

Self-compassion Scale Data Dictionary

Q2_1-Q2_12: 12 questions in the 12-item Self-Compassion Scale- Short Form

Q3_1 – Q3_6: 6 questions in The Gratitude Questionnaire – Six Item Form (GQ-6)

Q8_1-Q8_6: Demographics

Q8_1 – age in years

Q8_2 – years of education completed: Total number of years in School and College

Q8_3 – years of professional employment (nearest half year)

Q8_4 – total household monthly income from adults (approximate)

Q8_5 - number of living children

Q8_6 – number of persons who live in your household

Q9: gender:

1 Male, 2 Female, 3 Transgender Female, 4 Transgender Male, 5 Gender Variant/Non-Conforming, 6 Prefer not to Answer, 7 Agender

Q11: Race/Ethnicity

1 Euro-American/White, 2 African American/Black, 3 Native American/American Indian, 4 Asian, 5 Hispanic/Latinx

Q13: current marital status

1 Single, 2 Married/Civil Partner, 3 Divorced, 4 Separated, 5 Widowed, 6 Partner

Q14: Would you regard yourself as someone with a disability of any kind?

1 Yes, 2 No

Q15 - Religious affiliation

1 Protestant, 2 Catholic, 3 Baptist, 4 Methodist, 5 Orthodox, 6 Christian, 7 Jewish, 8 Buddhist, 9 No religion, 10 Non Denominational Higher Power, 11 Witchcraft, 12 Prefer not to answer

Q16: Sexual orientation

1 Gay, 2 Lesbian, 3 Bisexual, 4 Heterosexual, 5 Pansexual, 6 Queer, 7 Questioning/Unsure, 8 Same-gender loving, 9 Asexual, 10 Prefer Not to Discuss

Q17: Political affiliation

1 Strong Republican, 2 Moderate Republican, 3 Liberal Republican, 4 Independent, 5 Conservative Democrat, 6 Moderate Democrat, 7 Strong Democrat

Q18: Present educational level at the current institution

1 BSW, 2 MSW

Q19: Do you live in an urban, suburban, or rural area?

1 Urban, 2 Rural, 3 Suburban

Q20: Where do you see yourself on this scale in terms of spirituality?

1 Not spiritual to 7 Very spiritual

Q28: If the religious affiliation is not listed, please share: