

Self-Compassion for Healthcare Communities (SCHC) Research

Research conducted in 2019 on 47 healthcare professionals suggests program attendance leads to significant increases in self-compassion, mindfulness, compassion to others and compassion satisfaction and decreases in stress, depression, and symptoms of burnout. See the table below for score change percentages from pre- to post-training.

Table: Psychological Effects of Attending Self-Compassion Training for Healthcare Communities

	Group 1 (24 participants)	Group 2 (23 participants)
	Statistically significant increases (p<.05)	
Self-Compassion	16%	20%
Mindfulness	7%	13%
Compassion to Others	5%	10%
Compassion Satisfaction	7%	6%
Personal Accomplishment	NA	7%
	Statistically significant decreases (p<.05)	
Depression	31%	39%
Stress	33%	26%
Burnout	NA	13%
Secondary Traumatic Stress	NA	10%
Emotional Exhaustion	NA	16%
Depersonalization	NA	24%

Note: These research findings are part of a work-in-progress manuscript by Dr. Kristin Neff, Dr. Phoebe Long, Marissa Knox, and Rev. Krista Gregory.

To date, 15 groups of 217 professionals have participated in Self-Compassion Training for Health Care Communities, including 125 research participants. The curriculum was also offered to 25 parents of children with chronic illness, and a qualitative investigation of their experience is expected to be completed by January 2020. A hospital institutional review board (IRB) has approved a quantitative study on the presentation of two different formats of the curriculum: a 1-day, 6-hour workshop and a course offered once a month for six months. Currently, a qualitative study on healthcare professionals' experiences of attending the training is underway and results are expected in February, 2020. The results of three quantitative studies conducted, from 2016 to 2019, are expected to be published in Spring 2020.