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- **SCS (Neff, 2003)**

- ***Dimensions***

- Self-kindness v Self-judgment
    - Common Humanity v Isolation
    - Mindfulness v Over-identification

- ***Factors Associated with SCS***

- Negative correlation with depression, anxiety, rumination, and thought suppression; classroom participation avoidance (Long & Neff, 2018)
  - Positive correlations with emotional processing (2003, p.240); academic communication in undergraduate students (Long & Neff, 2018)

- Main Objective
  - to investigate whether the dimensions of self-compassion can be measured by the SCS short form on a Filipino population
- Specific Problems
  - Does the Filipino translation of the Self-Compassion scale short form reflect the same six-factor model proposed in the previous research?
  - Does the Filipino translation demonstrate good reliability indices?

# Methods

- ***Research Design***

- **Type:** Cross-cultural adaptation and validation

- **Process:**

- Forward Translation

- Back Translation

- Establishing Conceptual Equivalence

- Administration/Collection and Data Analysis

- ***Samples***

- **Number:** 301 participants

- **Recruitment:** Voluntary sampling via online platforms

- **Inclusion criteria:**

- Age: 18-25 years old (mean=21.3, 56% male, 44% female)

- Native Filipino speaker

- Voluntary consent to participate

- **Data Analysis Results**

- ***Descriptives***

- Skewness and kurtosis reports non-substantial deviations from normality

- ***Reliability***

- Cronbach's alpha

- Overall scale (.71)

- Subscales (.45-.69)

- Inter-item reliability

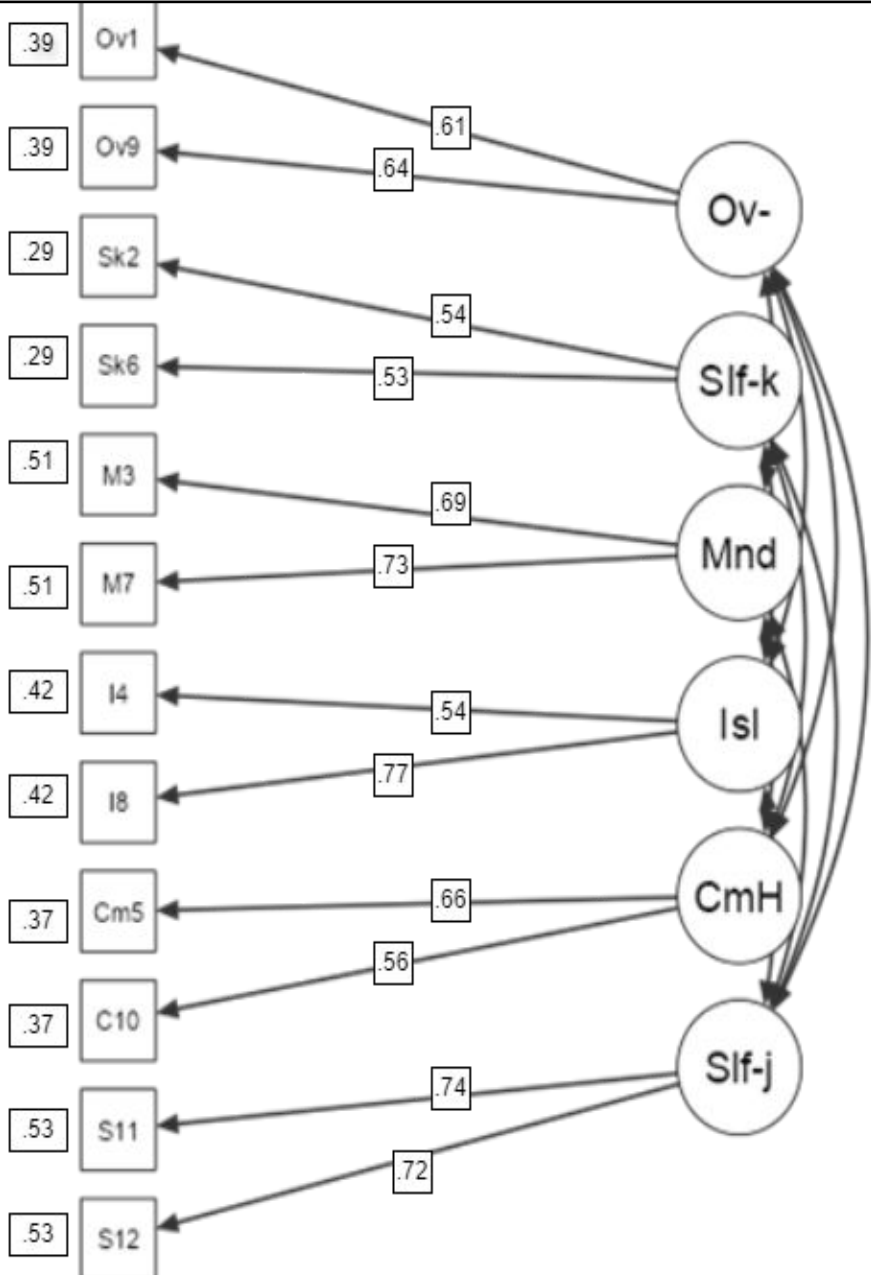
- Subscales (.29-.53)

- ***Confirmatory Factor Analysis***

- Six-factor structures: (CFI= .93, TLI= .89, SRMR=.06, RMSEA=.07); adequate confirmation

- Single higher-order structure: (CFI=.53, TLI=.43, SRMR=.16, RMSEA=.17); very poor fit

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- Replication of the six-factor structure of the SCS-SF in Filipino
- Addressing the gap in literature through the

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- Higher-order structure/Reliability Scores
- Item selection
- Sample size and Age range



- Long, P., & Neff, K. D. (2018). Self-compassion is associated with reduced self-presentation concerns and increased student communication behavior. *Learning and Individual Differences, 67*, 223–231.  
<https://doi.org/10.1016/j.lindif.2018.09.003>