

Online Resource 5

Table S2

Correlations among trait mindfulness facets, self-compassion (CSR, USR, total), compassion towards others, and emotion regulation by gender

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1. FFMQ_AA	-	0.29***	0.40***	-0.19**	-0.12*	0.09	-0.38***	0.34***	0.13*	-0.39***	-0.32***	-0.42***	-0.18**	-0.46***	-0.43***
2. FFMQ_D	0.33***	-	0.10	0.08	0.20***	0.15*	-0.23***	0.26***	0.25***	-0.22***	-0.13*	-0.21***	-0.39***	-0.26***	-0.49***
3. FFMQ_NJ	0.43***	0.24***	-	-0.06	-0.19**	0.11	-0.57***	0.49***	-0.01	-0.52***	-0.19**	-0.37***	-0.04	-0.48***	-0.24***
4. FFMQ_NR	0.06	0.28***	-0.21***	-	0.37***	0.33***	-0.12	0.28***	<0.00	-0.11	-0.11	-0.21***	-0.14*	-0.16**	-0.03
5. FFMQ_O	-0.07	0.19***	-0.16***	0.30***	-	0.26***	0.20**	0.01	0.22***	0.05	0.12	0.09	-0.29***	0.08	-0.04
6. SCS_CSR	0.20***	0.37***	0.17***	0.51***	0.25***	-	-0.11	0.68***	0.32***	-0.16**	-0.19**	-0.27***	-0.45***	-0.32***	-0.27***
7. SCS_USR	-0.41***	-0.31***	-0.59***	-0.35***	0.01	-0.37***	-	-0.80***	0.14*	0.64***	0.52***	0.51***	-0.07	0.69***	0.33***
8. SCS_Total	0.38***	0.41***	0.48***	0.51***	0.13**	0.78***	-0.87***	-	0.09	-0.57***	-0.50***	-0.54***	-0.22***	-0.70***	-0.41***
9. CS_Total	0.06	0.24***	-0.06	0.01	0.31***	0.32***	0.07	0.13**	-	0.03	0.07	-0.11	-0.58***	-0.05	-0.32***
10. DERS_NA	-0.34***	-0.24***	-0.58***	-0.32***	-0.032	-0.34***	0.70***	-0.65***	<0.00	-	0.51***	0.60***	0.01	0.74***	0.34***
11. DERS_G	-0.39***	-0.21***	-0.29***	-0.34***	<0.00	-0.36***	0.52***	-0.54***	0.02	0.50***	-	0.62***	-0.03	0.61***	0.25***
12. DERS_I	-0.45***	-0.31***	-0.44***	-0.41***	-0.06	-0.04***	0.63***	-0.66***	-0.09*	0.66***	0.69***	-	0.14*	0.71***	0.35***
13. DERS_A	-0.18***	-0.44***	-0.07	-0.27***	-0.35***	-0.51***	0.14**	-0.37***	-0.44***	0.14**	0.09*	0.22***	-	0.09	0.50***
14. DERS_S	-.416***	-.303***	-.487***	-.413***	-.085	-.453***	.719***	-.723***	-.077	.720***	.678***	.805***	.212***	-	0.47***
15. DERS_C	-0.45***	-0.36***	-0.32***	-0.18***	-0.09*	-0.25***	0.46***	-0.44***	-0.14**	0.49***	0.37***	0.52***	0.37***	0.51***	-

Note. Correlations below the diagonal refer to female participants ($n = 484$); correlations above the diagonal refer to male participants ($n = 280$). Values represent Pearson's r coefficients. Only statistically significant correlations 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 analyses due to insufficient sample size for meaningful comparison. FFMQ_AA = FFMQ Acting with Awareness; FFMQ_D = FFMQ Describing; FFMQ_NJ = FFMQ Nonjudging; FFMQ_NR = FFMQ Nonreactivity; FFMQ_O = FFMQ Observing; SCS = Self-Compassion Scale; CSR = Compassionate Self-Responding; USR = Uncompassionate Self-Responding; CS = Compassion Scale; DERS_NA = DERS Nonacceptance; DERS_G = DERS Goals; DERS_I = DERS Impulse; DERS_A = DERS Awareness; DERS_S = DERS Strategies; DERS_C = DERS Clarity.