

The effects of perspective-taking and writing supportive message to others on the state self-compassion



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1. Introduction

Self-compassion

✓ Self-compassion entails being kind and understanding toward oneself in instances of pain or failure rather than being harshly self-critical (Neff, 2003).

✓ Self-compassion contains three basic components (Neff, 2003):

- 1) extending kindness and understanding to oneself.
- 2) seeing one's experiences as part of the larger human experience.
- 3) holding one's painful thoughts and feelings in balanced awareness rather than over-identifying with them.

Self-compassion and writing supportive message

✓ Writing a supportive messages to others contributes to enhancing a state self-compassion (Chishima et al., 2017) .

✓ Based on relational frame theory (RFT), we expect that activating perspective-taking and writing supportive messages to others would enhance a state self-compassion more effectively simply writing supportive message to others.

Purpose

The current study investigated the effects of perspective-taking and writing supportive message on the state self-compassion. We hypothesized that participants in the perspective-taking condition had higher state self-compassion scores than participants in other conditions at post-test.

3. Results

Differences between groups at post-test were analyzed by 1-way analysis of covariance (ANCOVA). Covariates were scores on questionnaires at pre-test.

means of the State Self-compassion Scale (SD)	Pre-test		Post-test	
	Mean	SD	Mean	SD
the perspective-taking condition (n=16)	4.11	(1.08)	4.53	(1.07)
the message condition (n=16)	4.72	(0.90)	5.16	(0.61)
the control condition (n=14)	4.25	(0.53)	4.73	(0.63)

State Self-compassion and Emotions (PANAS)

No significant differences among the groups were found at post-test.

State Self-esteem

The control condition had significantly higher state self-esteem score compared to the perspective-taking condition at post-test.

2. Method

Participants: Japanese undergraduate students (n =50; 7males, 43 females) participated in this study. The participants were randomly assigned to one of the three conditions. • the perspective-taking condition (n =17) • the message condition (n =17) • the control condition (n =16)

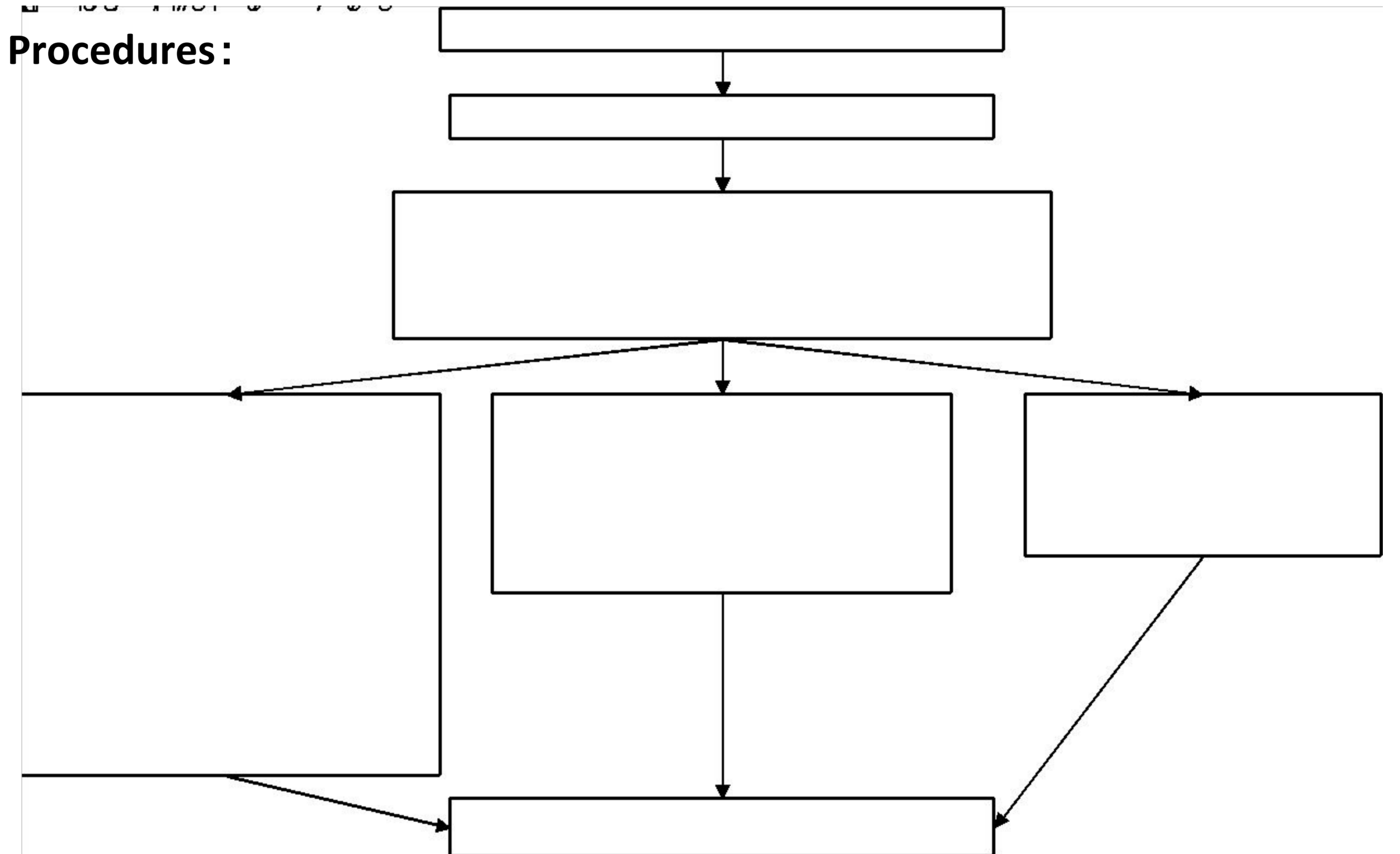
Measures: All participants completed the same three questionnaires at two different times (pre/post).

①Japanese version of the State Self-Compassion Scale (Chishima et al., 2017) ; higher scores indicating higher state self-compassion

②State Self-esteem Scale (Abe & Konno, 2007) ; higher scores indicating higher state self-esteem

③Japanese version of 20-item Positive and Negative Affect Schedule (PANAS) (Kawahito et al., 2011) ; higher scores indicating higher positive/negative emotions

Procedures:



The experiment took place in the university laboratory.

In one experiment, one to four people participated. The experiment was conducted by the first author.

4. Discussion

These results were contrary to our hypothesis.

✓ These results suggest that state self-compassion is greatly affected by “reading an essay written by the person who had broken heart” rather than “writing supportive message” when considering Japanese students.

✓ These results suggest that control condition's task might function as mindful writing.

✓ Future research should focus on differences among individuals with perspective-taking skills.

References

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