



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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