**Table 1**

*Selection Criteria for Study Inclusion.*

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|  | **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 * Peer-reviewed publications, unpublished dissertations or manuscripts | * Any type of study without a specific intervention with outcome data, such as qualitative studies, opinion pieces, editorials,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. |  |