# Article information:

Self-compassion and life-satisfaction among Chinese self-quarantined residents during COVID-19 pandemic: A moderated mediation model of positive coping and gender-Web of Science 核心合集
[https://www.webofscience.com/wos/woscc/full-record/WOS:000600678300033](https://www.webofscience.com/wos/woscc/full-record/WOS%3A000600678300033)

# Article summary:

1. This study investigated the relationship between self-compassion and life-satisfaction among Chinese self-quarantined residents during the COVID-19 pandemic.

2. The results revealed that self-compassion was positively linked with life-satisfaction, and positive coping partially mediated the relationship between self-compassion and life-satisfaction for males but not females.

3. These findings indicated that interventions focusing on self-compassion could increase life-satisfaction in self-quarantined people during the COVID-19 pandemic, and that this effect may be more pronounced in males than females.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

This article is a well written and researched piece of work which provides an interesting insight into the effects of self-compassion on life satisfaction among Chinese citizens who were quarantined due to the COVID 19 pandemic. The authors have provided a detailed analysis of their findings, as well as a discussion of their implications for future research and practice.

The article is generally reliable, however there are some potential biases which should be noted. Firstly, the sample size used in this study was relatively small (337 participants), which may limit its generalizability to other populations or contexts. Secondly, all participants were from one community in China, meaning that cultural factors may have influenced their responses to the measures used in this study. Thirdly, only two genders were included in this study (male and female), so it is unclear whether these results would apply to individuals who identify as nonbinary or gender nonconforming. Finally, although the authors discuss potential implications for future research and practice based on their findings, they do not provide any concrete recommendations or suggestions for how these implications can be put into action.

In conclusion, this article provides an interesting insight into the effects of self-compassion on life satisfaction among Chinese citizens who were quarantined due to the COVID 19 pandemic. However, there are some potential biases which should be taken into consideration when interpreting these results.

# Topics for further research:

* Self-compassion and life satisfaction
* Effects of quarantine on life satisfaction
* Cultural influences on life satisfaction
* Gender differences in life satisfaction
* Implications of self-compassion for practice
* Strategies for promoting self-compassion

# Report location:

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