

Abstract:

This thesis focuses on the concept of self-compassion – a healthy attitude toward oneself which could be more easily attainable than unconditional self-acceptance and have less downsides than self-esteem. The first part of the thesis offers the most widely used conceptualisation of self-compassion, a comparison between self-compassion, self-esteem and unconditional self-acceptance, a summary of application areas of self-compassion, a list of relevant psychometric tools and a description of the Czech translation of the Self-Compassion Scale (SCS-CZ). The second part of the thesis consists of a quantitative study designed to further assess the construct validity of the SCS-CZ using the Beck Depression Inventory (BDI-II), the trait form of the State-Trait Anxiety Inventory (STAI X2) and the Unconditional Positive Self-Regard Scale (UPSRS) and to explore the connection between self-compassion and unconditional positive self-regard.

A battery of web-based inventories was administered to a non-clinical sample (n = 415). The SCS-CZ shows a strong negative correlation with the BDI-II and the STAI X2, and a strong positive correlation with the UPSRS.

The SCS-CZ is a valid measure of self-compassion, suitable for comparing groups and population samples. For drawing conclusions about individuals, it is recommended to combine the SCS-CZ with qualitative methods until the SCS-CZ test-retest reliability in clinical population is assessed.

Keywords:

Self-Compassion Scale, validity, self-compassion, psychometric properties, self-acceptance, unconditional positive self-regard