**Table 1**

*Selection Criteria for Study Inclusion.*

|  |  |  |
| --- | --- | --- |
|  | **Inclusion** | **Exclusion** |
| **Participants** | * Adults aged 18+ years, male and/or female.
* Healthy BMI of 18.50 – 24.99 kg/m2 or overweight to obese I, II, III BMI 25+ kg/m2
 | * < 18 years
* Underweight BMI of < 18.5 kg/m 2
 |
| **Participant medical conditions** | * Healthy participants with no diagnosed health conditions
* Those with distorted eating behaviors that did not meet clinical criteria.
 | * Clinically diagnosed eating disorders (e.g., bulimia nervosa), any condition or disease that results in weight change (e.g., HIV, cancer).
* Samples recruiting clinical populations (e.g., depression)
 |
| **Study design and publication type** | * Randomised controlled trials, quasi-experimental trials, pre-post evaluations.
* Peer-reviewed publications, unpublished dissertations or manuscripts
 | * Any type of study without a specific intervention with outcome data, such as qualitative studies, opinion pieces, editorials, reviews or meta-analyses, cross-sectional studies or case-control studies.
 |
| **Intervention** | * Evaluation of an intervention with an explicit objective to purposively generate compassion or self-compassion.
 |  |
| **Outcomes** | * ***Primary:*** Minimum of one of the following subjectively or objectively measured outcomes relating to compassion, body weight concern, and health behaviour.
* ***Secondary:*** Mental health as measured by self-report for depression, anxiety, stress, wellbeing.
 |  |