

Supplementary Material
Compassion for Others and Well-being Meta-Analysis

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Search strategy

PUBMED

#1	((("compassion for other*" [tiab] OR "empathic concern*" [tiab] OR Compassion Motivation Action Scale [tiab] OR Sussex-Oxford Compassion for Others Scale [tiab] OR "Compassionate Love Scale" [tiab] OR "Santa Clara Brief Compassion Scale" [tiab] OR "Interpersonal Reactivity Index" [tiab] OR "Compassion Scale" [tiab] OR Compassionate Engagement and Action Scale [tiab] OR Relational Compassion Scale [tiab] OR The Compassion Scale [tiab] OR The Compassion of Others Lives Scale [tiab] OR Compassion for Other* Scale [tiab] OR "Compassionate Actions" [tiab] OR Compassion towards Other* [tiab] OR "Compassion to other*" [tiab]))
#2	("Psychological Well-Being" [Mesh] OR "Quality of Life" [Mesh] OR "Happiness" [Mesh] OR "Emotion*" [Mesh] OR "Personal Satisfaction" [Mesh] OR "Mental Healing/psychology" [Mesh] OR "Adaptation, Psychological" [Mesh] OR "well-being" [tiab] OR wellbeing [tiab] OR "cognitive well-being" [tiab] OR "cognitive wellbeing" [tiab] OR "life satisfaction" [tiab] OR "positive evaluation" [tiab] OR "affective well-being" [tiab] OR "affective wellbeing" [tiab] OR "positive emotion*" [tiab] OR "negative emotion*" [tiab] OR "positive affect" [tiab] OR "negative affect" [tiab] OR happiness [tiab] OR "emotional well-being" [tiab] OR "emotional wellbeing" [tiab] OR "psychological well-being" [tiab] OR "psychological wellbeing" [tiab] OR euda?monic wellbeing [tiab] OR euda?monic well-being [tiab] OR eud?monism [tiab] OR euda?monia [tiab] OR "hedonic well-being" [tiab] OR "hedonic wellbeing" [tiab] OR "hedonia" [tiab] OR "hedonic" [tiab] OR "positive mental health" [tiab] OR "social support" [tiab] OR belonging [tiab] OR "social recognition" [tiab] OR "Social Cohesion" [Mesh] OR "Social Support" [Mesh] OR "societal progress" [tiab] OR "social cohesion" [tiab]))
#3	#1 AND #2

PSYCINFO

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	Other*" OR KW "Compassion Towards Other*") OR (TI "Compassion to Other*" OR AB "Compassion to Other*" OR KW "Compassion to Other*"))
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EMBASE

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WEB OF SCIENCE

#1	TS=("Compassion for Other*" OR "Empathic Concern*" OR Compassion Motivation Action Scale OR Sussex-Oxford Compassion for Others Scale OR "Compassionate Love Scale" OR "Santa Clara Brief Compassion Scale" OR "Interpersonal Reactivity Index" OR "Compassion Scale" OR Compassionate Engagement and Action Scale OR Relational Compassion Scale OR The Compassion Scale OR The Compassion of Others Lives Scale OR Compassion for other* Scale OR "Compassionate Action*" OR Compassion Towards Other*OR "Compassion to Other*")
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Table S1*Characteristics of Included Studies*

Author, Year	Study ID	Effect Size ID	Country	Sample Size	Effect Size	Well-being Instrument	Well-being Type	Percentage Female	M Age
Arimitsu et al. (2019)	1a	1	W	258	0,29	PANAS	PA	59%	37,25
Arimitsu et al. (2019)	1a	2	W	258	-0,19	PANAS	NA	59%	37,25
Arimitsu et al. (2019)	1a	3	W	258	0.16	SWLS	CWB	59%	37,25
Arimitsu et al. (2019)	1b	4	E	247	0,30	PANAS	PA	55%	36,50
Arimitsu et al. (2019)	1b	5	E	247	0,04	PANAS	NA	55%	36,50
Arimitsu et al. (2019)	1b	6	E	247	0,26	SWLS	CWB	55%	36,50
Asano et al. (2020)	2	7	E	279	0,02	SWLS	CWB	68,45%	19,35
Bahl et al. (2023)	3	8	W	425	0,32	SWLS	CWB	48,11%	
Beaumont et al. (2016)*	4	9	W	103	0,17	SWEMWBS	PWB	100%	
Beaumont et al. (2016)**	5	10	W	54	0,32	SWEMWBS	PWB		
Brophy et al. (2024)	6	11	W	384	0,21	WEMWBS	PWB	86,79%	34,97
Can (2018)	7	12	W	86	0,25	FS	PWB	90,70%	32,89
Caycho-Rodriguez et al. (2022)	8	13	E	273	0,55	WHO-5	PWB	50,90%	21,23
Cho et al. (2018)	9	14	E	239	0,39	SWLS	CWB		
Cho et al. (2018)	9	15	E	239	0,43	SCS-R	SWB		
Chu et al. (2012)	10	16	W	253	0,31	PANAS	PA	63%	
Chu et al. (2012)	10	17	W	253	-0,29	PANAS	NA	63%	

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Demir et al. (2019)	11a	18	W	470	0,21	SWLS	CWB	80,43%	18,90
Demir et al. (2019)	11b	19	W	300	0,20	PANAS	PA	67%	18,84
DeStasio et al. (2020)	12	20	W	319	0,33	SHS	PWB	92,70%	42,26
Durkin et al. (2016)	13	21	W	37	0,07	SWEMWBS	PWB	91,89%	36,00
Fuochi & Voci (2020) Study 3	14	22	W	516	0,28	SCS	SWB	53%	29,03
Garcia-Campayo et al. (2024)	15	23	W	811	0,17	SWEMWBS	PWB	80%	43,49
Golbabaei et al. (2022) Study 1	16	24	E	580	0,36	PANAS	NA	57,93%	24,52
Golbabaei et al. (2022) Study 1	16	25	E	580	0,16	PANAS	PA	57,93%	24,52
Hadgett (2019)	17	26	W	159	0,27	WEMWB S	PWB	79,20%	
Kim & Seo (2021)	18	27	E	850	0,44	WEMWB S	PWB	50%	43,98
Kuczynski et al. (2020)	19	28	W	1456	0,23	SCS	SWB	62%	19,69
Kuczynski et al. (2020)	19	29	W	1456	0,22	WHOQOL	PWB	62%	19,69
Lachmann et al. (2018)	20a	30	E	612	0,10	SOEP	CWB	26,47%	21,55
Lachmann et al. (2018)	20b	31	W	304	0,17	SOEP	CWB	68,09%	24,05
LaPalme et al. (2023) Study 4	21	32	W	740	0,36	SCS	SWB	48,80%	39,36
Lindsey (2017)	22	33		315	0,17	TPAS	PA	83,50%	39,00
Lopez et al. (2018)	23	34	W	328	-0,50	PANAS-SF	NA	55,20%	57,00

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Lopez et al. (2018)	23	35	W	328	0,72	PANAS-SF	PA	55,20%	57,00
Lopez-Kidwell (2015)	24	36	W	77	0,17	PA	PA		34,85
Lucarini et al. (2023)	25	37	W	223	0,18	PANAS-SF	PA	61,43%	31,83
Lucarini et al. (2023)	25	38	W	223	0,15	PANAS-SF	NA	61,43%	31,83
Ma & Xiao (2024)	26	39	E	441	0,44	MSPSS	SWB	50,57%	22,44
Martin (2011)	27	40	W	51	0,30	WEMWBS	PWB	100%	36,80
McDonald et al. (2021)	28	41	W	171	0,14	SWLS	CWB	27%	
Miyagawa & Niiya (2024) Study 2	29	42	E	590	0,52	PWB	PWB	53,73%	40,93
Miyagawa & Niiya (2024) Study 2	29	43	E	590	-0,20	PANAS	NA	53,73%	40,93
Miyagawa & Niiya (2024) Study 2	29	44	E	590	0,32	SWLS	CWB	53,73%	40,93
Parker (2008)	30	45	W	239	0,20	SSQ-6	SWB	63,60%	
Pommier (2011)	31	46	W	439	0,41	SCS	SWB	65,14%	20,06
Saarinen et al. (2021)	32	47	W	1573	-0,32	EAS	NA	56,26%	31,66
Saguem et al. (2020)	33	48	E	85	0,20	SSQ-6	SWB	89,41%	29,40
Sanchez et al. (2020)	34a	49	W	273	0,30	PANAS	PA	69,60%	19,13
Sanchez et al. (2020)	34b	50	W	368	0,25	SHS	PA	67,93%	18,90
Simmacher (2022)	35	51	W	210	0,12	SOB-I	SWB	85%	
Sousa et al. (2017)	36	52	W	610	0,13	PANAS	PA	57,70%	39,22
Sousa et al. (2017)	36	53	W	610	-0,08	PANAS	NA	57,70%	39,22

Author, Year	Study ID	Effect Size ID	Country	Sample Size	Effect Size	Well-being Instrument	Well-being Type	Percentage Female	M Age
Toffol et al. (2022)	37	54	W	265	0,05	MSPSS	SWB	78,90%	40,00

Note. * Beaumont et al. (2016) Compassion for others, self-compassion, quality of life and mental well-being measures and their association with compassion fatigue and burnout in student midwives: A quantitative survey. *Midwifery*. 239-244. doi: 10.1016/j.midw.2015.11.002

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Column names: E = Eastern; W = Western. Well-being types included: CWB refers to cognitive well-being; PWB to psychological well-being; SWB to social well-being; PA to positive affect, and NA to negative affect. Commonly used scales were the SWLS (Satisfaction With Life Scale), PANAS (Positive and Negative Affect Schedule) and its short form PANAS-SF, SWEMWBS (Short Warwick-Edinburgh Mental Well-being Scale), and WEMWBS (Warwick-Edinburgh Mental Well-being Scale). Additional instruments included the FS (Flourishing Scale), WHO-5 (World Health Organization Well-being Index), WHOQOL (World Health Organization Quality of Life Measure), SHS (Subjective Happiness Scale), SOEP (Socio-Economic Panel Well-being Measure), TPAS (Trait Positive Affect Scale), MSPSS (Multidimensional Scale of Perceived Social Support), SSQ-6 (Social Support Questionnaire–Short Form), SCS-R (Self-Compassion Scale–Revised, used here as a proxy for well-being), EAS (Emotional Approach Scale), and SOB-I (Sense of Belonging Instrument).

Table S2*Characteristics of Included Studies (Causal Research Question)*

Study	Study-ID	Effect Size ID	Trait or State Intervention	Country	Intervention
Tendhar et al. (2024)	1	1	State	W	Eight Steps to Great Compassion (ESGC)
Gilbert et al. (2023)	2	2	State	W	Video and Guided Meditation
Gilbert et al. (2023)	2	3	State	W	Video and Guided Meditation
Irons & Heriot-Maitland (2021)	3	4	Trait	W	Compassionate Mind Training (8 week)
Gold (2021)	4	5	Trait	W	Brief Compassionate Mind Training
Nebot-Gresa et al. (2021)	5	6	Trait	W	Attachment-Based Compassion Therapy (ABCT) brief version

Table S2b

Study	N Intervention	Control	N Control	N Total	M Pre	SD-Pre	M Post	SD-Post
Tendhar et al. (2024)	92	Pre-Post assessment	92	92	147,32	35	164,72	35
Gilbert et al. (2023)	43	Pre-Post assessment	43	43	42,88	7,02	45	7,29
Gilbert et al. (2023)	43	Pre-Post assessment	43	43	50,3	7,42	54,14	7,3
Irons & Heriot-Maitland (2021)	55	Pre-Post assessment	55	55	43,1	8,11	48,69	8,16
Gold (2021)	26	Psychoeducation	29	55	69,7	12,2	70,5	14,1
Nebot-Gresa et al. (2021)	17	No treatment	43	60	8,3	1	8,9	0,6

Table S2c

Study	Well-being Type	Well-being Instrument	% Female	<i>M</i> Age
Tendhar et al. (2024)	PWB	PERMA	86%	20,39
Gilbert et al. (2023)	SWB	SSPS	86%	20,39
Gilbert et al. (2023)	PWB	WEWBS	81%	49,35
Irons & Heriot-Maitland (2021)	PWB	WEWBS	67%	42
Gold (2021)	PA	TPA	66.7%	19,2
Nebot-Gresa et al. (2021)	CWB	PHI	76%	38,8

Note. Column names: E = Eastern; W = Western. Well-being types included: CWB refers to cognitive well-being; PWB to psychological well-being; SWB to social well-being; and PA to positive affect. Well-being instruments used across studies were the PERMA (Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment Scale), SSPS (Social Support and Positive States Scale), WEWBS (Warwick-Edinburgh Well-being Scale), TPA (Trait Positive Affect Scale), and PHI (Pemberton Happiness Index).

Table S3*QUADS Scores of Included Studies*

Author, Year	Main Studies													Total Score
	Criteria Number													
	1	2	3	4	5	6	7	8	9	10	11	12	13	
Arimitsu et al. (2019)	3	3	1	2	1	1	3	2	2	3	3	0	3	27
Asano et al. (2020)	3	3	2	3	2	3	3	2	2	3	3	2	2	33
Bahl et al. (2023)	3	3	1	2	2	2	3	2	3	3	3	0	3	30
Beaumont et al. (2016)*	3	3	3	2	2	3	3	2	1	3	3	0	3	31
Beaumont et al. (2016)**	3	3	3	2	2	2	3	1	1	1	3	0	3	27
Brophy et al. (2024)	3	3	2	3	2	1	2	3	2	3	3	0	3	30
Can (2018)	3	3	2	2	2	3	3	2	3	3	3	0	3	32
Caycho-Rodriguez et al. (2022)	3	3	2	3	3	3	3	3	3	3	3	2	3	37
Cho et al. (2018)	2	3	2	2	3	1	3	2	2	1	3	0	3	27
Chu et al. (2012)	3	3	3	2	1	2	2	3	2	3	3	0	3	30
Demir (2019)	3	3	2	2	2	2	3	3	3	2	3	0	3	31
DeStasio et al. (2020)	3	3	3	2	2	3	3	2	2	3	3	0	3	32
Durkin et al. (2016)	2	3	3	2	2	3	3	1	1	2	3	0	3	28
Fuochi & Voci (2020)	3	3	1	3	2	3	3	2	2	3	3	0	1	29
Garcia-Campayo et al. (2024)	3	3	1	3	2	2	3	3	3	3	3	0	2	31
Golbabaiei et al. (2022)	3	3	3	3	2	1	3	2	1	2	3	0	2	28
Hadgett (2019)	3	3	3	2	2	3	3	2	3	3	3	0	3	33
Kim & Seo (2021)	3	3	2	3	3	3	3	2	2	3	3	0	3	33
Kuczynski et al. (2020)	3	3	2	3	2	2	3	2	3	2	3	0	3	31
Lachmann et al. (2018)	3	3	2	2	1	3	3	3	2	3	3	0	3	31
LaPalme et al. (2023)	3	3	3	3	2	2	3	1	1	3	3	0	2	29
Lindsey (2017)	3	3	3	2	3	3	3	3	3	3	3	0	3	35
Lopez et al. (2018)	3	3	1	2	2	2	3	3	3	2	2	0	3	29
Lopez-Kidwell (2015)	3	3	3	2	2	2	3	2	3	3	3	0	3	32
Lucarini et al. (2023)	3	3	1	2	2	1	3	1	2	3	3	0	3	27

Ma & Xiao (2024)	3	3	3	3	2	2	3	2	2	3	3	0	2	31
Martin (2011)	3	3	3	2	2	3	3	2	3	3	3	0	3	33
McDonald et al. (2021)	3	3	3	2	2	3	3	2	3	3	3	0	3	33
Miyagawa & Niiya (2024)	3	3	2	3	2	1	3	2	3	3	3	0	3	31
Parker (2008)	3	3	2	2	2	3	3	2	3	3	3	0	3	32
Pommier (2011)	3	3	2	2	2	2	3	1	2	2	3	0	3	28
Saarinen et al. (2021)	3	3	3	3	2	3	3	2	3	3	3	0	3	34
Simancher (2022)	3	3	3	2	2	3	2	2	3	3	3	0	3	32
Saguem et al. (2020)	2	3	3	3	2	3	3	2	3	2	3	0	3	31
Sanchez et al. (2020)	3	3	2	1	2	2	3	2	1	1	2	0	3	25
Sousa et al. (2017)	3	3	3	3	3	2	3	3	2	2	3	0	3	33
Toffol et al. (2022)	3	3	3	3	2	2	3	2	3	3	3	0	2	32

Note. * Beaumont et al. (2016) Compassion for others, self-compassion, quality of life and mental well-being measures and their association with compassion fatigue and burnout in student midwives: A quantitative survey. *Midwifery*. 239-244. doi: 10.1016/j.midw.2015.11.002

** Beaumont et al. (2016). Measuring relationships between self-compassion, compassion fatigue, burnout and well-being in student counsellors and student cognitive behavioural psychotherapists: A quantitative survey. *Counselling & Psychotherapy Research*, 16(1), 15–23. <https://doi.org/10.1002/capr.12054>

Column names: 1 = Theoretical or conceptual underpinning to the research; 2 = Statement of research aim/s; 3 = Clear description of research setting and target population; 4 = The study design is appropriate to address the stated research aim/s; 5 = Appropriate sampling to address the research aim/s; 6 = Rationale for choice of data collection tool/s; 7 = The format and content of data collection tool is appropriate to address the stated research aim/s; 8 = Description of data collection procedure; 9 = Recruitment data provided; 10 = Justification for analytic method selected; 11 = The method of analysis was appropriate to answer the research aim/s; 12 = Evidence that the research stakeholders have been considered in research design or conduct; 13 = Strengths and limitations critically discussed.

Table 3b*QUADS Scores of Included Studies (Causal Research Question)*

Causal Studies														
Criteria Number														
Author, Year	1	2	3	4	5	6	7	8	9	10	11	12	13	Total Score
Gilbert et al. (2023)	3	3	2	2	2	2	3	2	2	2	3	0	3	29
Gold (2021)	3	3	3	2	2	3	3	3	3	3	3	0	3	34
Irons & Heriot-Maitland (2021)	3	3	2	2	1	2	3	2	1	2	3	0	3	27
Nebot-Gresa et al. (2021)	3	3	2	1	2	2	3	2	2	2	3	0	3	28
Tendhar et al. (2024)	3	3	3	2	2	3	3	2	3	2	3	0	3	32

Note. Column names: 1 = Theoretical or conceptual underpinning to the research; 2 = Statement of research aim/s; 3 = Clear description of research setting and target population; 4 = The study design is appropriate to address the stated research aim/s; 5 = Appropriate sampling to address the research aim/s; 6 = Rationale for choice of data collection tool/s; 7 = The format and content of data collection tool is appropriate to address the stated research aim/s; 8 = Description of data collection procedure; 9 = Recruitment data provided; 10 = Justification for analytic method selected; 11 = The method of analysis was appropriate to answer the research aim/s; 12 = Evidence that the research stakeholders have been considered in research design or conduct; 13 = Strengths and limitations critically discussed.

Table S4*Moderator Analysis*

Moderator	<i>k</i>	Intercept / Mean Z (95% CI)	β (95% CI)	<i>r</i>	<i>F</i>	<i>p</i>	Level 2	Level 3
Wellbeing Type					F(4,49) = 4.89	0.002 **	0.0098	0.0177
Psychological Well-being	13	0.311 (0.228, 0.392)	reference	0.301				
Cognitive Well-being	12	0.208 (0.085, 0.332)	-102 (-0.225, 0.022)	0.206		0.105		
Negative Affect	10	0.093 (-0.034, 0.222)	-0.217 (-0.345, -0.089)	0.094		0.001 ***		
Positive Affect	9	0.308 (0.184, 0.433)	-0.002 (-0.126, 0.122)	0.299		0.976		
Social Well-being	10	0.309 (0.242, 0.376)	-0.001 (-0.069, 0.066)	0.3		0.969		
Age (continuous)	43	0.074 (-0.145, 0.294)	0.006 (-0.001, 0.012)		F(1,41) = 3.11	0.085	0.029	0.005
Gender (continuous)	50	0.381 (0.147, 0.615)	-0.194 (-0.547, 0.158)		F(1,48) = 1.23	0.27	0.023	0.008
Region					F(1,52) = 0.54	0.463	0.022	0.009
Eastern	36	0.294 (0.190, 0.397)	reference	0.286				
Western	16	0.248 (0.123, 0.371)	-0.045 (-0.168, 0.077)	0.243				

Note. *k* = number of independent samples; *N* = number of participants; β = regression coefficient relative to the reference category; *r* = back-transformed correlation coefficient; Level 2 = within-study; Level 3=between-study.

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