

**Self-compassion and self-stigma as mediators between mindfulness and life satisfaction
among people living with HIV**

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Abstract

The aim of the present study was to examine whether self-compassion and self-stigma mediate the relationship between mindfulness and life satisfaction among people living with HIV in Hong Kong. 291 participants aged 22-86 from the Kowloon Bay Integrated Treatment Centre completed the survey with scales measuring mindfulness, self-compassion, self-stigma and life satisfaction. PROCESS, a SPSS macro program, was then used to analyze the data and test the mediation effects. The results indicated that both self-compassion and self-stigma served as mediators between mindfulness and life satisfaction. Further research can be extended to other stigmatized groups to test if this mediation model is likewise applicable.