

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

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Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Scientific discoveries and advances in this research field play a critical role in providing a rational basis for informed 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 journal.

Editor-in-Chief

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