

Systematic Literature Review Mindful Self Compassion Protocol

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Abstrak. Mindful Self-Compassion (MSC) semakin diminati untuk diteliti dan telah menunjukkan efektivitas dalam meningkatkan aspek psikologis di berbagai bidang. Oleh karena itu, diperlukan kajian lebih lanjut untuk melihat protokol implementasi MSC agar dapat diterapkan secara efektif. Penelitian ini berfokus pada efektivitas MSC dalam meningkatkan self-compassion, mindfulness, kepuasan hidup, serta mengurangi kecemasan dan stres. Penelitian ini menggunakan metode Systematic Literature Review (SLR) dengan pencarian sumber dari Springer, Sagepub, Sciencedirect, dan Wiley pada periode 2019-2024. Proses seleksi menghasilkan 8 artikel berdasarkan kriteria inklusi yang telah ditentukan yaitu artikel yang menggunakan intervensi mindful self-compassion dan menggunakan studi eksperimental RCT dan studi quasi eksperimental. Sedangkan kriteria eksklusi adalah artikel yang tidak menggunakan intervensi MSC sebagai komponen utama dan tidak berhubungan dengan luaran psikologis dan perilaku. Proses pencarian artikel dijelaskan pada Diagram Alir PRISMA. MSC telah terbukti bermanfaat dalam konteks kesehatan mental di berbagai populasi, termasuk guru, remaja, pengasuh pasien skizofrenia, wanita yang menjalani pengobatan infertilitas, remaja putri, pelajar keperawatan, dan ibu dari anak-anak dengan Fenilketonuria (PKU). Namun demikian, beberapa penelitian menunjukkan bahwa efek MSC tidak selalu bertahan dalam jangka panjang, sehingga menunjukkan perlunya penelitian lebih lanjut dengan periode tindak lanjut yang lebih lama. Kesimpulannya, MSC merupakan intervensi yang efektif untuk meningkatkan kesejahteraan psikologis, namun pengujian lebih lanjut diperlukan untuk mengevaluasi efek jangka panjangnya dan mengoptimalkan penerapannya dalam berbagai konteks.

Abstract. Mindful Self-Compassion (MSC) is increasingly in demand for research and has shown effectiveness in improving psychological aspects in various fields. Thus, further studies are needed to see the MSC implementation protocol so that it can be applied effectively. This research focuses on the effectiveness of MSC in increasing self-compassion, mindfulness, life satisfaction, and reducing anxiety and stress. This research uses the Systematic Literature Review (SLR) method with search sources from Springer, Sagepub, Sciencedirect, and Wiley in the period 2019-2024. The selection process produced 8 articles based on predetermined inclusion criteria, namely articles that used mindful self-compassion interventions and used RCT experimental studies and quasi-experimental studies. Meanwhile, the exclusion criteria were articles that did not use MSC intervention as the main component and were not related to psychological and behavioral outcomes. The article search process is explained in the PRISMA Flow Diagram. MSC has been shown to be beneficial in the context of mental health in a variety of populations, including teachers, adolescents, caregivers of schizophrenia patients, women undergoing infertility treatment, young women, nursing students, and mothers of children with Phenylketonuria (PKU). Nevertheless, some studies show that the effects of MSCs do not always persist in the long term, indicating the need for further studies with longer follow-up periods. In conclusion, MSC is an effective intervention to improve psychological well-being, but further testing is needed to evaluate its long-term effects and optimize its application in various contexts.

Key word: "Mindfulness; Mindful self-compassion; Systematic literature review"

INTRODUCTION

Mindful Self-Compassion (MSC) has emerged as a significant area of research in psychological well-being, reflecting growing interest in how mindfulness and self-compassion practices can address a variety of mental health issues (Yela, 2020; Germer & Neff, 2013). The MSC practice combines elements of mindfulness with a self-compassion approach, aiming to help individuals develop a sense of self-compassion, especially when facing life's difficulties and challenges.

The importance of psychological treatment such as anxiety and stress which impact an individual's quality of life cannot be underestimated. Excessive anxiety and stress can result in various negative impacts on mental health, such as depression, sleep disorders and decreased productivity (Afonso, 2023; Deady, 2022). Therefore, effective strategies to manage and reduce anxiety and stress are needed. MSC offers an approach that focuses on self-acceptance and developing a self-compassionate attitude, so it has proven useful in this context (Dreisoerner, 2021; Zipagan, 2023).

Previous research has proven that MSC intervention is effective in increasing self-compassion and reducing anxiety and stress (Neff & Germer, 2018). This intervention has been adopted in a variety of contexts, from education to mental health services, demonstrating its flexibility and broad applicability. However, there is still a research gap regarding the long-term effects of MSCs and their effectiveness in various populations and contexts. Although existing studies provide valuable insights, a more comprehensive evaluation of the ongoing impact of MSC and its applicability across demographic groups and cultural contexts is needed (Jansen et al, 2021).

To address this gap, this study offers a systematic review of the literature to evaluate the effectiveness of MSC interventions. By analyzing the latest research from several databases and focusing on randomized controlled trials (RCTs) as well as quasi-experimental studies, this research aims to provide a clearer understanding of the impact of MSCs on mental health outcomes. The importance of this research lies in its potential to improve MSC protocols and increase their applicability in clinical and non-clinical contexts (Guan et al, 2021; Latorre et al, 2023).

In addition, the aim of this study was to assess the effectiveness of MSCs in increasing self-compassion, mindfulness, and life satisfaction, as well as reducing anxiety and stress. By understanding how MSC can be optimized, this research hopes to provide more specific and practical recommendations for the application of MSC in a variety of settings. The findings of this research will benefit society by providing insights that can lead to more effective mental health interventions and improve overall well-being. It is hoped that the results of this research can become the basis for the development of a more structured and evidence-based MSC program, which will ultimately contribute to improving the quality of life for individuals and the community as a whole.

METHODS

This research uses the Systematic Literature Review (SLR) method to evaluate the effectiveness of the Mindful Self-Compassion (MSC) intervention. The article search process was carried out thoroughly using the Springer, Sagepub, ScienceDirect, and Wiley databases with a time span from 2019 to 2024. The specified inclusion criteria included articles that used MSC interventions and were based on experimental study designs such as randomized controlled trials (RCT) and studies. quasi-experimental. Meanwhile, the exclusion criteria were articles that did not use MSC as the main component, were not relevant to psychological and behavioral outcomes, were not in accordance with the research objectives, and research that used literature studies, meta-analysis, qualitative and correlations were excluded from the review.

The article selection process follows the PRISMA Flow Diagram procedure to ensure a systematic and transparent process. The initial search yielded 26,528 articles. After going through various stages of screening and selection, including removal of duplicates and assessment of eligibility based on exclusion criteria including articles that did not use Mindful Self-Compassion (MSC) as the main component of the intervention, 257 articles were deemed relevant for further review. Of these articles, 211 were eliminated because they were not relevant to psychological and behavioral outcomes. Furthermore, 46 articles were reprocessed and 29 articles underwent additional elimination. The final

results of the filter process produced 17 articles that met the inclusion criteria. However, after further assessment, 9 articles were found not to be in accordance with the stated research objectives, leaving 8 articles that were truly relevant and suitable for further analysis.

Data analysis was carried out by evaluating various aspects of the included studies, including research subjects, number of participants, measurement tools used, type of MSC intervention, control group, and results obtained. The articles analyzed covered a variety of populations and contexts, such as elementary school teachers, adolescents, family caregivers of schizophrenia patients, women undergoing infertility treatment, young women, and nursing program students. These studies provide a comprehensive picture of the effectiveness of MSC in a variety of settings and demographic groups.

RESULT AND DISCUSSION

Data search in this study, using keywords, 26.528 articles were obtained and based on systematic analysis, it showed that 8 articles met the inclusion criteria. The following is a flow chart of the article search process in this study:

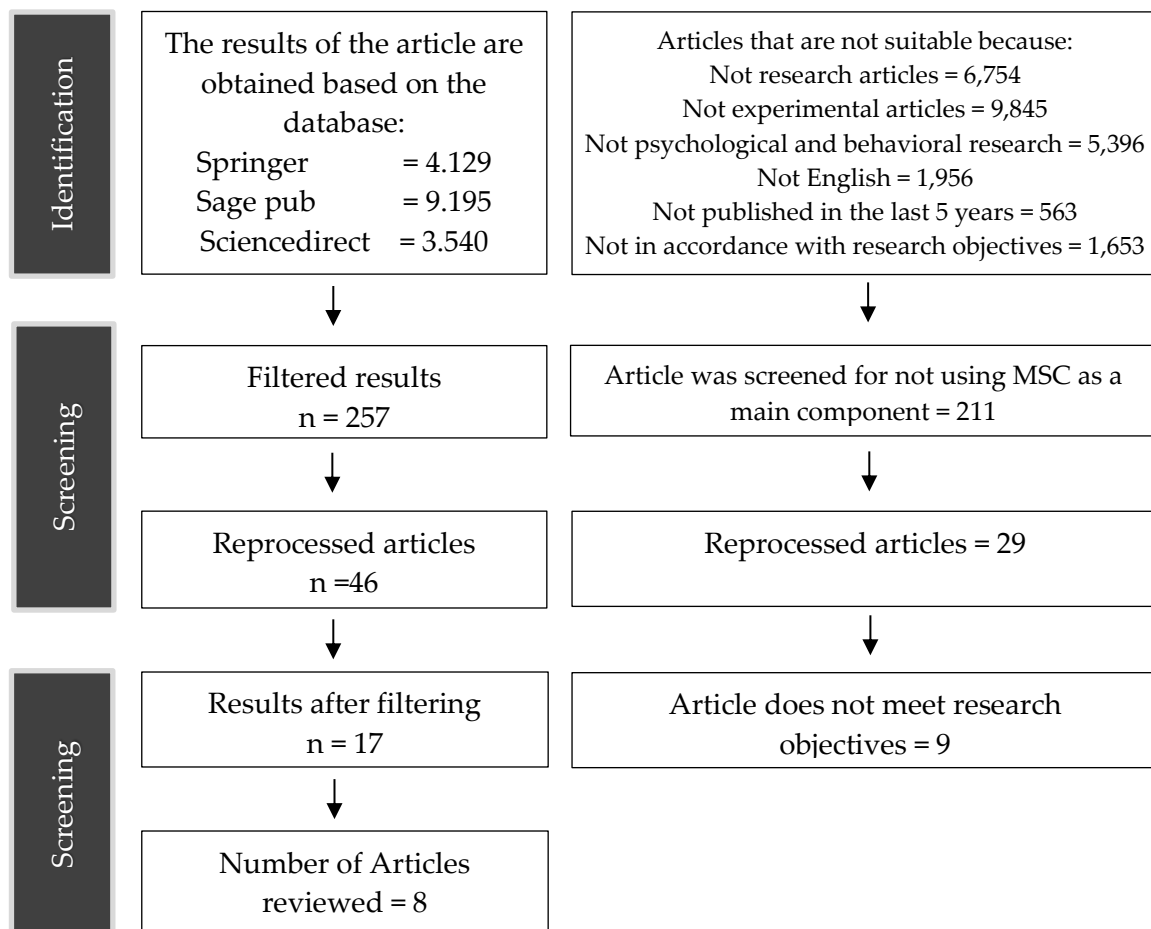


Chart 1. Journal selection process based on inclusion and exclusion criteria

The initial screening process or identification left 257 articles deemed relevant for further *screening*. Thus, from this comprehensive *systematic literature review process*, only 8 articles remained that were truly relevant and in accordance with the determined research objectives, which can be seen in table 1.

Research Subject and Context

MSC research applies to a variety of populations, including adolescents, young women, family caregivers of patients with schizophrenia, and elementary school teachers. These variations demonstrate the flexibility of MSC across different contexts and demographic groups. For example, one study involved young women aged 17-21 years with face-to-face sessions followed by sessions via a Facebook group.

Research purposes

The aim of this study was to assess the extent to which MSC intervention can increase self-compassion, mindfulness, and life satisfaction, as well as reduce anxiety and stress. This research also aims to refine the MSC protocol and increase its applicability in clinical and non-clinical contexts

Number of Sessions and Duration

The number of sessions and duration of MSC interventions in the studies analyzed varied, but generally involved several sessions conducted over several weeks. For example, some studies use 8 MSC sessions with each session lasting several hours, while others may use fewer sessions of adjusted duration.

Table 1. Summary results of selected *literature*

Writer	Subject	Number of subjects	Measuring instrument	Intervention	Control group	Results
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Seekis, Bradley, & Duffy (2020)	Young Women aged 17-21 Years	76 Participants	EDI-3, EDI, SAAS, UPAC, BAS-2, SCS-SF	MSC 1 <i>face to face session</i> then continued via Facebook group for 3 sessions.	Get on the waiting list	The results showed that the intervention group experienced significant reductions in appearance comparison, social appearance anxiety, body dissatisfaction, and drive to be thin, as well as significant increases in body appreciation and <i>self-compassion</i> , both at posttest and 1-month follow-up. These findings suggest that the MSC intervention combined with group support on Facebook is effective in improving body image and <i>self-compassion</i> in young women.
Jiménez-Gómez, et al (2022)	Adults Age range 19-31 Years	88 participants	SCS, FFMQ, STAI, BDI	MSC 8 Sessions, MBSR 8 Sessions	No treatment was given	MBSR and MSC should be applied in psychological training because they improve desired skills such as <i>mindfulness</i> and <i>self-compassion</i> . Both can help prevent mental health problems. Measures of Mindfulness, self-compassion, and anxiety showed similar patterns in both MBSR and MSC groups. The MBSR group showed a greater reduction in depression levels compared with the MSC group.
Sajjadi, Noferesti, & Abbasi (2023)	Teenager	47 participants	DASS-21, CTQ, ISS, OAS, SCS, LOSC	MSC 8 Sessions	No intervention was provided	This research shows that participation in the <i>Mindful Self-Compassion</i> (MSC) program significantly reduces symptoms of stress, depression, anxiety, internal shame, and self-criticism, and increases self-

						compassion in adolescents with a history of child abuse. A significant reduction in stress was observed after the intervention, but was not maintained at two- month follow-up. These findings indicate that MSC can be an effective intervention although further research with a longer follow-up period and a larger sample is needed to confirm its long -term effectiveness.
Liberman , et al (2024)	Primary school teachers	48 participants	FFMQ, SCS, PSS, WHO-5, ENVY	MSC 8 sessions	Kundalini Yoga	Based on the results of MSC and KY training at post-training, psychometric tests showed that personal stress was lower in the MSC group. Then at follow-up, observation and attention were higher in the MSC group. Conclusion on MSC Training virtually increases self-care and compassion which can be associated with increased well-being, reduced stress, and increased empathy.
Lök & Bademli (2024)	Family caregiver s of patients with schizoph renia	40 Participants	EES, WEMWBS	MSC 6 Sessions	Waiting list	The results showed that participants who participated in the <i>mindful self-compassion program</i> for 6 weeks experienced a significant reduction in caregiver burden, emotional expression, and improved mental well-being compared to the control group. These findings demonstrate the potential of <i>mindful self-compassion interventions</i> in improving the well-being of family

						caregivers of patients with schizophrenia and have important implications for the development of targeted interventions to support and improve the quality of life of caregivers and the patients they care for.
Sahraia n, et al (2024)	Women with Infertility	50 Participants	SCL-90-R, SHQ	MSC 8 Sessions	Treatment As Usual (TAU)	The results showed that women who participated in the program experienced significant reductions in psychological distress and psychopathological symptoms compared with the TAU group. Additionally, participants in the MSC group also experienced significant increases in life expectancy and life satisfaction. These findings suggest that MSC interventions may provide psychological benefits to women undergoing infertility treatment.
Bidik, G., & Sisman (2024)	Nursing program students	80 participants	PPHBS, WCSRS, BRS	Watson's Human Care Theory Model	No intervention was provided	<i>Mindful Self-Compassion</i> program has proven beneficial in improving the physical and mental health of nursing students. Therefore, it is recommended to implement this program to improve physical and mental health in nursing practice. In addition, it would be beneficial if this program was included in the nursing education curriculum. These findings provide evidence to support the use of the MSC program for nursing students and nurses.

Habibi, et al (2024)	Mothers who have children with Phenylketonuria (PKU)	30 Participants	CFI, DERS	MSC 8 Sessions	No treatment was given	There were significant changes in scores in emotional regulation and cognitive flexibility in the group following the MSC program after training and at the <i>follow-up stage</i> compared to before training. In other words, MSCs help in general with managing emotions and improve flexible thinking abilities, but there may be certain aspects of emotion regulation that have not been fully addressed by MSCs.
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Information:

FFMQ (Five Facet Mindfulness Questionnaire) ; IRI (Interpersonal Reactivity Index) ; PSS (Perceived Stress Scale) ; SCS (Self-Compassion Scale) ; WHO-5 (World Health Organization-Five Well-Being Index) ; KY (Kundalini Yoga) ; CT (Childhood Trauma Questionnaire) ; DASS-21 (Depression, Anxiety and Stress Scales) ; ISS (Internalized Shame Scale) ; OAS (Other as Shamer Scale) ; LOSC (Levels of Self-Criticism Scale) ; EES (Expressed Emotion Scale) ; WEMWBS (Warwick-Edinburgh Mental Well-Being Scale) ; EDI-3 (Body Dissatisfaction Subscale from the Eating Disorders Inventory-3) ; EDI (Drive for Thinness Subscale from the Eating Disorders Inventory-3) , SAAS (Social Appearance Anxiety Scale) ; UPACS (Upward Physical Appearance Comparison Scale) ; BAS-2 (Body Appreciation Scale-2) ; SCS-SF (Self-Compassion Scale-Short-Form) ; PPHBS (Promotive and Protective Health Behaviors Scale) ; WCSRS (Watson Caritas Self-Rating Score) ; BRS (Brief Resilience Scale) ; STAI (State-Trait Anxiety Inventory) ; BDI (Beck Depression Inventory) ; CFI (The cognitive flexibility inventory) ; DERS (The difficulty in emotion regulation scale) .

This research involved various populations, ranging from young women, teenagers, caregivers of schizophrenia patients, women undergoing infertility treatment, to nursing students. These differences in subject characteristics are important to consider because

they may affect the generalizability of the results. The number of subjects varied from 30 to 88 participants, indicating that the sample size in this study was quite diverse. The measuring instruments used include various scales such as the Self-Compassion Scale (SCS), FFMQ, PSS, Depression, Anxiety, Stress Scales (DASS-21), Life Satisfaction Scale and others whose validity and reliability have been recognized in psychological research. The MSC interventions implemented also vary from face-to-face sessions to support via online platforms such as Facebook.

Based on the research results analyzed in table 1 regarding the MSC implementation protocol applied in various studies generally lasts 8 weeks, with weekly sessions lasting approximately 2 to 2.5 hours. Each session includes guided meditation, group discussions, and experiential exercises designed to develop self-compassion. This program can be adapted to local culture. The MSC protocol was applied to a variety of populations, including adolescents, teachers, caregivers of schizophrenia patients, women undergoing infertility treatment, young women, nursing students, and mothers of children who have Phenylketonuria (PKU). Research shows that MSC is effective in improving psychological well-being across these diverse demographic groups.

Articles analyzed in the research of Liberman et al. (2024) showed that personal stress was lower in the MSC group after training, as well as improvements in observation and attention. Thus, virtual MSC training increases self-attention and compassion, which is associated with improved well-being, reduced stress, and increased empathy. Research by Sajjadi, Noferesti & Abbasi (2023) shows a significant reduction in symptoms of stress, depression, anxiety, internal shame, and self-criticism, as well as an increase in self-compassion. However, the reduction in stress was not maintained at the two-month follow-up, indicating the need for further research with a longer follow-up period.

Lök & Bademli's (2024) research showed a significant reduction in caregiver burden, emotional expression, and improved mental well-being compared to the control group. This suggests that MSC interventions can improve the well-being of caregivers and the quality of life of the patients they care for. Strengthened by research by Sahraian et al. (2024) described significant reductions in psychological distress and psychopathological symptoms, as well as increases in life expectancy and life satisfaction compared to the

group receiving usual care (TAU). This suggests that MSC interventions may provide psychological benefits to women undergoing infertility treatment.

The analysis results show that MSC has a significant positive impact in various psychological aspects. The MSC program has been proven to be effective in increasing *self-compassion*, *mindfulness* and life satisfaction. In addition, MSCs also contribute to the reduction of anxiety, stress, hopelessness, anger, and interpersonal sensitivity. Thus, MSC shows clear benefits in the context of mental health and can be a valuable intervention to improve psychological well-being. Thus, the MSC protocol implemented in this study provides a comprehensive framework for developing and implementing MSC in a variety of contexts, with a focus on cultural adaptation and long-term evaluation to optimize its effectiveness. In this context, the MSC theory developed by Neff & Germer (2018) shows that MSC training can increase self-compassion and reduce anxiety and stress. The results of this study support this theory, but also show that the effectiveness of MSCs may not always be maintained in the long term, which is in line with the findings of several studies that suggest the need for further research with longer follow-up periods.

CONCLUSION

The results of this systematic review indicate that Mindful Self-Compassion (MSC) has a variety of significant psychological benefits in a variety of populations, including elementary school teachers, adolescents, caregivers of schizophrenia patients, women undergoing infertility treatment, young women, nursing students, and mothers- mothers who have children with Phenylketonuria (PKU). MSC interventions have been shown to be effective in reducing stress, anxiety, depression, caregiver burden, and self-criticism, as well as improving self-compassion, mental well-being, and quality of life.

Nevertheless, some studies show that the effects of MSCs do not always persist in the long term, indicating the need for further studies with longer follow-up periods and larger samples to confirm their long-term effectiveness. In addition, the implementation of MSC in various contexts, such as nursing education, shows great potential in improving participants' physical and mental health.

In conclusion, Mindful Self-Compassion (MSC) is an effective intervention for improving psychological well-being in various populations and contexts. Follow-up research is expected to provide further insight into how to optimize and maintain the long-term benefits of this intervention, as well as refine MSC protocols for application in clinical and non-clinical contexts.

The recommendations from this research include several important aspects. First, long-term studies with a longer follow-up period are needed to evaluate the long-term effects of MSCs. Research with a longer follow-up period would be helpful in understanding the sustainability of the positive effects of this intervention. Second, research with larger and more diverse samples could increase the generalizability of the results. By involving more participants from various backgrounds, research results can be more representative of a wider population. Third, further development and evaluation of MSC interventions carried out online or via digital platforms is essential. Online interventions can reach a wider population and offer greater flexibility in implementation, thereby providing broader and more inclusive benefits.

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