



The Effects of a Self-Compassion Intervention on Future-Oriented Coping and Psychological Well-being: a Randomized Controlled Trial in Chinese College Students

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Abstract

Objectives Future-oriented coping and self-compassion have demonstrated promising benefits for psychological well-being, but the effects of self-compassion interventions have not been adequately examined in Chinese samples. Moreover, the role of self-compassion in enhancing future-oriented coping remains unclear. This study aimed to test the effects of a group-based self-compassion intervention on future-oriented coping and psychological distress with a randomized controlled trial using a sample of Chinese college students.

Methods A total of 69 participants were randomized into an intervention group ($N = 32$) and a waitlist-control group ($N = 37$). Self-compassion (including positive and negative self-compassion), future-oriented coping (including proactive coping and preventive coping), and psychological distress (depression, anxiety, and stress) were assessed at the baseline, postintervention, and 1-month follow-up.

Results The intervention group evidenced an increase in self-compassion and future-oriented coping as well as a decrease in depression and stress compared to the control group. The enhancement of proactive coping played a mediating role in the intervention's effects on depression and stress.

Conclusions This study provided evidence regarding the effects of self-compassion intervention on future-oriented coping. Future studies can further investigate the role of proactive coping as a mechanism of change in self-compassion interventions.

Keywords Self-compassion · Intervention · Randomized controlled trial · Future-oriented coping · College students

A strong sense of future orientation typically characterizes student life. Being in the early stage of emerging adulthood, college students struggle with the developmental task of identity exploration, clarifying who they want to be and what kind of future they prefer (Arnett et al., 2014). During this stage, students must seriously consider the commitments and goals that will define the structure of their future adulthood.

Overwhelming uncertainty and instability may also accompany identity exploration because finding a career poses challenges, which highlights the prevalence of anticipatory or unexpected stressors during this stage (Arnett et al., 2014).

Researchers have widely acknowledged future-oriented coping, which refers to individuals' coping efforts preceding the occurrence of negative events, as an important contributor to positive adjustment (Drummond & Brough, 2016; Greenglass & Fiksenbaum, 2009). The prospective efforts of goal and risk management consist of two strategies, proactive coping and preventive coping, respectively (Gan et al., 2007; Schwarzer & Taubert, 2002). Proactive coping, which refers to efforts to facilitate goal achievement and personal growth by strengthening general resources, is motivated by challenging evaluations of future demanding situations (Schwarzer & Taubert, 2002). Preventive coping refers to the process whereby individuals prepare themselves for a potential stressor, aiming to prevent it or minimize the consequences before it occurs (Aspinwall & Taylor, 1997). This term was initially

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Coping, Personality and the Workplace Alexander-Stamatios Antoniou, Cary L. Cooper, 2017-05-15 How an individual responds to crises and critical incidents at work both immediately and subsequent to the event is heavily influenced both by personality characteristics and their use of coping strategies These can in turn be affected by levels of education gender and even the profession within which the individual is working Coping Personality and the Workplace offers theory research and practice on our ability to cope with dangerous situations critical incidents or other work crises The chapters include perspectives on social and health habits and risks gender and age differences as well as a range of different sources of threat financial psychological and physical those within and outside the individual s control immediate and chronic For organizations this collection provides help and advice to build into employee safety and support programmes for policy makers a sense of the emerging sources of risk related to occupational health and for researchers an anthology of original applied research from some of the leading authors in three continents

Mental Health: Psycho-Social Perspectives Anubhuti Dubey, Aradhana Shukla, 2015-01-01 About the series Mental health issues are the burning concern today because they work hard to make an equilibrium in a person In this series various aspect and dimensions of mental health has been taken and they are classified in four volumes Volume One deals with psychological issues and interventions regarding mental health It is followed by the Second Volume in which an exhaustive analysis of the mental health of multi cultural societies has been made The Third Volume deals with the strengths and resources that facilitate mental health Fourth Volume is related with psychological treatment and therapeutic exercises used as in mental health promotion programmes We hope that the series will be appreciated by the researchers teachers and mental health professionals of psychology About the volume It is the first volume of our series and it deals with the major concerns regarding mental health and the interventions that are used for maintaining mental health There are twentytwo articles in this volume They are review based and or empirical as well and they have successfully explained various issues of mental health

XXX International Congress of Psychology: Abstracts Michele Robert, 2017-10-03 The abstracts of the XXX International Congress of Psychology July 2012 Cape Town are published as a supplement to Volume 47 of the International Journal of Psychology The published volume includes the abstracts of the invited addresses symposia oral and poster presentations numbering over 5 000 separate contributions and creating an invaluable overview of the discipline of psychological science around the world today

Education and Social Factors María Luisa Zagalaz-Sánchez, Javier Cachón-Zagalaz, Daniil Shmatkov, María Angélica Castillo Cerda, Paula Queirós, 2023-12-22

The Oxford Handbook of Job Loss and Job Search Ute-Christine Klehe PhD, Edwin van Hooft PhD, 2018-05-08 Job search is and always has been an integral part of people s working lives Whether one is brand new to the labor market or considered a mature experienced worker job seekers are regularly met with new challenges in a variety of organizational settings Edited by Ute Christine Klehe and Edwin A J van Hooft The Oxford Handbook of Job Loss and Job

Search provides readers with one of the first comprehensive overviews of the latest research and empirical knowledge in the areas of job loss and job search Multidisciplinary in nature Klehe van Hooft and their contributing authors offer fascinating insight into the diverse theoretical and methodological perspectives from which job loss and job search have been studied such as psychology sociology labor studies and economics Discussing the antecedents and consequences of job loss as well as outside circumstances that may necessitate a more rigorous job hunt this Handbook presents in depth and up to date knowledge on the methods and processes of this important time in one s life Further it examines the unique circumstances faced by different populations during their job search such as those working job to job the unemployed mature job seekers international job seekers and temporary employed workers Job loss and unemployment are among the worst stressors individuals can encounter during their lifetimes As a result this Handbook concludes with a discussion of the various types of interventions developed to aid the unemployed Further it offers readers important insights and identifies best practices for both scholars and practitioners working in the areas of job loss unemployment career transitions outplacement and job search

The Oxford Handbook of Job Loss and Job Search Ute-Christine Klehe,Edwin A. J. van Hooft,2018 Combining current knowledge from psychology sociology labor studies and economics The Oxford Handbook of Job Loss and Job Search presents one of the first comprehensive overviews of the knowledge and research on job loss and job search It provides readers with suggestions for further research and offers hands on practical advice Exploring the Psychology of Vocational Education: From the Perspective of Literacy Promotion Jian-Hong Ye,Mei Yen Chen,Yung-Wei Hao,2023-04-14

The Routledge Handbook of Communication and Resilience Marya L. Doerfel,Jennifer A. Theiss,Maria K. Venetis,Kristina M. Scharp,2025-09-24 Drawing on expertise from communication scholars who examine resilience within and across individual relational group team organizational inter organizational and community levels this handbook provides a wide ranging resource for theory building empirical investigations and practical applications Chapters in this handbook bring awareness to how resilience is constituted through human communication processes As a baseline Part I begins with chapters that explicate and conceptualize resilience as a process that shapes and reflects communication behavior at multiple levels In Part II chapters focus on micro communication processes in the enactment of resilience at an interpersonal level in domains such as close relationships families and small groups In Part III attention shifts toward examining resilience processes in professional domains within and among organizations Part IV considers macro communication processes looking at how communities can build resilience sustainability and engagement through communal activities that cultivate strong networks and promote the health and safety of the community All chapters feature a discussion of practical implications for policy investments and or interpersonal interventions for building and maintaining sustainability and resiliency This handbook is a useful resource for scholars and advanced students in communication studies social psychology sociology human development public policy and family sciences **Resources in Education** ,1997 Examining and Exploring the

Shifting Nature of Occupational Stress and Well-Being Peter D. Harms, Pamela L. Perrewé, Chu-Hsiang (Daisy)

Chang, 2021-09-06 This volume explores and enhances our understanding of how stress and well being at work can change over time

The Oxford Handbook of Hope Matthew W. Gallagher, Shane J. Lopez, 2018 Hope has long been a topic of interest for psychologists philosophers educators and physicians In the past few decades researchers from various disciplines and from around the world have studied how hope relates to superior academic performance improved outcomes in the workplace and improved psychological and physical health in individuals of all ages Edited by Matthew W Gallagher and the late Shane J Lopez The Oxford Handbook of Hope provides readers with a thorough and comprehensive update on the past 25 years of hope research while simultaneously providing an outline of what leading hope researchers believe the future of this line of research to be In this extraordinary volume Gallagher Lopez and their expert team of contributors discuss such topics as how best to define hope how hope is distinguished from related philosophical and psychological constructs what the current best practices are for measuring and quantifying hope interventions and strategies for promoting hope across a variety of settings the impact it has on physical and mental health and the ways in which hope promotes positive functioning Throughout its pages these experts review what is currently known about hope and identify the topics and questions that will help guide the next decade of research ahead

The Importance of Work in an Age of Uncertainty David L.

Blustein, 2019-06-03 Work plays an essential role in how we engage with the world reflecting our desire to be productive creative and connected to others By exploring the inner experiences of people at work people seeking work and people transitioning in and out of work this book provides a rich and complex picture of the contemporary work experience Drawing from extensive interviews with working people across the US as well as insights from psychological research on work and careers the book provides compelling evidence that the nature of work in the US is eroding and with powerful psychological and social consequences From this conclusion the book also illustrates the rationale and roadmap for a renewed agenda toward full employment and toward fair and dignified jobs for all who want to work The emotional insights complement the conclusions of the best science and policy analyses on working culminating in a powerful call for policies that attend to the real lives of individuals in 21st century America By weaving these various sources together Blustein delineates a conception of working that conveys its complexity richness and capacity for both joy and despair

The Solution-Focused Helper:

Ethics And Practice In Health And Social Care Walsh, Trish, 2010-08-01 Providing guidance on how to apply a version of solution focused therapy tailored to the public service environment this text also describes a range of real life situations across a range of settings

Effective teaching: Measurements, antecedents, correlates, characteristics, and links with outcomes Alison Kington, Ridwan Maulana, James Ko, 2023-09-07

Psychological Perspectives on Chronic Illnesses

Anubhuti Dubey, 2012

Citizenship Education and Migrant Youth in China

Miao Li, 2015-04-24 In East Asian economies such as China recent mass rural urban migration has created a new urban underclass as have their children

However their inclusion in urban public schools is a surprisingly slow process and youth identities in newly industrialized countries remain largely neglected Faced with monetary and institutional barriers the majority of migrant youth attend low quality or underperforming migrant schools without access to the free compulsory education enjoyed by their urban counterparts As a result China's citizen building scheme and the sustainability of its labor intensive economy have greatly impacted global economic restructuring Using thorough ethnographic research this volume examines the consequences of urban schooling and citizenship education through which school and social processes contribute to the production of unequal class relations It explores the nexus of citizenship education and identity forming practices of poor migrant youth in an attempt to foresee the new class formation in Chinese society This volume opens up the black box of citizenship education in China and examines the effect of school and societal forces on social mobility and life trajectories

Psychologie der Lebensalter Andreas Kruse, Reinhard Schmitz-Scherzer, 2013-03-08 Die Beiträge dieses Buches untersuchen Entwicklungsprozesse in verschiedenen psychologischen Bereichen wie zum Beispiel Persönlichkeit Intelligenz Konflikt Entwicklungsaufgaben Zeitperspektive Auseinandersetzung mit Belastungen Neben theoretischen und empirischen Arbeiten finden sich in diesem Buch methodische Beiträge in denen die Erfassung von psychischen Prozessen behandelt wird Den Ausgangspunkt aller Arbeiten der theoretischen und empirischen wie der methodischen bildet das Bemühen um eine möglichst differenzierte alltagsnahe Erfassung des Erlebens und Verhaltens

Enduring Issues in Psychology Toni Blake, 1995 Presents opposing views on some of the most fundamental questions associated with psychology

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Task Force Report: Juvenile Delinquency and Youth Crime United States. Task Force on Juvenile Delinquency, 1967 A socio economic analysis of juvenile delinquency that is critical of society's approach to juvenile crime responds with recommendations and principles for change Efforts to modernize the juvenile court system and the general attitude of the public sector toward youth crime are discussed To teach the youthful offenders involvement in community life the public and private sectors of the population must respond to youthful needs Emphasis is placed on the following areas for changes in

attitude and approach of responsible individuals public officials community and social agencies teachers and potential employers Greatest emphasis is placed on juvenile justice system personnel ranging from the police to the judge The Gault decision is discussed as a viable vehicle for giving perspective to future programs and priorities That a revitalized juvenile court system is needed is a logical conclusion

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