## **Reference List**

Shifting Our Clients' Focus from Weight to Wellbeing: The Essential Role of Self-Compassion March 18, 2020

## **References:**

- Tylka TL, Annunziato RA, Burgard D, et al. The weight-inclusive versus weight-normative approach to health: evaluation the evidence for prioritizing well-bring over weight loss. *J Obes*. 2014;983495.
- Emmer C, Bosnjak M, Mata J. The association between weight stigma and mental health: a meta-analysis. *Obes Rev*. 2020;21(1):e12935.
- 3. Brownell KD, Rodin J. Medical, metabolic, and psychological effects of weight cycling. *Arch Intern Med*. 1994;154(12):1325-1330.
- 4. Wellman JD, Araiza AM, Newell EE, McCoy SK. Weight stigma facilitates unhealthy eating and weight gain via fear of fat. *Stigma Health*. 2018;3(3):186-194.
- 5. HAES principles. Association for Size Diversity and Health website. https://sizediversityandhealth.org/content.asp?id=152
- 6. Bacon L, Aphramor L. Weight science: evaluating the evidence for a paradigm shift. *Nutr J*. 2011;10:9.
- Linardon J, Mitchell S. Rigid dietary control, flexible dietary control, and intuitive eating: evidence for their differential relationship to disordered eating and body image concerns. *Eat Behav.* 2017;26:16-22.
- 8. Self-Compassion website. <u>https://self-compassion.org/</u>
- Neff KD, Long P, Knox MC, et al. The forest and the trees: examining the association of selfcompassion and its positive and negative components with psychological functioning. *Self Identity*. 2018;17(6):627-645.
- 10. Warren R, Smeets E, Neff K, et al. Self-criticism and self-compassion: risk and resilience. *Curr Psychiatr*. 2016;15(12):18-21, 24-28, 32.
- 11. Albertson ER, Neff KD, Dill-Shackleford KE. Self-compassion and body dissatisfaction in women: a randomized controlled trial of a brief meditation intervention. *Mindfulness*. 2015;6(3):444-454.
- 12. Germer CK, Neff KD. Self-compassion in clinical practice. J Clin Psychol. 2013;69(8):856-867.
- 13. Braun TD, Park CL, Gorin A. Self-compassion, body image, and disordered eating: a review of the literature. *Body Image*. 2016;17:117-131.
- 14. Geller J, Iyar MM, Kelly AC, Srikameswaran S. Barriers to self-compassion in the eating disorders: the factor structure of the fear of self-compassion scale. *Eat Behav*. 2019;35:101334.
- Slater A, Varsani N, Diedrichs PC. #fitspo or #loveyourself? The impact of fitspiration and selfcompassion Instagram images on women's body image, self-compassion, and mood. *Body Image*. 2017;22:87-96.
- 16. Shapiro S, Siegel R, Neff KD. Paradoxes of mindfulness. *Mindfulness*. 2018;9:1693-1701.
- 17. Condon P, Desbordes G, Miller WB, DeSteno D. Meditation increases compassionate responses to suffering. *Psychol Sci*. 2013;24(10):2125-2127.
- 18. Brewer JA, Garrison KA, Whitfield-Gabrieli S. What about the "self" is processed in the posterior cingulate cortex? *Front Hum Neurosci*. 2013;7:647.
- 19. Neff KD. The development and validation of a scale to measure self-compassion. *Self Identity*. 2003;2:223-250.
- 20. Raes F, Pommier E, Neff KD, Van Gucht D. Construction and factorial validation of a short form of the Self-Compassion Scale. *Clin Psychol Psychother*. 2011;18:250-255.
- 21. Hollenstein J. *Eat to Love: A Mindful Guide to Transforming Your Relationship with Food, Body, and Life*. Vancouver, Canada: Page Two Books; 2019.