Index of the Brief Symptom Inventory (Derogatis, 1993). There was a large effect size when comparing pre- and post- intervention scores for the CFT group $t(57) = 4.28, p < .001$, partial $\eta^2$ of .24.
There was a medium effect size when comparing post scores for the CFT group and the WL control $F(2, 84)=6.84$, $p<.05$, partial $\eta^2$ of .08. These gains were maintained at the 2nd monthly session.

Multiple regression was used to investigate predictors of improvement in psychopathology following CFT. Change scores from the following scales were entered into the regression: Fear of Self Compassion subscale of the Fears of Compassion Scale (Gilbert, McEwan, Matos & Rivis, 2011); Other as Shamer Scale (Goss, Gilbert & Allan, 1994); The Social Safeness and Pleasure Scale (Gilbert, McEwan, Mitra, Richter, Franks, Mills, Bellew & Gale, 2009); The Functions of Self-Criticism Scale: both self-correction and self-persecution subscales (Gilbert, Clarke, Hempel, Miles & Irons, 2004). The model explained 34% of the variance in improved mental health as measured by the GSI of the BSI, $R^2 = .40$ (adjusted $R^2 = .34$).

Name / Contact
Daniel Rijo (drijo@fpce.uc.pt); Diana Ribeiro da Silva (d.s.ribeirodasilva@gmail.com); Paula Vagos (paulavagos@fpce.uc.pt); Néláo Brazão (nelio-brazao@hotmail.com); Paula Castilho (paulacastilho@fpce.uc.pt); Mário Simões (simoesmr@fpce.uc.pt), Faculty of Psychology and Educational Sciences, University of Coimbra, Portugal
Paul Gilbert (p.gilbert@derby.ac.uk), University of Derby, UK
Randall Salekin (r.salekin@as.ua.edu), University of Alabama, USA
Ricardo Barroso (rbarroso@utad.pt), University of Trás-os-Montes e Alto Douro, Portugal
Nicola Petrocchi (nicola.petrocchi@uniroma1.it), University of Roma La Sapienza, Italy

Study title
“Changeability of psychopathic traits in young offenders: Outcomes from a compassion-based psychotherapeutic intervention” (3-years research Project)

Description
Sample: young offenders with psychopathic traits detained at juvenile facilities in Portugal. This research project takes into account recent theoretical trends on the origins and understanding of psychopathy, and aims to: (1) test a predictive model of psychopathy as resulting from early toxic experiences of shame and lack of early experiences of warmth and safeness, current feelings of shame and specific shame coping styles; (2) design an intervention program based on Compassion Focused Therapy strategies and techniques to intervene with young offenders with psychopathic traits; and (3) test the effects of this kind of intervention in modifying the affective, behavioral, and interpersonal features of young offenders with psychopathic traits trough a randomized controlled trial research design.

Progress / Outcome
This project is sponsored by the Portuguese Foundation for Science and Technology (FCT) and the European Social Fund (POPH/FSE) - (PTDC/MHC-PCL/2189/2014)
Online 8 session CMT course for young adults.

Progress / Outcome
Data collection.

Name / Contact
Elaine Beaumont (E.A.Beaumont@salford.ac.uk) School of Nursing, Midwifery, Social Work & Social Sciences, University of Salford; Adam Galpin; Peter Jenkins

Study title
‘Being kinder to myself’: A prospective comparative study, exploring post-trauma therapy outcome measures, for two groups of clients, receiving either Cognitive Behaviour Therapy or Cognitive Behaviour Therapy and Compassionate Mind Training

Description
Pre and Post comparative study. 16 Participants in a CBT only group and 16 in a combined CBT/CMT group following a traumatic incident

Scales
IES; HADS; SCS-SF

Progress / Outcome
Results supported two of the three original hypotheses. Participants in both conditions experienced a highly statistically significant reduction in symptoms of anxiety, depression, avoidant behaviour, intrusive thoughts and hyper-arousal symptoms post-therapy. Participants in the combined CBT and CMT condition developed statistically significant higher self-compassion scores post-therapy than the CBT-only group [F(1,30)=4.657, p≤.05]. There was no significant difference between treatment groups. The results suggest that CMT may be a useful addition to CBT for clients suffering with trauma-related symptoms.

Name / Contact
Elaine Beaumont (E.A.Beaumont@salford.ac.uk) School of Nursing, Midwifery, Social Work & Social Sciences, University of Salford; Caroline J. Hollins Martin

Study title
Using Compassionate Mind Training as a Resource in EMDR: A Case Study

Description
This case study examines the contribution of compassionate mind training (CMT) when used as a resource in the eye movement desensitization and reprocessing (EMDR) treatment of a 58-year-old man, who presented after a recent trauma with psychological distress and somatic symptoms—an inability to sign his name. Self-report questionnaires were administered at pre-therapy, mid-therapy, post-therapy, and 9-month follow-up.

Scales
Hospital Anxiety and Depression Scale [HADS]; Impact of Events Scale-R [IES-R]; Self-Compassion Scale [SCS].
Progress / Outcome
EMDR with CMT facilitated recall of forgotten memories about his sister’s traumatic death decades previously, with related emotions of shame and grief, creating insight into how these past events linked to his current signature-signing phobia. Eight sessions of therapy resulted in an elimination of the client’s signature-signing phobia and a reduction in trauma-related symptoms, elevation in mood, and increase in self-compassion. Effects were maintained at 9-month follow-up. The “Discussion” section highlights the value of working collaboratively with clients to best meet their individual needs.

Name / Contact
Elaine Beaumont (E.A.Beaumont@salford.ac.uk) School of Nursing, Midwifery, Social Work & Social Sciences, University of Salford; Caroline J. Hollins Martin

Study title
A narrative review exploring the effectiveness of Compassion-Focused Therapy

Description
This narrative review summarises findings of research that has shown use of Compassion-Focused Therapy (CFT) to improve psychological outcomes in clinical populations. Twelve studies were identified which showed significant psychological improvements in clients with diagnosed trauma symptoms, brain injury, eating disorders, personality disorders, schizophrenia-spectrum disorder, chronic mental health problems and psychosis, both within groups and during one-to-one therapy.

Progress / Outcome
Within the context of the reviewed studies, CFT has shown itself to be an effective therapeutic intervention when combined with approaches such as Cognitive Behavioural Therapy (CBT).
Conclusion: The research design of the majority of the studies examined precluded determining the extent of individual contributions that CFT made towards client recovery. Further research that uses more rigorous approaches are required to evaluate more effectively the role CFT plays in clients’ therapeutic recovery.

Name / Contact
Jenny Lloyd (jenifalloyd@hotmail.com)

Study title
Emotionally expressive writing for people with depression: A randomised controlled trial

Description
This study will explore the impact of guided compassionate mind letter writing and a writing control condition (standard expressive writing) on depressive symptomatology, self-criticism and self-compassion over time as indexed by a range of self-report questionnaire measures. The intention is that the research will be carried out with students at Derby and/or Staffordshire University who are accessing university counselling services for depression-related difficulties.

Scales
Measures (subject to change): 1) *Centre for Epidemiological Studies — Depression Scale* (CES-D; Radloff, 1977); 2). Researcher-developed self-report questions developed specifically for this study to measure state self-criticism/self-compassion.

**Progress / Outcome**
The study is currently at the research proposal stage and has not yet received ethical approval.

***************************************************************

**Name / Contact**
Kate Lucre

**Study title**
An Evaluation of Compassion Focussed Group Psychotherapy

**Description**
The research aims to evaluate an extended exploratory Compassion Focussed Therapy groupwork and the impact on the experience of self-criticism, usage of services and general wellbeing in a group of patients with a history of complex trauma and relational difficulties. This study will utilise a quasi – experimental non-randomised within subject controlled design for the evaluation of the efficacy of Compassion Focussed therapy and in addition a qualitative study will be used to explore the Service User experience of this treatment. Participants will be recruited from secondary care and tertiary care services to facilitate a comparison of the two interventions. One group will be offered a 12 week intervention and a 40 week intervention, whilst the other group will be offered a 12 week intervention and treatment as usual for 40 weeks.

**Scales**
Forms of Self-Criticising/Attacking & Self-Reassuring Scale; Social Comparison Scale (SCS); The “Other as Shamer” Scale; Submissive Behaviour Scale (SBS); Depression, Anxiety and Stress Scales (DASS-21); Fear of Compassion Scales; Clinical Outcomes in Routine Evaluation (CORE); Impact of Event Scale; The work and Social Adjustment Scale; Internal Shame Scale.

**Progress / Outcome**
Ethics form submitted.

***************************************************************

**Name / Contact**
Kenichi Asano

**Study title**
Effect of Group Cognitive Behavioural Therapy with Compassion Training on Depression

**Description**
Combining CBT and Compassion works (1h x10 weeks), for people with depression (n=14) in Japanese community.

**Scales**
BDI-II; Self-acceptance; Self-compassion Scale
Progress / Outcome
BDI-II score changed from 23.78(10.2) to 13.61(7.65). Effect size (d) was 1.13. Self-acceptance score changed from 15.46(6.22) to 18.69(4.69). Effect size (d) was 0.59. SCS score changed from 60.23(15.48) to 67.30(15.02). Effect size (d) was 0.46.

Name / Contact
Kohki Arimitsu (arimitsu@komazawa-u.ac.jp)

Study title
The Effects of a Program to Enhance Self-Compassion in Japanese Individuals: A Randomized Controlled Pilot Study

Description
The present study examined the effects of an Enhancing Self-Compassion Program (ESP) among Japanese individuals in a randomized controlled study.

Scales
The SCS-J; The Multiple Mood Scale; The State-Trait Anxiety Inventory-Trait form; The Beck Depression Inventory.

Progress / Outcome
In the post-treatment and follow-up, ANOVAs revealed that the ESP group (N = 16) had significant improvements in each of the subscales of self-compassion (Cohen’s ds: .91–1.51) except for mindfulness, whereas the control group (N = 12) did not. Greater reductions in negative thoughts and emotions in the ESP group were also found. These gains remained at follow-up.