

SUPPLEMENTARY DATA

Appendix 1. MSC Session plan (extracted from Neff & Germer, 2012)

Session	Outline
Session 1	General introduction and review of self-compassion (what it is, and what it is not).
Session 2	Provides foundational knowledge and practice of mindfulness
Session 3	Discusses the application of self-compassion in various aspects of life
Session 4	Helps participants recognise their inner critic and develop a compassionate inner voice
Session 5	Emphasizes the importance of living in accordance with core values
Session 6	Teaches skills to deal with difficult emotions
Session 7	Teaches skills for dealing with challenging interpersonal relationships
Session 8	Teaches skills for relating to positive aspects of oneself and one's life with appreciation