

## Special Issue

# Compassion, Shame, Self-Criticism and Emotion Regulation

### Message from the Guest Editors

Compassion is an ancient concept but a novel hot topic across the social sciences, from psychology to sociology, health, communication and media, politics, and beyond. Burgeoning research has demonstrated the benefits of compassion for mental health and emotion regulation, physiological health and interpersonal and social relationships. In particular, self-compassion has been shown to be a protective factor, increasing resilience to common mental health issues and promoting wellbeing. Compassion and self-compassion can also be cultivated and enhanced through interventions. A better understanding of the interplay between compassion, shame, self-criticism and emotion regulation is as relevant as ever in order to expand the science of compassion and inform the transfer of scientific knowledge into community, educational, clinical, and public health settings. Therefore, we cordially invite papers for this Special Issue addressing these issues and topics, especially those combining a high academic standard with a practical focus on compassion, shame, self-criticism and emotion regulation.

---

### Guest Editors

Dr. Marcela Matos

Center for Research in Neuropsychology and Cognitive and Behavioral Intervention (CINEICC), Rua do Colégio Novo, 3000-115 Coimbra, Portugal

Dr. Stan Steindl

School of Psychology, The University of Queensland, Brisbane, QLD 4072, Australia

---

### Deadline for manuscript submissions

closed (6 April 2023)



## International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 7.3  
Indexed in PubMed



[mdpi.com/si/108373](https://mdpi.com/si/108373)

*International Journal of  
Environmental Research and  
Public Health*

MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[ijerph@mdpi.com](mailto:ijerph@mdpi.com)

[mdpi.com/journal/  
ijerph](https://mdpi.com/journal/ijerph)





# International Journal of Environmental Research and Public Health

---

an Open Access Journal  
by MDPI

---

CiteScore 7.3  
Indexed in PubMed



[mdpi.com/journal/  
ijerph](https://mdpi.com/journal/ijerph)



## About the Journal

### Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

---

### Editor-in-Chief

Prof. Dr. Paul B. Tchounwou

RCMI Center for Urban Health Disparities Research and Innovation,  
Richard N. Dixon Research Center, Morgan State University, Baltimore,  
MD 21251, USA

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPlus / SciFinder, and other databases.

#### Journal Rank:

CiteScore - Q1 (Public Health, Environmental and Occupational Health)