



UNIVERSITY OF SASKATCHEWAN  
College of Kinesiology  
KINESIOLOGY.USASK.CA



Social Sciences and Humanities  
Research Council of Canada

Conseil de recherches en  
sciences humaines du Canada



# Sport Canada Research Initiative Virtual Conference 2021

## *Men athletes' self-compassion and masculinity*

Kent Kowalski & Leah Ferguson

University of Saskatchewan

Amber Mosewich

University of Alberta

**Nathan Reis**

University of Saskatchewan



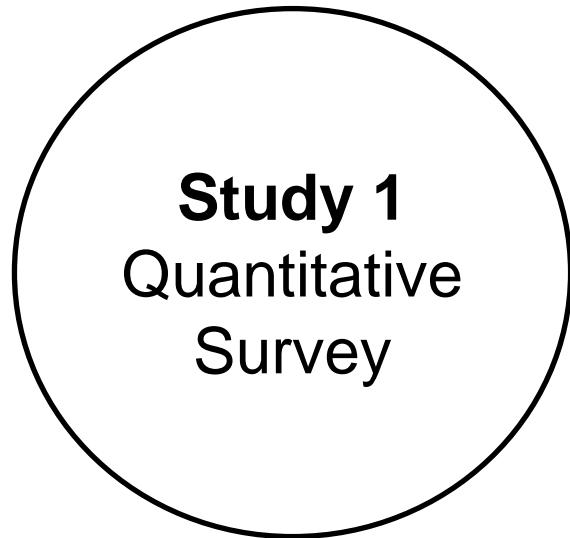
UNIVERSITY OF SASKATCHEWAN  
College of Kinesiology  
KINESIOLOGY.USASK.CA



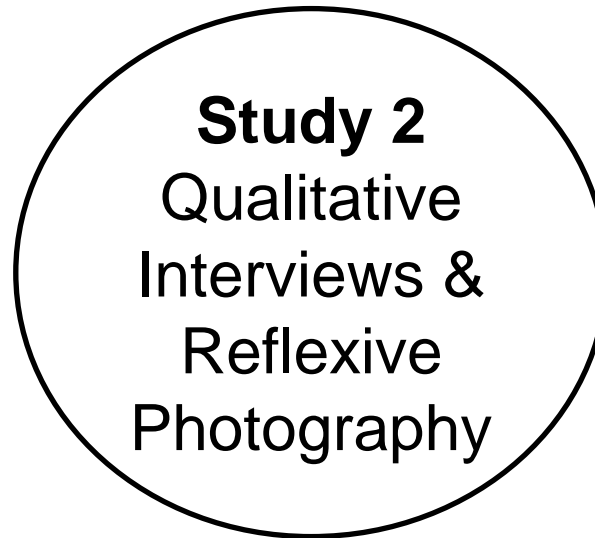
UNIVERSITY OF ALBERTA  
FACULTY OF KINESIOLOGY,  
SPORT, AND RECREATION

# Overview of the Research Program

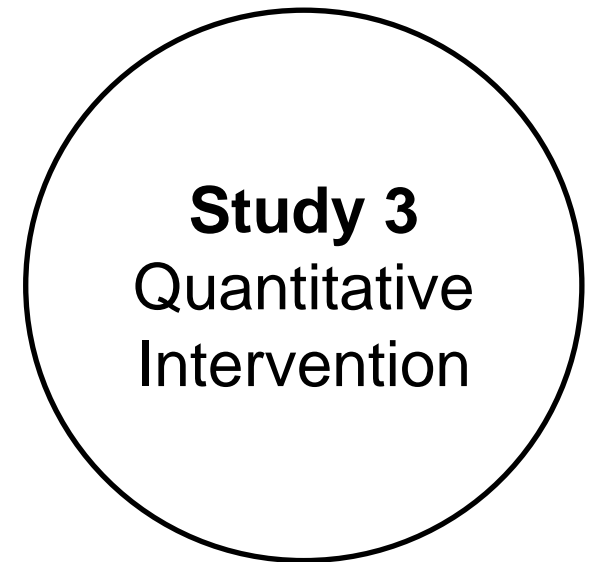
Our research aimed to explore men athletes' self-compassion and masculinity



Reis et al. (2019)  
*Journal of Sport  
and Exercise Psychology*

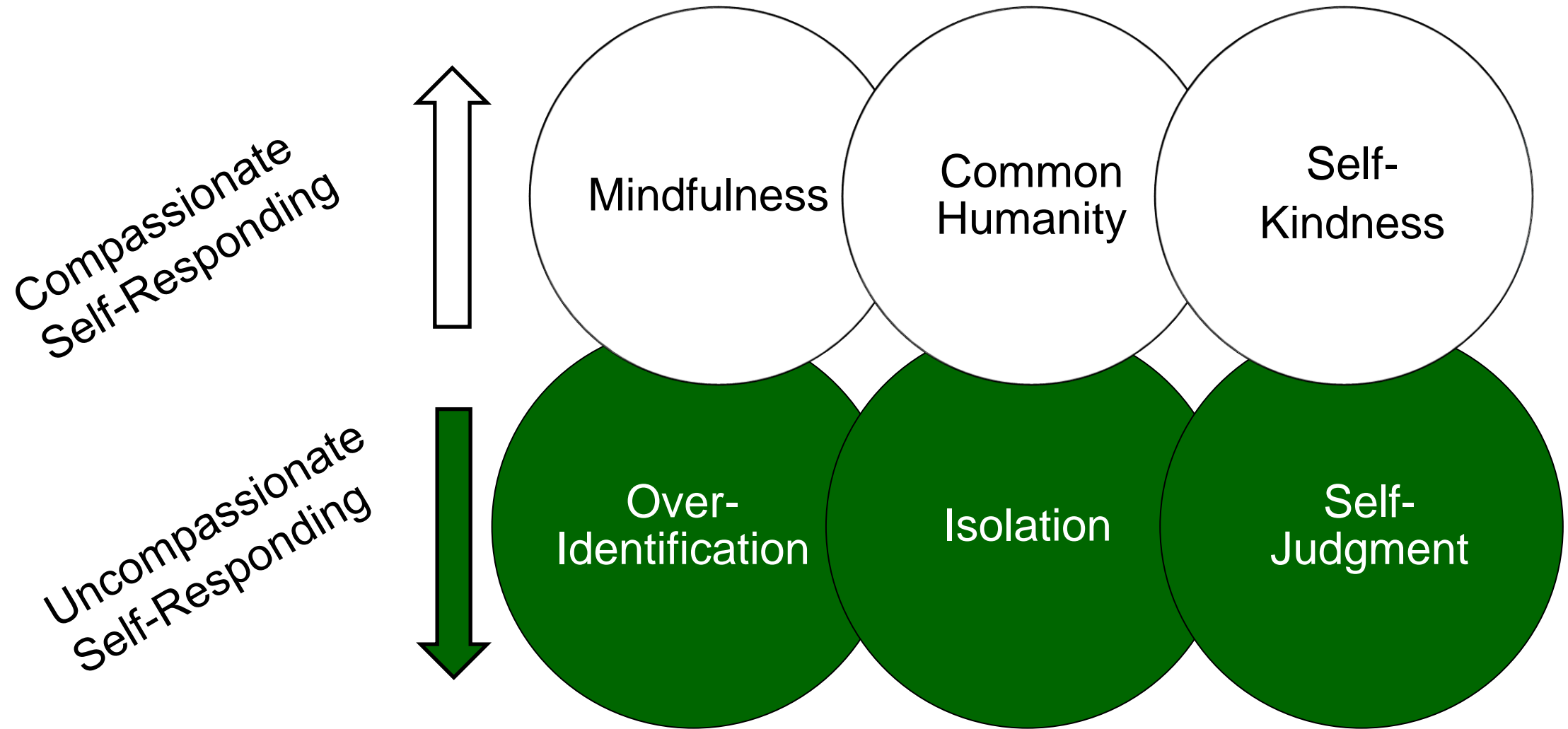


Reis et al. (in press)  
*Qualitative Research in  
Sport, Exercise and Health*



In Progress

# What *is* Self-Compassion?



(Neff, 2003a, 2003b, 2020)



UNIVERSITY OF SASKATCHEWAN

College of Kinesiology

KINESIOLOGY.USASK.CA

# Self-Compassion in Sport Research

Despite support for self-compassion in sport, few studies focus on men athletes specifically

An increasing number of self-compassion in sport studies include both women and men athletes

The benefits of self-compassion appear to be similar for men athletes

Higher levels of self-compassion predicts help-seeking behaviour in men athletes

(Barczak & Eklund, 2018; Ceccarelli et al., 2019; Wasylikiw & Clairo, 2018)



# Study 1 – Quantitative Survey

## Key Results- Correlations (after controlling for self-esteem)

	<b>Self-compassion</b>
Psychological Well-being	.66**(.10*)
Internalized Shame	-.74**(-.23**)
Fear of Failure	-.63**(-.31**)
Fear of Negative Evaluation	-.54**(-.28**)
State Rumination	-.57**(-.42**)
State Self-criticism	-.52**(-.35**)
Concern over Mistakes	-.56**(-.34**)
Fear of Compassion for Self	-.49**(-.15*)
Inclusive Masculinity	.30**(.08)
Hegemonic Masculinity	-.32**(-.19**)

(Reis et al., 2019)



# Study 2 – Qualitative Interviews and Reflexive Photography

## Key Results - Qualitative Interviews

*Men athletes in our study generally represent a version of masculinity that is accepting of other representations of masculinity, and they were open and willing to accept and embrace self-compassion, particularly if it helps them improve their sport performance.*

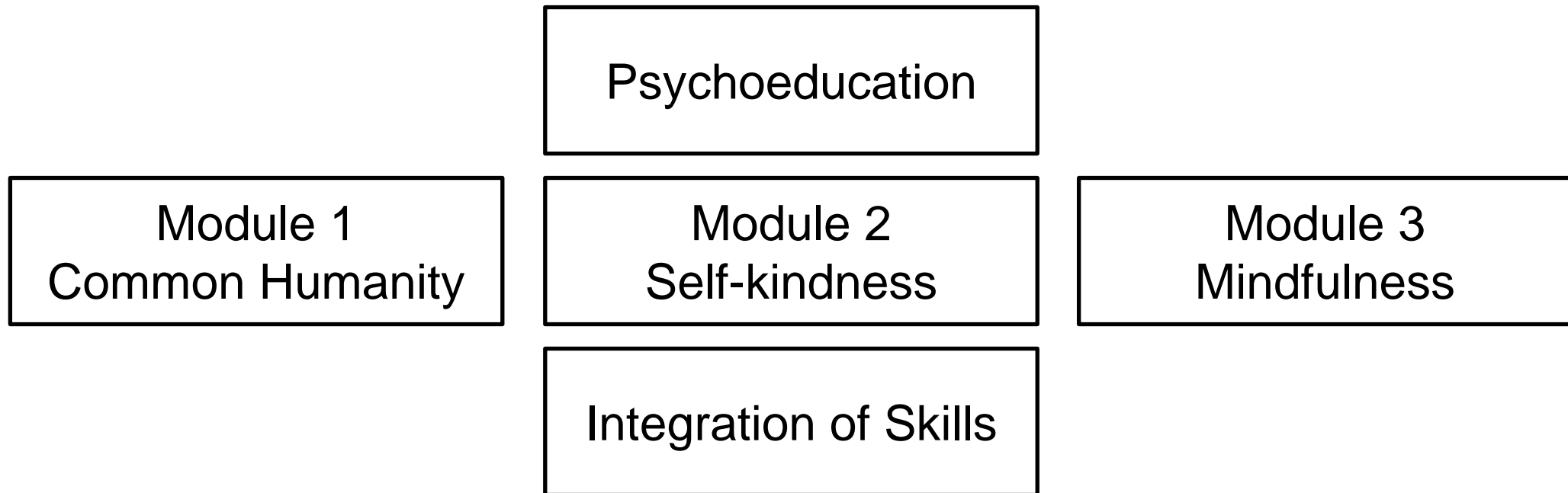
(Reis et al., in press)



# Study 3 – Quantitative Intervention

## Purpose

To evaluate the feasibility and effectiveness of a 1-week self-compassion in sport intervention with men athletes (adapted from Mosewich et al., 2013)



# Knowledge Translation - Examples

Home | About | Media and Announcements | Stay Connected | Contact Us | Français | Login | Post to SIRC.ca

**SIRC**

Advanced Search Search SIRC.ca Search

Resources News SIRC Blog Events Research to Practice

Home > Self-Compassion in Sport 101

SIRCUIIT View All Blogs

## Self-Compassion in Sport 101

January 11, 2021  
by Nathan Reis, Kent Kowalski, Amber Mosewich, and Leah Ferguson

Athlete Development Coaching Injury Mental Health Mental Skills Physical Health

**Self-Kinpassion**  
A Sport, Health, and Exercise Self-Compassion Website

HOME STRATEGIES CONTACT

Be kind and compassionate :)|

## What is Self-Kinpassion?

If you are not familiar with the word “self-kinpassion”, you are not alone... because we made it up for this website. It’s just our (attempt to be) clever way to share some of our research and applied work on self-compassion in the field of kinesiology.