**Appendix A: Full Search Strategies**

Total: 563  
Duplicates: 213  
Unique: 350

Embase.com  
216 results on 2/13/23

1. 'self compassion'/exp OR selfcompassion:ti,ab,kw,de OR 'self compassion':ti,ab,kw,de OR ((compassion\* NEAR/2 (self OR oneself)):ti,ab)

2. 'caregiver'/exp OR 'care giver':ti,ab,kw,de OR caregiver:ti,ab,kw,de OR 'caregivers':ti,ab,kw,de OR 'carer':ti,ab,kw,de OR caregiving:ti,ab,kw,de OR 'carers':ti,ab,kw,de OR 'family caregiver':ti,ab,kw,de OR 'family caregivers':ti,ab,kw,de OR spouse:ti,ab,kw,de OR parent:ti,ab,kw,de

3. 1 AND 2

Web of Science  
246 results on 2/13/23

**1. TS= ("selfcompassion" OR "self-compassion" OR "self compassion" OR (compassion\* NEAR/3 (self OR oneself)))**

2. TS= ( "care-giver" OR "care giver" OR "caregiver" OR "caregivers" OR "carer" OR "caregiving" OR "carers" OR "family caregiver" OR "family caregivers" OR "spouse" OR "parent" OR “sibling” OR “siblings”)

3. 1 AND 2

PubMed  
101 results on 2/13/23

("Caregivers"[Mesh] OR care giver[TIAB] OR caregiver[TIAB] OR caregivers[TIAB] OR carer[TIAB] OR caregiving[TIAB] OR carers[TIAB] OR spouse[TIAB] OR spouses[tiab] OR sibling[tiab] OR siblings[tiab]) AND ("Self-Compassion"[Mesh] OR selfcompassion[tiab] OR self-compassion[tiab])