

Thesis

**Self-compassion and Psychological Health:
A comparison between adults with physical
disability and adults who are physically
healthy in Hong Kong**

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Presented to the Department of Psychology of the Chinese University of Hong Kong

In Partial Fulfillment of the Requirements for the Degree of

Master of Art in Psychology

The Chinese University of Hong Kong

June 2015

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Abstract

Although the beneficial role of self-compassion to psychological health in adversity is highlighted frequently in the literature, there is lack of research manifesting this effect. This study examines and compares the relation between self-compassion and psychological health among a sample of adults who are undergoing the adversity of being physically disabled and a sample of adults who are physically healthy. Participants were 195 Hong Kong residents, included 72 adults with physical disability (APD) and 123 adults who are physically healthy (APH). Independent-t test, bivariate correlations and two hierarchical regression models were analyzed. Results indicate that self-compassion independent from the adversity of being physically disabled. Self-compassion is found significantly positively associated with psychological well-being ($r = 0.61$) and negatively associated with psychological distress ($r = -0.60$). The results also show that APD had statistically significantly lower psychological wellbeing and higher psychological distress compared to APH. Physical disability predicts psychological wellbeing but not psychological distress. Furthermore, physical disability enhances the association between self-compassion and psychological wellbeing but not that of self-compassion and psychological distress. These findings shed light on the practical work of promoting positive adjustment to physical disability in rehabilitation social service.

Keywords: self-compassion, psychological well-being, psychological distress, physical disability, positive adjustment to physical disability