

Tables and Figures for
Mental Health Shame, Self-Compassion and Sleep in UK Nursing Students:
Complete Mediation of Self-Compassion in Sleep and Mental Health

Table 1. Descriptive statistics: Mental health problems, mental health shame, self-compassion and sleep in UK nursing students (n = 182)

Scale (Construct)	Subscale (Range)	M	SD	α
Depression Anxiety and Stress Scale 21 (Mental Health Problems; High score indicates poor mental health)	Mental Health Problems (0-126)	41.89	29.96	.96
Attitudes Towards Mental Health Problems (Mental Health Shame; High score indicates high shame)	Negative Attitudes (0-24)	6.99	5.41	.89
	External Shame (0-30)	8.27	7.76	.95
	Internal Shame (0-15)	6.09	3.68	.94
Self-Compassion Scale-Short Form (Self-Compassion; High score indicates strong self-compassion)	Reflected Shame (0-36)	9.77	8.05	.91
	Self-Compassion (1-5)	2.68	.70	.87
How long do you sleep every day on average?' (Sleep; 2-10 hrs in our sample)		6.78	1.30	-

Table 2. Correlations between mental health, mental health shame, self-compassion and sleep in UK nursing students (n = 182).

	1	2	3	4	5	6	7	8	9
1 Gender (1=M, 2=F)	-								
2 Age	-.19*	-							
3 Mental Health Problems	.05	-.18*	-						
4 Negative Attitudes	-.14	.05	.30**	-					
5 External Shame	-.10	.02	.27**	.71**	-				
6 Internal Shame	.05	-.08	.41**	.20**	.41**	-			
7 Reflected Shame	-.10	.001	.31**	.35**	.48**	.41**	-		
8 Self-Compassion	-.14	.14	-.68**	-.15	-.17*	-.38**	-.09	-	
9 Sleep	.17*	-.03	-.19**	-.11	-.13	-.11	-.06	.16*	-
<i>*p < .05, **p < .01</i>									

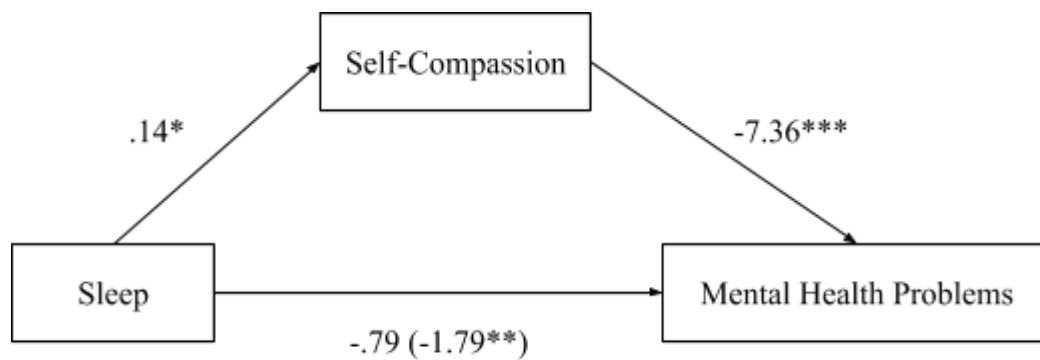
MENTAL HEALTH SHAME, SELF-COMPASSION AND SLEEP IN NURSING STUDENTS

Table 3. Multiple regression: Mental health shame, self-compassion and sleep to mental health problems among nursing students ($n = 182$).

	Mental Health Problems			
	B	SE _B	β	95% CI for B (lower, upper)
Step 1				
Gender (1=M, 2=F)	.15	.49	.02	-.82, 1.11
Age	-.60*	.25	-.18	-1.10, -.11
Step 2				
Gender (1=M, 2=F)	-.06	.35	-.01	-.75, .63
Age	-.33	.18	-.10	-.68, .02
Mental Health Shame	.32***	.07	.25	.18, .47
Self-Compassion	-6.65***	.63	-.60	-7.88, -5.41
Sleep	-.44	.50	-.05	-1.44, .55

Δ Adjusted $R^2 = .50$. B=unstandardised regression coefficient, SE_B=standard error of the coefficient, β =standardised coefficient; * $p < .05$; *** $p < .001$.

Figure 1. Self-Compassion Completely Mediates Sleep and Mental Health Problems



Direct effect (total effect) of sleep on mental health problems. Parallel mediation: sleep as a predictor of mental health problems, mediated by self-compassion. The confidence interval for the indirect effect is a BCa-bootstrapped CI based on 5000 samples. Values attached to arrows are coefficients indicating impacts. * $p < .05$, ** $p < .01$, *** $p < .001$