

ABSTRACT BOOK



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Turkish Adaptation of the Santa Clara Brief Compassion Scale

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ABSTRACT

The Santa Clara Brief Compassion Scale (SCBCS) is a five-item self-report questionnaire that assesses compassion for others. This study aimed to validate the Turkish version of the SCBCS. Confirmatory factor analysis, Cronbach's alpha for reliability, and Pearson's correlation coefficients were used to evaluate the psychometric properties of the SCBCS. The confirmatory factor analysis indicated that the Turkish SCBCS had excellent fit [$\chi^2 = 20.93$, $df = 5$, $p < .001$], CFI = .97, TLI = .94, SRMR = .03, RMSEA = .10, 90%CI[.06, .15]. Turkish SCBCS had adequate reliability. Compassion for others had moderate positive associations with mindfulness, eudaimonic motivation, hedonic motivation, hedonic comfort motivation, while having weak positive associations life satisfaction, hedonic pleasure motivation, extrinsic motivation, and stress, and no associations with depression and anxiety. The results demonstrate that the SCBCS is a valid and reliable measure.

Keywords: compassion for others, mindfulness, subjective distress, well-being