

Results

Repeated-Measures *t*-test

A paired-samples *t*-test ($\alpha = .05$, two-tailed) was used to compare the levels of self-compassion before ($n = 61$) and after ($n = 61$) practising mindfulness. Findings showed a significant increase in self-compassion after practising mindfulness ($M = 4.25$, $SD = 1.53$) compared to before practising mindfulness ($M = 3.10$, $SD = 1.60$), $t(121) = -2.77$, $p = .007$, mean difference = -1.15 , 95% CI $[-2.23, -3.49]$, and medium $d = 0.56$. Therefore, the mindfulness intervention seemed to increase self-compassion.

The dependent variable (i.e., self-compassion) was continuous, fulfilling the assumption of the measurement scale for conducting a paired-samples *t*-test. In addition, the inspection of the box plot indicated that there were several outliers in the difference scores. However, the Shapiro-Wilk statistics and the visual inspection of the histograms, as well as their z -scores of skewness and kurtosis, showed that the before, the after, and the difference scores of self-compassion were normally distributed. Taken together, the results showed that the assumption of normality was met.

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Commented [KC3]: Provide information about the type of analysis conducted, the alpha level for the evaluation of significance, and stated DV and IVs.

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Commented [KC5]: Report Mean and *SD* up to 1 decimal point.

Commented [KC6]: Report p -values up to 3 decimal points.

Commented [KC7]: Interpret the results in non-technical language.

Commented [KC8]: Justify and report results of statistical assumption testing.