

Appendix

Research in Psychotherapy: Psychopathology, Process and Outcome #358

Psychological and physiological effects of emotion focused training for self-compassion and self-protection

Appendix Table 1. Mean (SD) RMSSD pre- and post-test scores for all three groups (assessment of HRV).

Task	No-treatment control (n=19)		Active control (n=20)		Intervention (n=34)	
	Pre-test	Post-test	Pre-test	Post-test	Pre-test	Post-test
Relaxation	38.21 (13.47)	37.15 (12.85)	37.09 (12.52)	37.46 (11.30)	37.26 (15.10)	39.47 (17.17)
Self-criticism	26.10 (12.85)	25.73 (13.48)	25.65 (10.74)	27.42 (11.73)	25.23 (9.15)	30.45 (11.48)
Self-protection	28.49 (13.72)	26.36 (11.80)	27.42 (10.73)	27.14 (9.34)	25.83 (7.48)	23.84 (6.98)
Self-compassion	31.09 (15.83)	32.01 (16.40)	30.75 (9.98)	33.98 (9.65)	31.50 (8.06)	36.43 (10.76)

SD = standard deviation. RMSSD = Root Mean Square of Successive Differences between adjacent normal to normal intervals.

Appendix Table 2. Mean (SD) FSCRS and SCS pre- and post-test scores for all three groups.

Task	No-treatment control (n=19)		Active control (n=20)		Intervention (n=34)	
	Pre-test	Post-test	Pre-test	Post-test	Pre-test	Post-test
FSCRS IS	19.82 (6.78)	20.52 (5.75)	19.95 (5.65)	20.65 (5.62)	19.00 (5.95)	15.21 (5.77)
FSCRS RS	23.39 (5.25)	24.00 (4.52)	22.40 (3.80)	22.65 (3.31)	23.42 (4.96)	25.42 (4.19)
FSCRS HS	3.76 (3.14)	3.85 (3.40)	3.95 (2.95)	3.60 (2.95)	3.42 (1.64)	1.95 (1.39)
SCS Compassionate responding	43.12 (7.78)	43.33 (7.61)	41.55 (6.30)	41.70 (5.53)	43.16 (10.87)	47.11 (7.86)
SCS Uncompassionate responding	38.73 (8.91)	36.45 (9.01)	38.15 (7.98)	39.55 (9.62)	40.16 (7.58)	34.26 (8.13)

M = Mean. SD = standard deviation. FSCRS = Forms of Self-Criticising/Attacking and Self-Reassuring Scale. IS = Inadequate Self. RS = Reassured Self. HS = Hated Self. SCS = Self-Compassion Scale.