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Charlotte Dewsaran-van der Ven^{a,b}, Saskia van Broeckhuysen-Kloth^a, Shiva Thorsell^a, Ron Scholten^a, Véronique De Gucht^{a, c}, Rinie Geenen^{*a, b}

^aAltrecht Psychosomatic Medicine Eikenboom, Vrijbaan 2, 3705 WC Zeist, the Netherlands

^bDepartment of Psychology, Utrecht University, Heidelberglaan 1, 3584 CS Utrecht, the Netherlands

^cHealth, Medical and Neuropsychology Unit, Leiden University, Wassenaarseweg 52, 2333 AK Leiden, the Netherlands

R.Geenen@uu.nl

cevvens@hotmail.com

* Corresponding author: Prof. dr. Rinie Geenen, Utrecht University, Department of Psychology, Heidelberglaan 1, 3584 CS Utrecht, the Netherlands,

Phone: +31 30 353 4916

Co-corresponding author: Charlotte Dewsaran-van der Ven,

Abstract

‘Third wave’ cognitive-behavioral therapies have given a boost to the study of resilience factors, such as self-compassion. To get an indication of the potential clinical relevance of

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