

Compassion Scale Combined (CSC)

Example Report

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The CSC combines the Compassion (for others) Scale (CS; [Pommier, Neff, & Tóth-Király, 2019](#)) and Self Compassion Scales - Short Form (SCS-SF; [Raes et al., 2011](#)).

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About this report

Compassion for self and others

Compassion is a *felt response to suffering that involves caring and an authentic desire to ease distress* ([Goetz, Keltner, & Simon-Thomas, 2010](#)). Compassion towards self, despite setbacks, imperfections, and shortcomings, is strongly associated with wellbeing ([Zessin, Dickhäuser, & Garbade, 2015](#)).

Research suggests higher levels of self-compassion serves as a significant protective element, promoting emotional resilience (Neff, 2009), decreased depression and anxiety ([Raes et al. 2011](#)). Actively developing compassion has been linked to reductions in depression, anxiety, anger, loneliness, and other psychological distress ([Kirby, Tellegen, & Steindl, 2017](#)).

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Each scale conceptualises compassion as an interaction between multiple factors.

The CS measures *Kindness* and concern towards others, including the desire to help them, a recognition of others' troubles as part of our *Common Humanity*, balanced *Mindfulness* of others' pain without avoiding or getting too lost in it, and *Indifference* (or lack thereof) regarding the pain of others.

The SCS measures *Self-Kindness* and self-care relating to one's own imperfections, the lack of *Self-Judgement* regarding those imperfections, recognition of one's own struggles as normal and part of our *Common Humanity*, the sense of *Isolation* (or lack thereof) and that one's problems are one's own, a *Mindfulness* about the balance in life and emotions when things are tough, and *Over-Identification* or fixation (or lack thereof) on problems and a sense of inadequacy.

Your results summary

Compassion for others	4.2 (63.8%ile)*
Kindness	4.3 (64.4%ile)
Common Humanity	5.0 (87.7%ile)
Mindfulness	4.8 (88.2%ile)
Indifference	2.8 (26.5%ile)
Self-Compassion	4.1 (96.2%ile)
Self-Kindness	4.0 (91.5%ile)
Self-Judgement	3.5 (72.2%ile)
Common Humanity	4.0 (93.3%ile)
Isolation	4.0 (82.5%ile)
Mindfulness	5.0 (99.2%ile)
Over-Identification	4.0 (86.0%ile)

*Percentiles denoted in brackets for Compassion and Self-Compassion Scales derived from Pommier et al. (2019; $N=2,307$) and Raes et al. (2011; $N=868$), respectively.

Compassion (for others)

Your overall Compassion score average is **4.2 out of 5**, which is in the **high range**. Your CS score is **higher than 63.8%** of the 2,307 people in the comparison sample (Pommier et al., 2019).

Kindness (incl. concern towards others)	4.3 (64.4%ile)
If I see someone going through a difficult time, I try to be caring toward that person.	5
I like to be there for others in times of difficulty.	4
My heart goes out to people who are unhappy.	4
When others feel sadness, I try to comfort them.	4
Common Humanity (shared recognition of others' troubles)	5.0 (87.7%ile)
I realize everyone feels down sometimes, it is part of being human.	5
I feel it's important to recognize that all people have weaknesses and no one's perfect.	5
I feel that suffering is just a part of the common human experience.	5
Despite my differences with others, I know that everyone feels pain just like me.	5
Mindfulness (of others' pain without avoiding or getting too lost in it)	4.8 (88.2%ile)
I pay careful attention when other people talk to me about their troubles.	5
I notice when people are upset, even if they don't say anything.	4
I listen patiently when people tell me their problems.	5
When people tell me about their problems, I try to keep a balanced perspective on the situation.	5
Indifference (regarding the pain of others)	2.8 (26.5%ile)^
I am unconcerned with other people's problems.	2
I think little about the concerns of others.	3
I try to avoid people who are experiencing a lot of pain.	4
I can't really connect with other people when they're suffering.	4

^Score is reversed, where a higher score indicates higher compassion for others.

Self Compassion

Your overall Self Compassion Score average is **4.1 out of 5**, which is in the **high range**. Your SCS score is **higher than 96.2%** of the 868 people in the comparison sample (Raes et al., 2011).

Self-Kindness (and self-care relating to one's own imperfections)	4.0 (91.5%ile)
I try to be understanding and patient towards those aspects of my personality I don't like.	3
When I'm going through a very hard time, I give myself the caring and tenderness I need.	5
Self-Judgement (critical of your own imperfections)	3.5 (72.2%ile)^
I'm disapproving and judgmental about my own flaws and inadequacies.	3
I'm intolerant and impatient towards those aspects of my personality I don't like.	2
Common Humanity (recognition of one's own struggles as normal)	4.0 (82.5%ile)
I try to see my failings as part of the human condition.	5
When I feel inadequate in some way, I try to remind myself that feelings of inadequacy are shared by most people.	3
Isolation (the sense that one's problems are one's own)	4.0 (82.5%ile)^
When I'm feeling down, I tend to feel like most other people are probably happier than I am.	2
When I fail at something that's important to me, I tend to feel alone in my failure.	2
Mindfulness (about balance in tough situations and emotions)	5.0 (99.2%ile)
When something painful happens I try to take a balanced view of the situation.	5
When something upsets me I try to keep my emotions in balance.	5
Over-Identification (fixation on problems and a sense of inadequacy)	4.0 (86.0%ile)^
When I fail at something important to me I become consumed by feelings of inadequacy.	1
When I'm feeling down I tend to obsess and fixate on everything that's wrong.	3

^Score is reversed, where a higher score indicates higher compassion for others.