



Correction to: The Relationship Among the Components of Self-compassion: A Pilot Study Using a Compassionate Writing Intervention to Enhance Self-kindness, Common Humanity, and Mindfulness

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There was an error in computing total self-compassion, which changes one of the minor results of the paper. We reported that total self-compassion only improved significantly for the common humanity and mindfulness conditions, but not for the self-kindness condition. However, with the corrected computation, all three conditions, including the self-kindness condition, display significantly higher total self-compassion after the treatment. An updated version of Table 2 has been added to this erratum. We also corrected a minor formatting issue on Table 2.

The original article can be found online at <https://doi.org/10.1007/s10902-019-00217-4>.

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Table 2 Paired *t*-tests results for dependent measures among the self-kindness, common humanity, and mindfulness condition

	<i>M</i> (<i>SD</i>)		<i>d</i>	<i>t</i>	<i>p</i>
	Pre	Post			
Self-kindness group (n=25)					
Total self-compassion	2.95 (.65)	3.14 (.56)	0.38	1.91	.035*
Self-kindness	2.91 (.91)	3.16 (.93)	0.33	1.63	.058 ⁺
Self-judgment	3.09 (.91)	3.08 (.73)	− 0.01	− 0.06	.478
Common humanity	2.93 (.81)	3.06 (.72)	0.18	0.89	.192
Isolation	2.84 (1.16)	2.51 (.83)	− 0.34	− 1.73	.058 ⁺
Mindfulness	3.14 (.60)	3.24 (.65)	0.18	0.89	.190
Over-identification	3.34 (.94)	3.04 (.70)	− 0.39	− 1.97	.045*
Life satisfaction	3.50 (.80)	3.54 (.74)	0.07	0.34	.737
WHO5	3.45 (.73)	3.50 (.77)	0.06	0.32	.377
Somatic symptoms	2.38 (.65)	2.29 (.53)	− 0.12	− 1.30	.103
Common humanity group (n=29)					
Total self-compassion	3.11 (.57)	3.34 (.58)	0.39	2.11	.022*
Self-kindness	3.18 (.75)	3.43 (.77)	0.30	1.62	.058 ⁺
Self-judgment	2.99 (.76)	2.89 (.76)	− 0.13	− 0.68	.251
Common humanity	3.19 (.84)	3.52 (.75)	0.43	2.33	.014*
Isolation	2.74 (.83)	2.41 (.75)	− 0.49	− 2.63	.028*
Mindfulness	3.26 (.87)	3.34 (.74)	0.10	0.51	.306
Over-identification	3.24 (.74)	2.93 (.79)	− 0.46	− 2.49	.028*
Life satisfaction	3.69 (.59)	3.92 (.52)	0.37	2.06	.025*
WHO5	3.48 (.77)	3.66 (.82)	0.17	0.87	.196
Somatic symptoms	2.48 (.54)	2.46 (.54)	− 0.05	− 0.22	.414
Mindfulness group (n=26)					
Total self-compassion	3.06 (.76)	3.32 (.63)	0.47	2.40	.012*
Self-kindness	2.98 (1.08)	3.35 (.87)	0.64	3.26	.014*
Self-judgment	3.23 (.83)	2.98 (.92)	− 0.32	− 1.64	.056
Common humanity	3.29 (.89)	3.35 (.94)	0.06	0.31	.378
Isolation	2.84 (1.10)	2.48 (.91)	− 0.44	− 2.26	.030*
Mindfulness	3.37 (.74)	3.62 (.63)	0.37	1.89	.035*
Over-identification	3.19 (.79)	2.90 (.68)	− 0.45	− 2.30	.030*
Life satisfaction	3.44 (.95)	3.53 (.86)	0.19	1.00	.327
WHO5	3.32 (1.02)	3.55 (1.02)	0.24	1.22	.118
Somatic symptoms	2.37 (.79)	2.31 (.67)	− 0.08	− 0.64	.267

All tests one-tailed, *p* values for the six sub-factors of self-compassion are adjusted using Benjamini and Hochberg's (1995) approach of controlling the false discovery rate in multiple testing at 5%. Univariate ANOVAs for self-judgment, common humanity, mindfulness, WHO5, and somatic symptoms showed no significant time effects. For the sake of completeness, test statistics and unadjusted *p* values of the post hoc tests of these variables were added in italics

**p* < 0.05; ⁺*p* < 0.10

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