

Supplementary Material

Supplementary Material S1

Table S1. *Descriptive Statistic of the Study Sample for Self-Esteem.*

Variable	Women	Men
<i>n</i> (%)	1,135 (38.98)	1,777 (61.02)
RSES_sum <i>M</i> (<i>SD</i>)	29.13 (4.93)	27.52 (5.18)
RSES_1 <i>M</i> (<i>SD</i>)	2.97 (0.68)	2.86 (0.70)
RSES_2 <i>M</i> (<i>SD</i>)	2.62 (0.86)	2.37 (0.84)
RSES_3 <i>M</i> (<i>SD</i>)	3.25 (0.6)	3.15 (0.59)
RSES_4 <i>M</i> (<i>SD</i>)	3.22 (0.63)	3.10 (0.66)
RSES_5 <i>M</i> (<i>SD</i>)	3.05 (0.83)	2.92 (0.82)
RSES_6 <i>M</i> (<i>SD</i>)	2.84 (0.87)	2.67 (0.90)
RSES_7 <i>M</i> (<i>SD</i>)	3.02 (0.72)	2.97 (0.71)
RSES_8 <i>M</i> (<i>SD</i>)	2.26 (0.86)	2.00 (0.83)
RSES_9 <i>M</i> (<i>SD</i>)	2.79 (0.87)	2.59 (0.88)
RSES_10 <i>M</i> (<i>SD</i>)	3.11 (0.74)	2.89 (0.76)

Supplementary Material S2

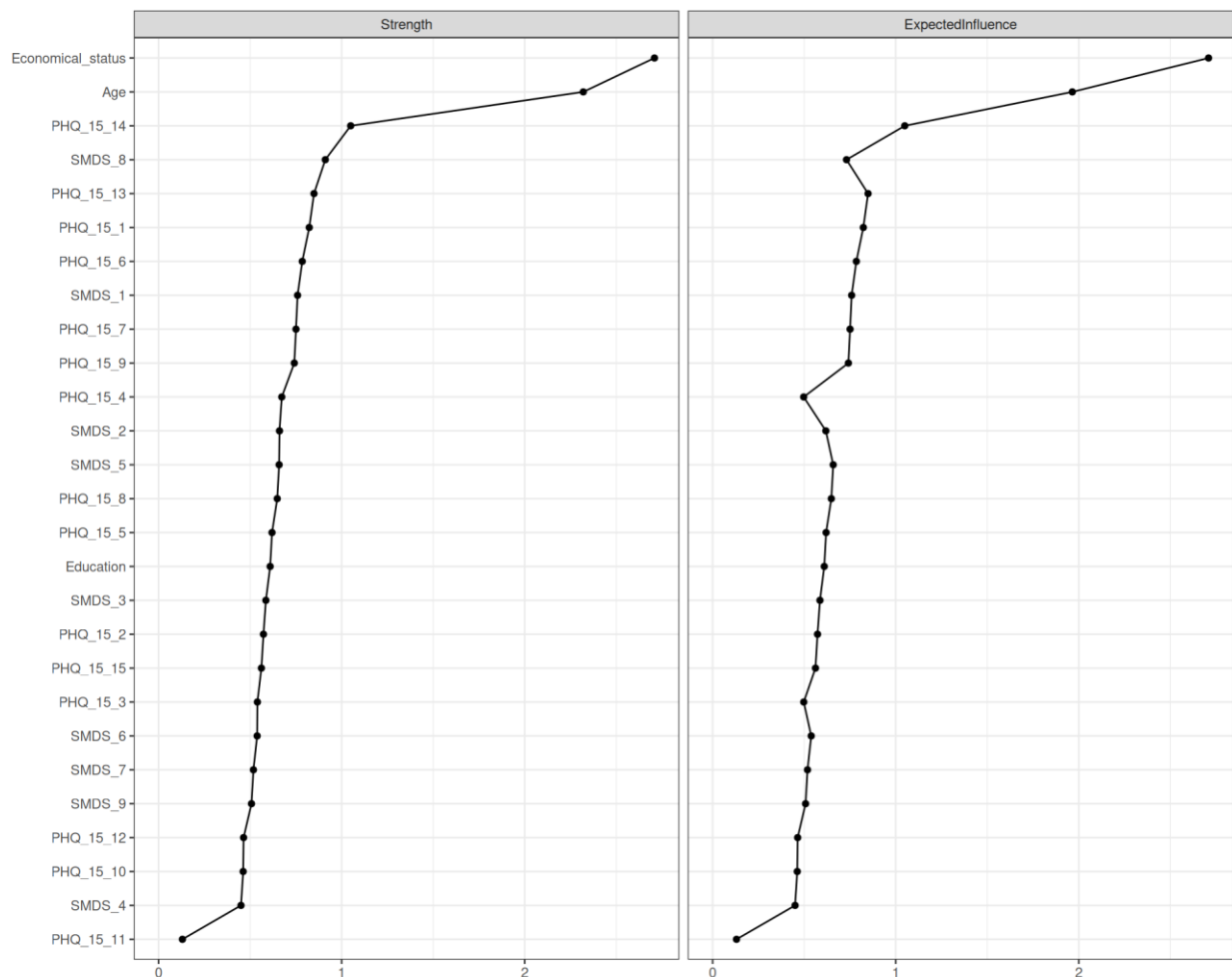
Table S2. *Descriptive Statistic of the Study Sample for Self-Compassion.*

Variable	Women	Men
<i>n</i> (%)	1,135 (38.98)	1,777 (61.02)
SCS_sum <i>M</i> (<i>SD</i>)	57.80 (4.60)	58.46 (4.80)
SCS_1 <i>M</i> (<i>SD</i>)	3.40 (1.00)	3.24 (1.02)
SCS_2 <i>M</i> (<i>SD</i>)	3.29 (1.15)	2.82 (1.20)
SCS_3 <i>M</i> (<i>SD</i>)	3.69 (1.12)	3.34 (1.21)
SCS_4 <i>M</i> (<i>SD</i>)	3.35 (1.10)	3.17 (1.11)
SCS_5 <i>M</i> (<i>SD</i>)	2.95 (1.20)	2.54 (1.17)
SCS_6 <i>M</i> (<i>SD</i>)	3.45 (1.19)	3.24 (1.13)
SCS_7 <i>M</i> (<i>SD</i>)	2.85 (1.12)	2.81 (1.11)
SCS_8 <i>M</i> (<i>SD</i>)	3.62 (1.10)	3.40 (1.11)
SCS_9 <i>M</i> (<i>SD</i>)	3.36 (1.09)	3.16 (1.14)
SCS_10 <i>M</i> (<i>SD</i>)	3.31 (1.11)	3.28 (1.13)
SCS_11 <i>M</i> (<i>SD</i>)	3.23 (1.20)	2.94 (1.21)
SCS_12 <i>M</i> (<i>SD</i>)	3.01 (1.11)	3.22 (1.06)
SCS_13 <i>M</i> (<i>SD</i>)	3.34 (1.12)	3.01 (1.11)
SCS_14 <i>M</i> (<i>SD</i>)	2.68 (1.08)	2.99 (1.06)
SCS_15 <i>M</i> (<i>SD</i>)	3.26 (1.11)	2.83 (1.11)
SCS_16 <i>M</i> (<i>SD</i>)	3.33 (1.06)	3.25 (1.08)
SCS_17 <i>M</i> (<i>SD</i>)	3.19 (1.12)	2.71 (1.07)
SCS_18 <i>M</i> (<i>SD</i>)	3.53 (1.03)	3.13 (1.13)
SCS_19 <i>M</i> (<i>SD</i>)	3.27 (1.15)	2.93 (1.17)
SCS_20 <i>M</i> (<i>SD</i>)	3.23 (1.05)	3.17 (1.01)

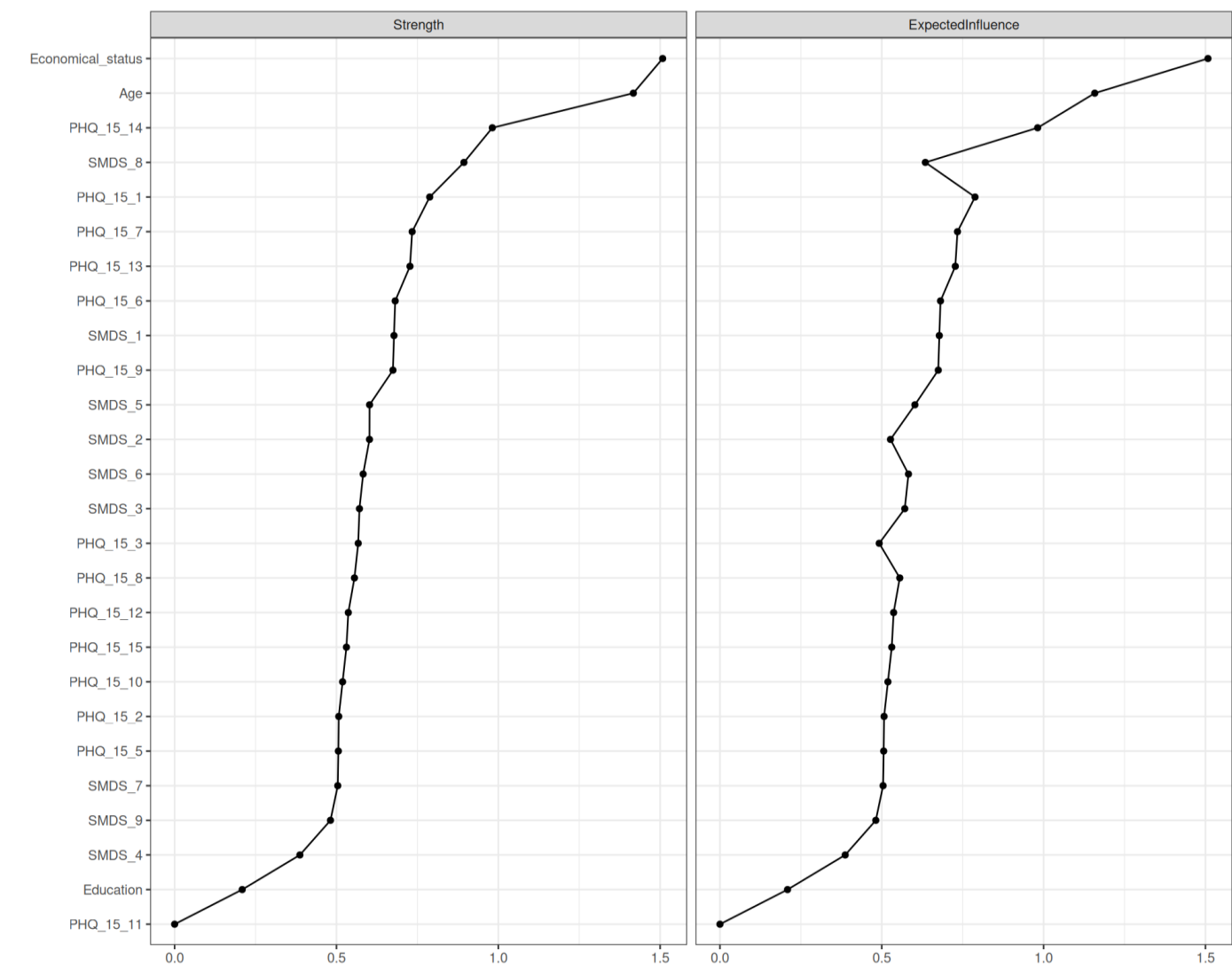
Supplementary Material S3

Table S3. Descriptive Statistic of the Study Sample for Physical Symptoms.

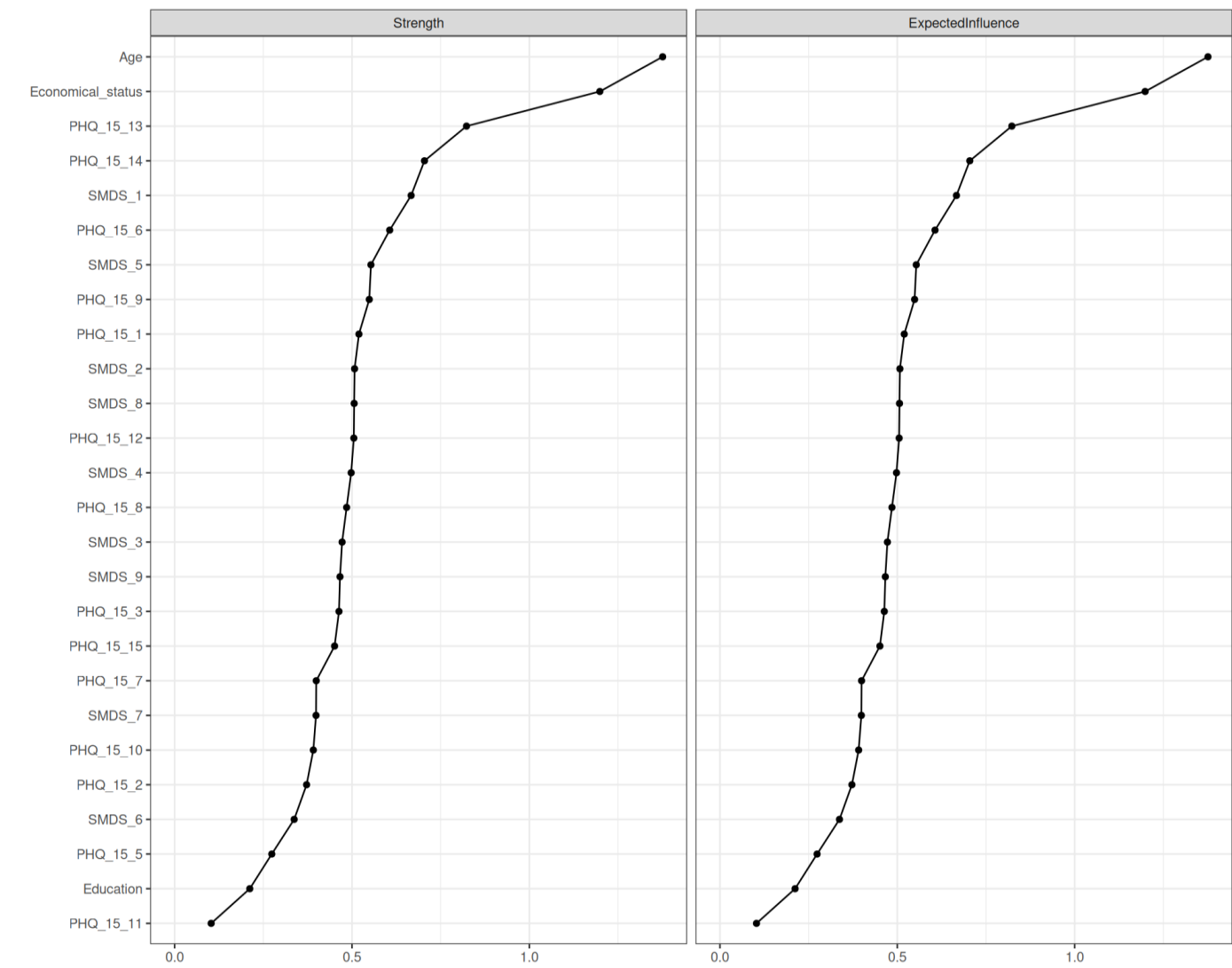
Variable	Women	Men
<i>n</i> (%)	1,135 (38.98)	1,777 (61.02)
PHQ_15_1 <i>M</i> (<i>SD</i>)	1.35 (0.55)	1.59 (0.66)
PHQ_15_2 <i>M</i> (<i>SD</i>)	1.72 (0.68)	1.96 (0.73)
PHQ_15_3 <i>M</i> (<i>SD</i>)	1.58 (0.66)	1.72 (0.73)
PHQ_15_4 <i>M</i> (<i>SD</i>)	—	1.77 (0.80)
PHQ_15_5 <i>M</i> (<i>SD</i>)	1.57 (0.61)	1.90 (0.69)
PHQ_15_6 <i>M</i> (<i>SD</i>)	1.21 (0.46)	1.27 (0.54)
PHQ_15_7 <i>M</i> (<i>SD</i>)	1.11 (0.34)	1.27 (0.54)
PHQ_15_8 <i>M</i> (<i>SD</i>)	1.10 (0.32)	1.23 (0.50)
PHQ_15_9 <i>M</i> (<i>SD</i>)	1.38 (0.60)	1.53 (0.69)
PHQ_15_10 <i>M</i> (<i>SD</i>)	1.19 (0.44)	1.26 (0.53)
PHQ_15_11 <i>M</i> (<i>SD</i>)	1.05 (0.26)	1.16 (0.42)
PHQ_15_12 <i>M</i> (<i>SD</i>)	1.39 (0.60)	1.50 (0.67)
PHQ_15_13 <i>M</i> (<i>SD</i>)	1.40 (0.59)	1.65 (0.72)
PHQ_15_14 <i>M</i> (<i>SD</i>)	1.98 (0.71)	2.31 (0.69)
PHQ_15_15 <i>M</i> (<i>SD</i>)	1.70 (0.73)	1.90 (0.77)
PHQ_15_sum <i>M</i> (<i>SD</i>)	5.75 (4.13)	9.01 (5.15)



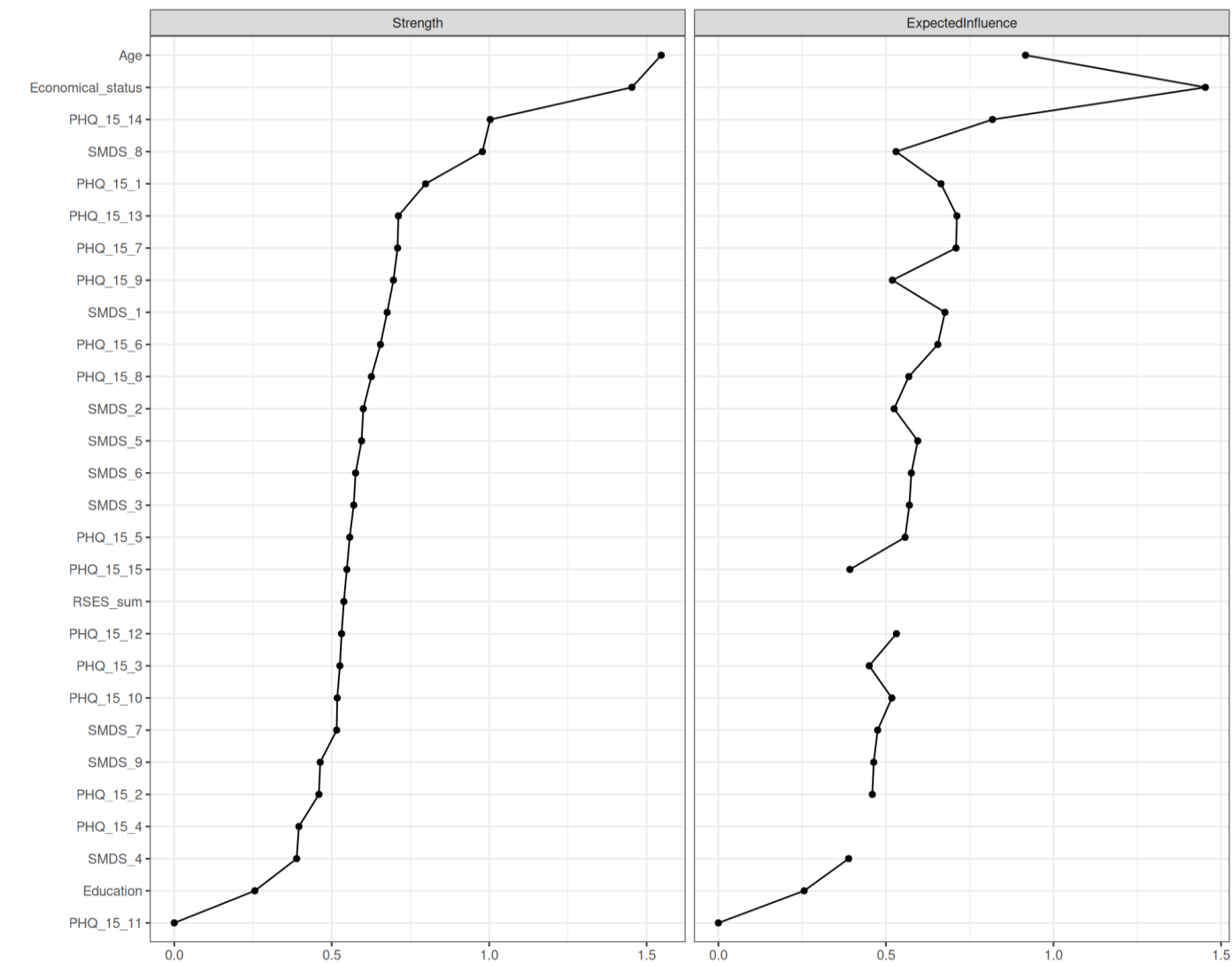
Supplementary Material S4



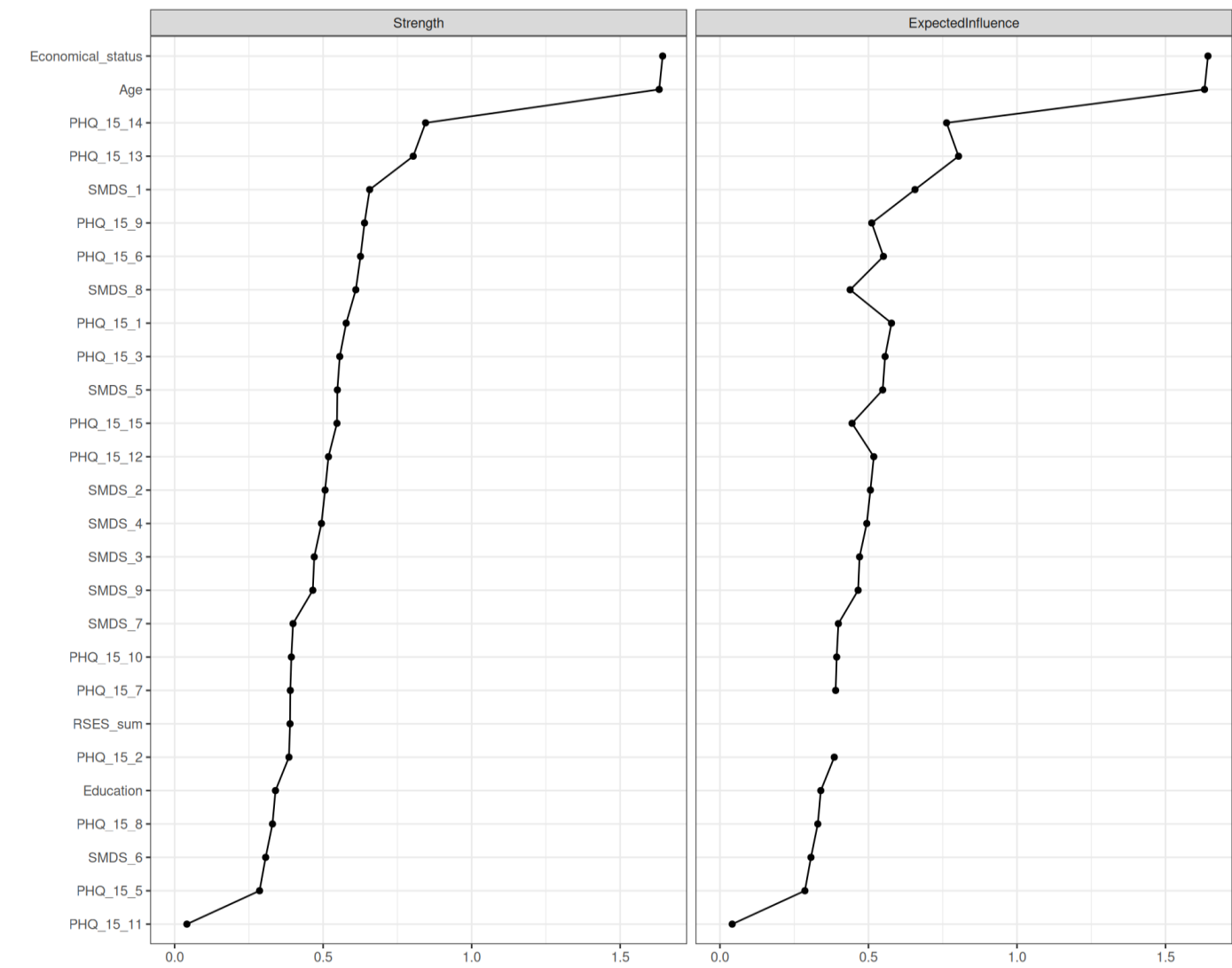
Supplementary Material S5



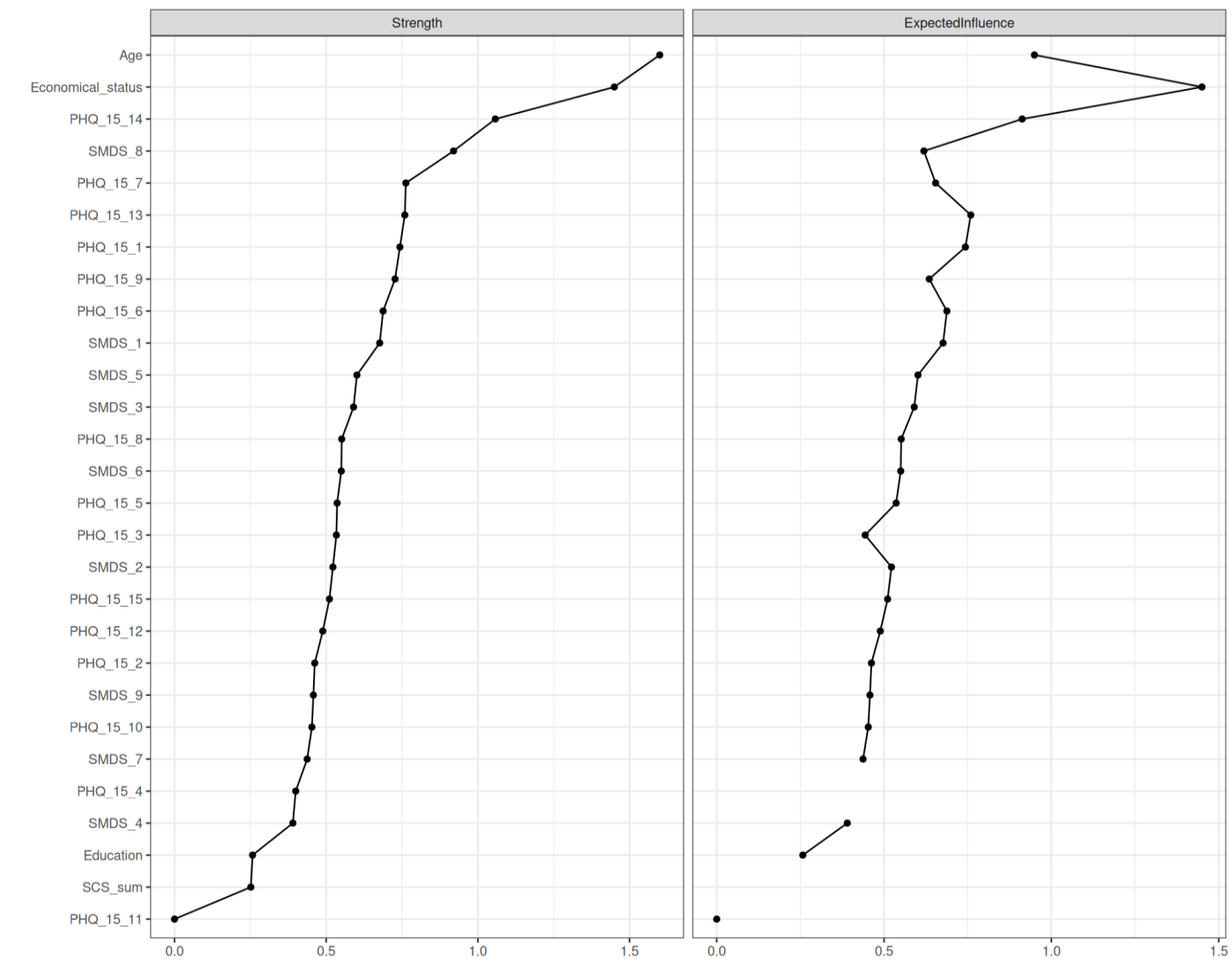
Supplementary Material S6



Supplementary Material S7



Supplementary Material S8



Supplementary Material S9

