

ABSTRACT

Background: Clinical Depression is a highly disabling mental disorder that affects more and more people in modern society. It is important to explore new treatment approaches to help patients who do not benefit from current treatments due to individual differences and/or drug resistance.

Objective: The purpose of this present study was to test the treatment effect of combining Compassion Meditation (CM) and Depressives Anonymous (DA) that is an unprofessional internet mutual support group established for depressives, in reducing subjects' depressive symptoms. It was hypothesized that the combined treatment (CMDA) of CM and DA would help reduce depressive symptoms.

Methods: Individuals (N=10, age \geq 18, the depression index of SDS $>$ 0.5) diagnosed with depression were assigned to the intervention group and assessed at baseline, treatment midpoint, treatment completion during a period of four weeks by the packaged questionnaire (including SDS, Self-compassion scale, openness scale, PSSS, ULS-6).

Conclusion: The study failed to show significant treatment effect of compassion meditation and depressive, but it revealed some relationships between measured psychological variables, such as depression and self-compassion. Further research should examine the combination treatment of compassion meditation and mutual support with more subjects.

Keywords: Compassion meditation, self-support, depression, self-compassion, social support, openness