This is a repository copy of *Compassion-focused self-help for psychological distress associated with skin conditions: a randomized feasibility trial*.
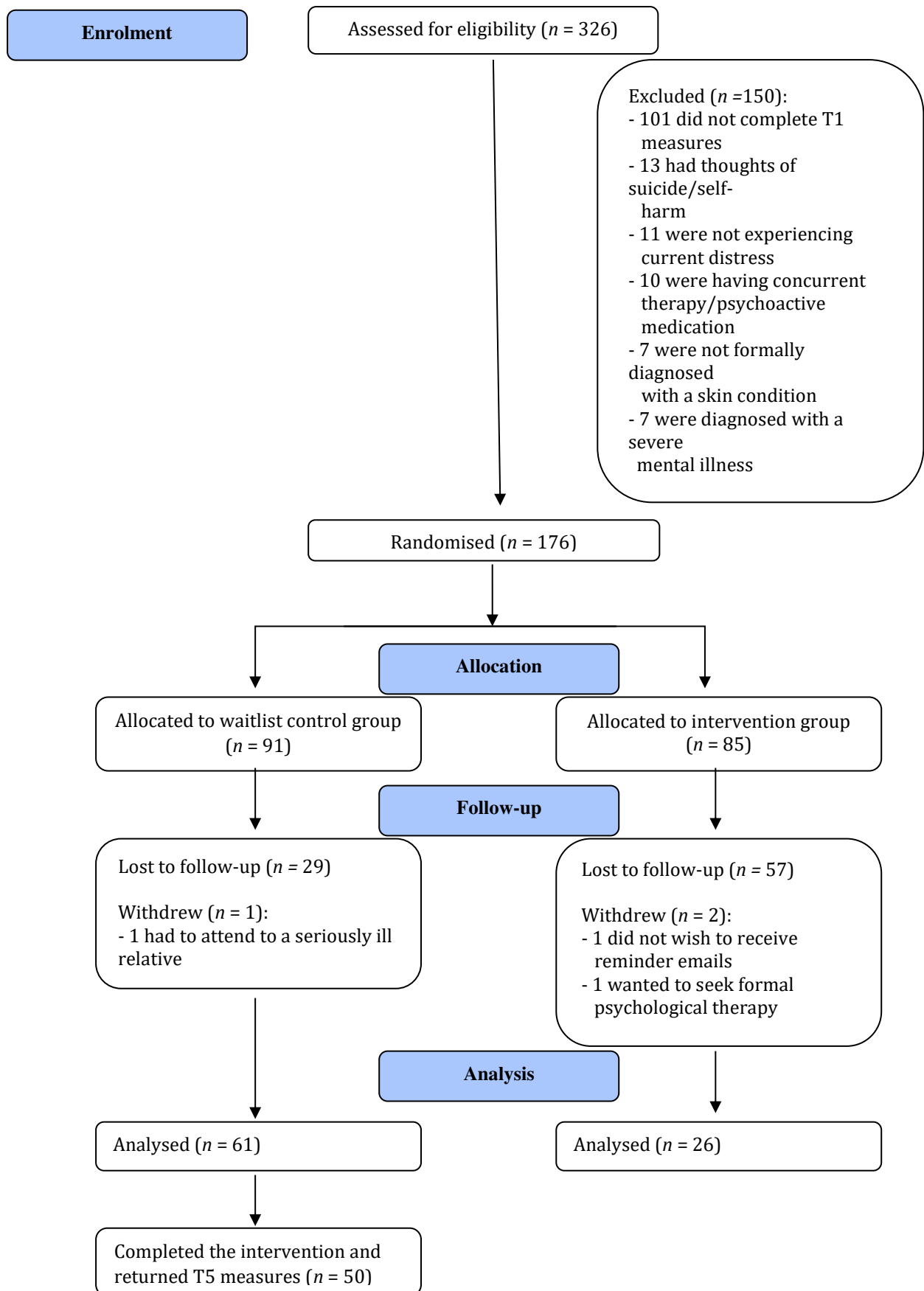
Article:

Figure 1. CONSORT diagram of participant flow through the study (Adapted from Schulz et al., 2010).

Table 1

Baseline Demographic Characteristics of the Participants

Variable	Overall (N = 176)	Control group (n = 91)	Intervention group (n = 85)	Test statistic
Age, M (SD)	33.81 (12.84)	34.78 (12.83)	32.62 (12.85)	$t(143) = 1.01, p = .32$
Gender, n (%)				
Male	25 (14.2)	13 (14.3)	12 (14.1)	
Female	151 (85.8)	78 (85.7)	73 (85.9)	$\chi^2 = .00, p = .98$
White British, n (%)	122 (69.3)	59 (64.8)	63 (74.1)	$\chi^2 = 1.52, p = .29$
Single, n (%)	84 (47.7)	42 (46.2)	42 (49.4)	$\chi^2 = 1.28, p = .72$
Paid employment, n (%)	102 (58.0)	58 (63.8)	44 (51.7)	$\chi^2 = 2.13, p = .14$
Higher education qualification, n (%)	91 (51.7)	46 (50.6)	45 (53.0)	$\chi^2 = .01, p = .93$
Skin condition, n (%)				
Eczema	33 (18.8)	16 (17.6)	17 (20.0)	
Psoriasis	14 (8)	8 (8.8)	6 (7.1)	
Acne	14 (8.0)	7 (7.7)	7 (8.2)	
Alopecia	65 (36.9)	35 (38.5)	30 (35.3)	
Two or more	25 (14.2)	13 (14.3)	12 (14.1)	
Other	14 (8.0)	7 (7.7)	7 (8.2)	$\chi^2 = .44, p = .99$
Years since diagnosis, M (SD)	7.77 (3.61)	7.54 (3.84)	8.02 (3.35)	$t(173) = -.90, p = .37$
Previous meditation Experience, n (%)	26 (14.8)	14 (15.4)	12 (14.1)	$\chi^2 = .01, p = .98$

Table 2

Baseline Data on the Outcome Measures

Questionnaire	Overall M (SD)	Control M (SD)	Intervention M (SD)	t-test
PSS-10	22.86 (5.75)	22.37 (5.50)	23.48 (5.78)	$t(174) = -1.31, p = .19$
DLQI	12.06 (6.93)	11.60 (6.86)	12.55 (7.01)	$t(174) = -.91, p = .37$
SCS	31.98 (7.78)	32.98 (7.19)	30.89 (8.21)	$t(174) = 1.79, p = .08$
HADS-A	10.53 (3.50)	10.27 (3.28)	10.80 (3.73)	$t(174) = -.99, p = .32$
HADS-D	6.72 (3.73)	6.52 (3.55)	6.94 (3.92)	$t(174) = -.75, p = .45$

Table 3

Pre-Post Change on the Outcome Measures by Group in the Completer Analyses

Questionnaire	Group	Pre-Treatment M (SD)	Post-Treatment M (SD)	Test Statistic	df	p	Effect Size (90% CI)
PSS-10	Waitlist	22.93 (5.77)	24.07 (5.92)	$F = 11.59$	1, 84	.001	Partial $\eta^2 = .12$
	CFT self-help	23.04 (5.53)	20.46 (5.81)				(.03, .23)
DLQI	Waitlist	11.79 (6.97)	10.85 (6.95)	$t = 3.62$	85	<.001	$\eta^2 = .13$
	CFT self-help	11.19 (6.98)	6.58 (4.16)				(.04, .25)
SCS	Waitlist	31.70 (7.09)	31.20 (7.06)	$F = 7.46$	1, 84	.01	Partial $\eta^2 = .08$
	CFT self-help	30.31 (7.12)	34.81 (7.32)				(.01, .18)
HADS-A	Waitlist	10.61 (3.39)	10.93 (3.62)				Partial $\eta^2 = .10$
	CFT self-help	11.08 (3.49)	9.50 (3.65)	$F = 8.89$	1, 84	.004	(.02, .20)
HADS-D	Waitlist	6.80 (3.81)	7.46 (3.98)				Partial $\eta^2 = .06$
	CFT self-help	6.36 (4.23)	5.69 (3.26)	$F = 5.21$	1, 84	.03	(.004, .15)

Table 4

Pre-Post Change on the Outcome Measures by Group in the ITT Analyses

Questionnaire	Group	Pre-Treatment M (SD)	Post-Treatment M (SD)	Test Statistic	df	p	Effect Size (90% CI)
PSS-10	Waitlist	22.37 (5.50)	23.15 (5.65)	$F = 6.75$	1, 173	.01	Partial $\eta^2 = .04$
	CFT self-help	23.48 (5.78)	22.67 (6.03)				(.005, .09)
DLQI	Waitlist	11.60 (6.86)	10.96 (6.96)	$F = 4.28$	1, 173	.04	Partial $\eta^2 = .02$
	CFT self-help	12.55 (7.01)	10.65 (6.96)				(.001, .07)
SCS	Waitlist	32.98 (7.19)	32.51 (7.15)	$t = -2.02$	174	.045	$\eta^2 = .02$
	CFT self-help	30.89 (8.21)	32.18 (8.66)				(.000, .07)
HADS-A	Waitlist	10.27 (3.28)	10.41 (3.50)	$F = 6.84$	1, 173	.01	Partial $\eta^2 = .04$
	CFT self-help	10.80 (3.73)	10.02 (3.88)				(.005, .10)
HADS-D	Waitlist	6.52 (3.55)	7.00 (3.69)	$F = 5.01$	1,173	.03	Partial $\eta^2 = .03$
	CFT self-help	6.94 (3.92)	6.64 (3.64)				(.002, .08)