**Development Phases**

The development of the CSC had four phases: Phase 1) Initial development of the items; Phase 2) Content-validity test; Phase 3) Factor analyses; and Phase 4) Validity and reliability test.

In Phase 1, 78 items were developed based on the work of Gu et al. (2017) and several other researchers (Cho et al., 2018; Hacker, 2008; Hou, 2007; Martins et al., 2013; Neff, 2003; Pommier, 2010; Shen, 2012; Sprecher & Fehr, 2005). On this work, we reviewed and selected as many items as possible regarding to the factor of kindness and found that the concept of kindness was emphasized by Neff (SCS, 2003), Pommier (Compassion Scale-P, 2010) and Cho et al. (LCS, 2018). These three measures were all developed mainly based on a Buddhist perspective. Moreover, in order to develop a scale both for self and others, 30 new items were made to match each direction. For example, a new item of sensitive to suffering to self “*It is difficult for me to notice that I am upset*” was developed to match the item of sensitive to suffering to others “*I find it difficult to notice when people are upset.*” One example of the difficulty in making a matching item is as follows: “*If given the opportunity, I am willing to make sacrifices in order to let other people achieve their goals in life*” (one item of motivation to alleviate suffering). The factor common humanity, which included 9 items (e.g., “*I believe suffering is just part of the common human experience*”), was considered as a factor both cover self and others and thus used as it is. Thus total 108 initial items were developed. Sixteen items belong to the factor sensitivity to suffering, 9 items belong to the factor common humanity, 20 items belong to the factor emotional connection, 18 items belong to the factor tolerance of uncomfortable feelings, 17 items belong to the factor motivation to alleviate suffering, and 28 items belong to the factor kindness.

In Phase 2, a panel of experts consists of five experts: three are researchers and two are practitioners familiar with research and practices drawn from Buddhism; three are Chinese and two are Korean. Utilizing the feedback from experts, some of the items were re-written and 15 items were dropped because of carrying duplicate meaning or low significance. Thus, 93 items were left to the preliminary scale. There were 28 items ofkindness (14 for self and 14 for others), 13 items of motivation to alleviate suffering (5 for self and 8 for others), 9 items of common humanity, 12 items of tolerating uncomfortable feelings (8 for self and 4 for others), 20 items of emotional connection (4 for self and 12 for others), and 11 items of sensitivity to suffering(5 for self and 6 for others). Moreover, Chinese experts suggested that the core of compassion would be kindness and good will, and Korean experts suggested kindness and mindfulness.

In Phase 3, we conducted Exploratory Factor Analysis and Exploratory SEM to test our model and then used a new sample of participants to conduct confirmatory factor analysis to provide further support for the factor model. All factor analyses were conducted using Mplus (7.0). In the final phase, correlation analyses were conducted to provide evidence for construct validity and concurrent (criterion) validity. Compassion focused scales (displayed in Measures) and compassion related negative psychological factors (depression and self-criticism; e.g., Gilbert & Procter, 2006; Falconer et al., 2016) were used as measures of validity test. Reliability test was also conducted to test internal consistency.

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