READ ME File For 'Empirical – Moral Injury and Compassion in Military – Raw data’

Dataset DOI:  https://doi.org/10.5258/SOTON/D2741

ReadMe Author: LEANNE MORGAN, University of Southampton ORCID ID: 0009-0009-9773-3721

This dataset supports the thesis entitled: An Investigation into the use of Compassion-focused Interventions for Moral Injury and Post-Traumatic Stress Disorder in Military Veterans

AWARDED BY: University of Southampton

DATE OF AWARD: 2023

DESCRIPTION OF THE DATA

This data reflects the raw data of 127 participants who took part in the empirical part of the study exploring moral injury, psychological distress, alcohol use, and the varying facets of compassion in military veterans. The data reflects the participant number, demographic information, and raw scores and total summed scores for the moral injury questionnaire (EMIS-M), shame questionnaire (EISS), forms or self-criticising/attacking and reassurance questionnaire (FSCRS), psychological distress questionnaire (CORE-10), fears of compassion questionnaire (FCS), alcohol use questionnaire (AUDIT), and the three flows of compassion questionnaire (CEAS). Further details of specific questionnaire questions and summed scores can be viewed in the ‘variable view’ within SPSS.

The data was collected from September 2022 until February 2023 via an anonymous survey and two advertisements which were shared on social media platforms including Facebook, Twitter, and online military-based groups. SPSS is required to view the data.

[This should include a detailed description of the data, how it was collected/created, any specialist software needed to view the data]

This dataset contains:

Raw data sets of 127 participants depicting data related to demographic information, moral injury, shame, forms of self-criticising/attacking and reassurance, psychological distress, alcohol use, and the three flows of compassion.

Date of data collection: September 2022 – February 2023

Information about geographic location of data collection:

Licence:

CC BY

Related projects/Funders:

None

Related publication:

None

Date that the file was created: May 2023

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READ ME File For 'Meta-analysis – Cross sectional studies for systematic review paper’

Dataset DOI:  https://doi.org/10.5258/SOTON/D2741

ReadMe Author: LEANNE MORGAN, University of Southampton ORCID ID: 0009-0009-9773-3721

This dataset supports the thesis entitled: An Investigation into the use of Compassion-focused Interventions for Moral Injury and Post-Traumatic Stress Disorder in Military Veterans

AWARDED BY: University of Southampton

DATE OF AWARD: 2023

DESCRIPTION OF THE DATA

This data reflects the effect sizes of a total of 8 cross-sectional studies used in one of my three meta-analyses exploring ‘Does Self-Compassion Reduce Post Traumatic Stress Disorder Symptoms in Military Veterans?’. The effect sizes used are correlation co-efficient and can be depicted in the ‘correlation’ column of the data set. The dataset also depicts the name of each study. Upon carrying out a random effects meta-analysis, the dataset depicts the lower and upper limits of the data as well as the z-values and p-values. The lines within the data set reflect the 95% confidence interval of the effect size for each individual study, as well as a mean effect size and confidence interval across the 8 studies combined.

The data was extracted from studies between October 2022 and February 2023. The Comprehensive Meta-analysis software is required to view the data.

This dataset contains:

Effect sizes and names of eight cross-sectional studies included within my meta-analysis.

Date of data collection: October 2022 – February 2023

Information about geographic location of data collection: (Conducted online) Hampshire, United Kingdom

Licence:

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Related projects/Funders:

None

Related publication:

None

Date that the file was created: March 2023

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READ ME File For 'Meta-analysis – Intervention studies exploring PTSD scores for systematic review paper’

Dataset DOI:  https://doi.org/10.5258/SOTON/D2741

ReadMe Author: LEANNE MORGAN, University of Southampton ORCID ID: 0009-0009-9773-3721

This dataset supports the thesis entitled: An Investigation into the use of Compassion-focused Interventions for Moral Injury and Post-Traumatic Stress Disorder in Military Veterans

AWARDED BY: University of Southampton

DATE OF AWARD: 2023

DESCRIPTION OF THE DATA

This data reflects the effect sizes of a total of 4 intervention-based studies used for one of my three meta-analyses exploring ‘Does Self-Compassion Reduce Post Traumatic Stress Disorder Symptoms in Military Veterans?’. The effect sizes used are hedge’s g and can be depicted in the ‘hedges g’ column of the data set. The meta-analysis aims to explore whether self-compassion reduces levels of PTSD symptoms in veterans, where the hedges g is reflective of the effect size for PTSD scores among the studies. The dataset also depicts the name of each study. Upon carrying out a random effects meta-analysis, the dataset depicts the standard error of the data, the variance of the data, the lower and upper limits of the data, and the z and p value. The lines within the data set reflect the 95% confidence interval of the effect size for each individual study, as well as a mean effect size and confidence interval across the 4 studies combined for the use of self-compassion interventions on PTSD symptoms.

The data was extracted from studies between October 2022 and February 2023. The Comprehensive Meta-analysis software is required to view the data.

This dataset contains:

Effect sizes and names of four cross-sectional studies included within my meta-analysis exploring self-compassion interventions and potential changes in PTSD scores.

Date of data collection: October 2022 – February 2023

Information about geographic location of data collection: (Conducted online) Hampshire, United Kingdom

Licence:

CC BY

Related projects/Funders:

None

Related publication:

None

Date that the file was created: March 2023

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READ ME File For 'Meta-analysis – Intervention studies exploring self-compassion scores for systematic review paper’

Dataset DOI:  https://doi.org/10.5258/SOTON/D2741

ReadMe Author: LEANNE MORGAN, University of Southampton ORCID ID: 0009-0009-9773-3721

This dataset supports the thesis entitled: An Investigation into the use of Compassion-focused Interventions for Moral Injury and Post-Traumatic Stress Disorder in Military Veterans

AWARDED BY: University of Southampton

DATE OF AWARD: 2023

DESCRIPTION OF THE DATA

This data reflects the effect sizes of a total of 4 intervention-based studies used for one of my three meta-analyses exploring ‘Does Self-Compassion Reduce Post Traumatic Stress Disorder Symptoms in Military Veterans?’. The effect sizes used are hedge’s g and can be depicted in the ‘hedges g’ column of the data set. The meta-analysis aims to explore whether self-compassion impacts levels of self-compassion in veterans, where the hedges g is reflective of the effect size for self-compassion scores among the studies. The dataset also depicts the name of each study. Upon carrying out a random effects meta-analysis, the dataset depicts the standard error of the data, the variance of the data, the lower and upper limits of the data, and the z and p value. The lines within the data set reflect the 95% confidence interval of the effect size for each individual study, as well as a mean effect size and confidence interval across the 4 studies combined for the use of self-compassion interventions for levels of self-compassion among veterans.

The data was extracted from studies between October 2022 and February 2023. The Comprehensive Meta-analysis software is required to view the data.

This dataset contains:

Effect sizes and names of four cross-sectional studies included within my meta-analysis exploring self-compassion interventions and self-compassion levels among veterans.

Date of data collection: October 2022 – February 2023

Information about geographic location of data collection: (Conducted online) Hampshire, United Kingdom

Licence:

CC BY

Related projects/Funders:

None

Related publication:

None

Date that the file was created: March 2023