

Online Resource 4

Table S1

Descriptive Statistics and Comparative Analysis – Gender differences in trait mindfulness, self-compassion, compassion towards others, and emotion regulation

	Female			Difference	Male		
	<i>n</i>	<i>M</i>	<i>SD</i>		<i>n</i>	<i>M</i>	<i>SD</i>
<i>Trait mindfulness (FFMQ)</i>							
Acting with Awareness	484	3.67	0.83		280	3.66	0.84
Describing	484	3.50	0.72		280	3.50	0.71
Nonjudging	484	3.06	0.84		280	3.08	0.83
Nonreactivity	484	2.69	0.72	***	280	2.94	0.66
Observing	484	3.68	0.90	***	280	3.38	0.98
<i>Self-compassion (SCS)</i>							
Self-Kindness	484	2.87	0.90		280	2.91	0.79
Self-Judgment	484	3.05	0.96		280	2.98	0.87
Common Humanity	484	2.97	0.85		280	2.98	0.86
Isolation	483	3.01	1.08		280	2.89	0.99
Mindfulness	484	3.01	0.84	***	279	3.26	0.76
Over-Identification	484	3.03	1.01	***	280	2.74	0.93
CSR	484	2.94	0.74		280	3.04	0.67
USR	484	3.03	0.92	*	280	2.88	0.82
SCS Total	484	2.96	0.69	**	280	3.08	0.55
<i>Compassion (CS)</i>							
Kindness	484	4.17	0.72	***	280	3.81	0.85
Common Humanity	484	3.94	0.82	**	279	3.78	0.83
Mindfulness	484	4.14	0.64	***	280	3.90	0.77
Non-Indifference	484	4.26	0.67	***	280	3.89	0.77
CS Total	484	4.13	0.54	***	280	3.85	0.62
<i>Emotion regulation (DERS)</i>							
Nonacceptance	479	2.49	1.03		278	2.38	0.87
Goals	479	2.84	1.01		278	2.76	0.92
Impulse	479	2.32	0.91		278	2.23	0.80
Awareness	479	2.37	0.70	**	278	2.54	0.76
Strategies	479	2.35	0.96		278	2.27	0.85
Clarity	477	2.17	0.86		278	2.21	0.82

Note. Values represent means (*M*) and standard deviations (*SD*) for female and male participants. Differences are based on independent samples *t*-tests. Only statistically significant differences are reported (****p* < 0.001; ***p* < 0.01; **p* < 0.05). Participants who identified as non-binary, bigender, or other (*n* = 3, 0.39%) were excluded from the analysis due to insufficient sample size for meaningful comparison. FFMQ = Five Facet Mindfulness Questionnaire; SCS = Self-Compassion Scale; CSR = Compassionate Self-Responding; USR = Uncompassionate Self-Responding; CS = Compassion Scale; DERS = Difficulties in Emotion Regulation Scale.