

Table 1. The mean and standard deviation of the self-compassion and health literacy scores

Variables		Mean±SD	Min	Max
Self-compassion	Self-kindness	12.33±4.05	5	24
	Self-judgment	15.09±3.73	5	25
	Common humanity	10.94±4.20	5	57
	Isolation	10.88±3.36	4	20
	Mindfulness	10.23±3.23	4	38
	Over- identification	12.09±3.11	4	20
	Total score		71.60±12.90	34
Health literacy	Access	14.96±4.89	6	49
	Reading ability	10.29±3.67	4	20
	Understanding	14.23±4.24	7	30
	Evaluation	9.08±2.92	4	19
	Decision making application	28.52±8.02	12	52
	Total score		77.11±17.41	33

Table 2. Correlation coefficient matrix between subscales of self-compassion and health literacy in students

Variables	1	2	3	4	5	6	7	8
Self-compassion	1							
Self-kindness	0.594**	1						
Self-judgment	0.590**	0.101	1					
Common humanity	0.632**	0.388**	0.151**	1				
Isolation	0.571**	0.042	0.47**	0.099	1			
Mindfulness	0.601**	0.588**	0.091	0.36**	0.081	1		
Over-identification	0.557**	0.021	0.490**	0.114*	0.457**	0.046	1	
Health literacy	0.311**	0.384**	0.001	0.261**	-0.013	0.379**	0.058	1

*<0.05; **<0.01

Table 3. Regression test results of the role of self-compassion subscales in students' health literacy

	Mean	Non-standard coefficients	Standard error	Slope(β)	P value
Self-kindness	12.33	0.94	0.012	0.22	0.000
Self-judgment	15.096	0.192	0.011	0.041	0.99
Common humanity	10.945	0.398	0.012	0.16	0.00
Isolation	10.888	0.352	0.010	-0.068	0.808
Mindfulness	10.239	0.96	0.009	0.239	0.000
Over-identification	12.069	0.465	0.010	0.083	1.281

$R^2=0.201$, $p<0.001$, $F(6, 334)=14.45$

Table 4. Relationship between self-compassion and health literacy with demographic variables of participants in research (n=351)

Variables		Health literacy			Self-compassion		
		Mean	SD	P value	Mean	SD	P value
Gender	Girl	74.55	1.38	0.011	72.80	0.93	0.109
	Boy	79.27	1.23		70.58	0.99	
Grade	Seventh	79.73	18.32	0.051	72.06	13.72	0.67
	Eighth	77.37	16.15		70.78	11.28	
	Ninth	77.11	17.50		72.04	13.81	