

Table 1. Means (SDs) of the SCS-SF Items

Items	Subscale	Mean (SD)
1. When I fail at something important to me, I become consumed by feelings of inadequacy.	OI	2.66 (1.02)*
2. I try to be understanding and patient toward those aspects of my personality that I do not like.	SK	3.38 (0.88)
3. When something painful happens, I try to take a balanced view of the situation.	M	3.79 (0.75)
4. When I am feeling down, I tend to feel like most other people are probably happier than I am.	I	2.94 (1.14)*
5. I try to see my failings as part of the human condition.	CH	3.44 (1.02)
6. When I am going through a very hard time, I give myself the caring and tenderness I need.	SK	3.14 (0.97)
7. When something upsets me, I try to keep my emotions in balance.	M	3.83 (0.83)
8. When I fail at something that is important to me, I tend to feel alone in my failure.	I	2.73 (1.11)*
9. When I am feeling down, I tend to obsess and fixate on everything that is wrong.	OI	2.60 (1.12)*
10. When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.	CH	3.35 (1.08)
11. I am disapproving and judgemental about my flaws and inadequacies.	SJ	2.77 (1.09)*
12. I am intolerant and impatient towards those aspects of my personality that I do not like.	SJ	3.13 (1.09)*

As per the original SCS-SF construction and validation study [4], SK–Self-Kindness; SJ–Self-Judgement; CH–Common Humanity; I–Isolation; M–Mindfulness; OI–Over-Identification. Response scale: 1 (almost never) – 5 (almost always).

*All items for the SJ, I and OI subscales were reverse-coded prior to performing descriptive, reliability, and confirmatory factor analyses; reverse-coded scale: 1 (almost always) – 5 (almost never).