

Call For Participants



Self-compassion and psychological well-being

20 min(s) to complete

4 - £25 Amazon vouchers available

Online Questionnaire

Online

University of Southampton

This is an invitation to take part in a research study from the University of Southampton that explores if self-compassion (self-kindness, common humanity and mindfulness) helps in responding to emotions after early shaming experiences. We hope this research will help to identify if self-compassion improves responses to difficult emotions after shaming experiences and promotes psychological well-being

Find out more online

Poster printed on 11/05/2024

Study expires on 04/03/2019

More info

by scanning the QR code
or visiting the URL

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