

ANALISI DI REGRESSIONE 4 (PWB ~ coping * risorse)

(AU ~ SU * autocompassione)

Model Summary – benAmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.750
H ₁	0.547	0.299	0.291	0.632

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	40.631	3	13.544	33.910	< .001
	Residual	95.059	238	0.399		
	Total	135.690	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.486	0.048		93.013	< .001
H ₁	(Intercept)	3.158	0.509		6.200	< .001
	SU_mean411	-0.288	0.400	-0.177	-0.720	0.472
	SelfComp_mean	0.515	0.162	0.491	3.181	0.002
	SU_mean411 * SelfComp_mean	0.010	0.131	0.020	0.073	0.942

(EM ~ SU * autocompassione)

Model Summary – benEMmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.844
H ₁	0.707	0.499	0.493	0.601

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	85.799	3	28.600	79.150	< .001
	Residual	85.998	238	0.361		
	Total	171.797	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.451	0.054		82.010	< .001
H ₁	(Intercept)	2.603	0.485		5.372	< .001
	SU_mean411	-0.586	0.381	-0.320	-1.540	0.125
	SelfComp_mean	0.657	0.154	0.557	4.270	< .001
	SU_mean411 * SelfComp_mean	0.125	0.124	0.227	1.001	0.318

(PG ~ SU * autocompassione)

Model Summary – benPGmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.665
H ₁	0.501	0.251	0.241	0.579

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	26.766	3	8.922	26.575	< .001
	Residual	79.902	238	0.336		
	Total	106.668	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.816	0.043		112.601	< .001
H ₁	(Intercept)	4.018	0.467		8.602	< .001
	SU_mean411	-0.504	0.367	-0.350	-1.374	0.171
	SelfComp_mean	0.302	0.148	0.325	2.039	0.043
	SU_mean411 * SelfComp_mean	0.118	0.120	0.272	0.982	0.327

(PRO ~ SU * autocompassione)

Model Summary – benPROmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.871
H ₁	0.558	0.311	0.303	0.727

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	56.930	3	18.977	35.885	< .001
	Residual	125.859	238	0.529		
	Total	182.788	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.535	0.056		81.014	< .001
H ₁	(Intercept)	2.751	0.586		4.693	< .001
	SU_mean411	-0.245	0.460	-0.130	-0.532	0.595
	SelfComp_mean	0.626	0.186	0.514	3.363	< .001
	SU_mean411 * SelfComp_mean	0.025	0.150	0.044	0.165	0.869

(PL ~ SU * autocompassione)

Model Summary – benPLmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.824
H ₁	0.589	0.347	0.339	0.670

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	56.845	3	18.948	42.200	< .001
	Residual	106.865	238	0.449		
	Total	163.710	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.618	0.053		87.159	< .001
H ₁	(Intercept)	2.790	0.540		5.165	< .001
	SU_mean411	-0.220	0.424	-0.123	-0.517	0.605
	SelfComp_mean	0.630	0.172	0.547	3.673	< .001
	SU_mean411 * SelfComp_mean	0.025	0.139	0.047	0.181	0.856

(SA ~ SU * autocompassione)

Model Summary – benSAmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.965
H ₁	0.777	0.604	0.599	0.611

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	135.675	3	45.225	121.037	< .001
	Residual	88.928	238	0.374		
	Total	224.603	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.374	0.062		70.488	< .001
H ₁	(Intercept)	0.788	0.493		1.599	0.111
	SU_mean411	0.256	0.387	0.123	0.662	0.508
	SelfComp_mean	1.168	0.157	0.865	7.460	< .001
	SU_mean411 * SelfComp_mean	-0.111	0.127	-0.176	-0.874	0.383

(AU ~ ES * autocompassione)

Model Summary – benAmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.750
H ₁	0.534	0.285	0.276	0.638

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	38.689	3	12.896	31.642	< .001
	Residual	97.002	238	0.408		
	Total	135.690	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.486	0.048		93.013	< .001
H ₁	(Intercept)	3.758	0.573		6.562	< .001
	ES_mean515	-0.472	0.255	-0.445	-1.847	0.066
	SelfComp_mean	0.259	0.177	0.247	1.462	0.145
	ES_mean515 * SelfComp_mean	0.137	0.080	0.473	1.707	0.089

(EM ~ ES * autocompassione)

Model Summary – benEMmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.844
H ₁	0.703	0.494	0.488	0.604

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	84.866	3	28.289	77.449	< .001
	Residual	86.931	238	0.365		
	Total	171.797	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.451	0.054		82.010	< .001
H ₁	(Intercept)	2.474	0.542		4.564	< .001
	ES_mean515	-0.277	0.242	-0.232	-1.145	0.254
	SelfComp_mean	0.701	0.168	0.594	4.181	< .001
	ES_mean515 * SelfComp_mean	0.052	0.076	0.161	0.689	0.492

(PG ~ ES * autocompassione)

Model Summary – benPGmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.665
H ₁	0.499	0.249	0.239	0.580

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	26.542	3	8.847	26.280	< .001
	Residual	80.126	238	0.337		
	Total	106.668	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.816	0.043		112.601	< .001
H ₁	(Intercept)	4.074	0.520		7.828	< .001
	ES_mean515	-0.314	0.232	-0.335	-1.355	0.177
	SelfComp_mean	0.292	0.161	0.315	1.816	0.071
	ES_mean515 * SelfComp_mean	0.073	0.073	0.284	1.000	0.318

(PRO ~ ES * autocompassione)

Model Summary – benPROmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.871
H ₁	0.555	0.308	0.299	0.729

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	56.246	3	18.749	35.263	< .001
	Residual	126.542	238	0.532		
	Total	182.788	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.535	0.056		81.014	< .001
H ₁	(Intercept)	3.082	0.654		4.713	< .001
	ES_mean515	-0.308	0.292	-0.250	-1.055	0.292
	SelfComp_mean	0.496	0.202	0.408	2.451	0.015
	ES_mean515 * SelfComp_mean	0.081	0.092	0.241	0.884	0.378

(PL ~ ES * autocompassione)

Model Summary – benPLmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.824
H ₁	0.592	0.350	0.342	0.669

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	57.310	3	19.103	42.732	< .001
	Residual	106.400	238	0.447		
	Total	163.710	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.618	0.053		87.159	< .001
H ₁	(Intercept)	3.427	0.600		5.715	< .001
	ES_mean515	-0.433	0.267	-0.372	-1.619	0.107
	SelfComp_mean	0.425	0.186	0.369	2.290	0.023
	ES_mean515 * SelfComp_mean	0.115	0.084	0.362	1.371	0.172

(SA ~ ES * autocompassione)

Model Summary – benSAmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.965
H ₁	0.780	0.609	0.604	0.608

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	136.748	3	45.583	123.483	< .001
	Residual	87.855	238	0.369		
	Total	224.603	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.374	0.062		70.488	< .001
H ₁	(Intercept)	1.847	0.545		3.389	< .001
	ES_mean515	-0.356	0.243	-0.261	-1.464	0.144
	SelfComp_mean	0.865	0.169	0.641	5.130	< .001
	ES_mean515 * SelfComp_mean	0.083	0.076	0.222	1.082	0.281

(AU ~ IS * autocompassione)

Model Summary – benAmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.750
H ₁	0.545	0.298	0.289	0.633

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	40.376	3	13.459	33.606	< .001
	Residual	95.314	238	0.400		
	Total	135.690	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.486	0.048		93.013	< .001
H ₁	(Intercept)	4.068	0.591		6.885	< .001
	IS_mean1023	-0.593	0.260	-0.505	-2.281	0.023
	SelfComp_mean	0.221	0.181	0.211	1.218	0.225
	IS_mean1023 * SelfComp_mean	0.147	0.082	0.464	1.806	0.072

(EM ~ IS * autocompassione)

Model Summary – benEMmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.844
H ₁	0.698	0.487	0.481	0.608

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	83.696	3	27.899	75.366	< .001
	Residual	88.101	238	0.370		
	Total	171.797	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.451	0.054		82.010	< .001
H ₁	(Intercept)	2.306	0.568		4.060	< .001
	IS_mean1023	-0.198	0.250	-0.150	-0.791	0.430
	SelfComp_mean	0.725	0.174	0.614	4.154	< .001
	IS_mean1023 * SelfComp_mean	0.041	0.078	0.116	0.527	0.599

(PG ~ IS * autocompassione)

Model Summary – benPGmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.665
H ₁	0.493	0.243	0.234	0.582

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	25.949	3	8.650	25.504	< .001
	Residual	80.718	238	0.339		
	Total	106.668	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.816	0.043		112.601	< .001
H ₁	(Intercept)	3.963	0.544		7.289	< .001
	IS_mean1023	-0.259	0.239	-0.248	-1.080	0.281
	SelfComp_mean	0.314	0.167	0.338	1.882	0.061
	IS_mean1023 * SelfComp_mean	0.061	0.075	0.218	0.818	0.414

(PRO ~ IS * autocompassione)

Model Summary – benPROmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.871
H ₁	0.556	0.309	0.301	0.728

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	56.562	3	18.854	35.549	< .001
	Residual	126.226	238	0.530		
	Total	182.788	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.535	0.056		81.014	< .001
H ₁	(Intercept)	2.437	0.680		3.584	< .001
	IS_mean1023	0.009	0.299	0.007	0.030	0.976
	SelfComp_mean	0.734	0.209	0.603	3.516	< .001
	IS_mean1023 * SelfComp_mean	-0.036	0.094	-0.099	-0.389	0.698

(PL ~ IS * autocompassione)

Model Summary – benPLmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.824
H ₁	0.587	0.344	0.336	0.672

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	56.357	3	18.786	41.648	< .001
	Residual	107.353	238	0.451		
	Total	163.710	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.618	0.053		87.159	< .001
H ₁	(Intercept)	3.047	0.627		4.860	< .001
	IS_mean1023	-0.249	0.276	-0.193	-0.901	0.368
	SelfComp_mean	0.536	0.193	0.465	2.784	0.006
	IS_mean1023 * SelfComp_mean	0.061	0.087	0.175	0.704	0.482

(SA ~ IS * autocompassione)

Model Summary – benSAmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.965
H ₁	0.779	0.607	0.602	0.609

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	136.266	3	45.422	122.379	< .001
	Residual	88.336	238	0.371		
	Total	224.603	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.374	0.062		70.488	< .001
H ₁	(Intercept)	1.552	0.569		2.729	0.007
	IS_mean1023	-0.208	0.251	-0.138	-0.832	0.406
	SelfComp_mean	0.963	0.175	0.714	5.513	< .001
	IS_mean1023 * SelfComp_mean	0.033	0.078	0.081	0.422	0.673

(AU ~ BD * autocompassione)

Model Summary – benAmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.750
H ₁	0.530	0.280	0.271	0.640

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	38.058	3	12.686	30.925	< .001
	Residual	97.632	238	0.410		
	Total	135.690	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.486	0.048		93.013	< .001
H ₁	(Intercept)	3.167	0.519		6.105	< .001
	BD_mean616	-0.379	0.383	-0.224	-0.991	0.323
	SelfComp_mean	0.367	0.173	0.350	2.125	0.035
	BD_mean616 * SelfComp_mean	0.167	0.137	0.279	1.218	0.224

(EM ~ BD * autocompassione)

Model Summary – benEMmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.844
H ₁	0.719	0.517	0.511	0.590

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	88.835	3	29.612	84.950	< .001
	Residual	82.962	238	0.349		
	Total	171.797	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.451	0.054		82.010	< .001
H ₁	(Intercept)	3.513	0.478		7.347	< .001
	BD_mean616	-1.228	0.353	-0.644	-3.480	< .001
	SelfComp_mean	0.347	0.159	0.294	2.179	0.030
	BD_mean616 * SelfComp_mean	0.357	0.126	0.531	2.829	0.005

(PG ~ BD * autocompassione)

Model Summary – benPGmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.665
H ₁	0.543	0.295	0.286	0.562

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	31.424	3	10.475	33.133	< .001
	Residual	75.243	238	0.316		
	Total	106.668	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.816	0.043		112.601	< .001
H ₁	(Intercept)	5.155	0.455		11.320	< .001
	BD_mean616	-1.328	0.336	-0.883	-3.951	< .001
	SelfComp_mean	-0.068	0.152	-0.073	-0.446	0.656
	BD_mean616 * SelfComp_mean	0.398	0.120	0.752	3.311	0.001

(PRO ~ BD * autocompassione)

Model Summary – benPROmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.871
H ₁	0.566	0.320	0.312	0.723

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	58.543	3	19.514	37.381	< .001
	Residual	124.246	238	0.522		
	Total	182.788	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.535	0.056		81.014	< .001
H ₁	(Intercept)	2.785	0.585		4.759	< .001
	BD_mean616	-0.163	0.432	-0.083	-0.378	0.706
	SelfComp_mean	0.663	0.195	0.544	3.403	< .001
	BD_mean616 * SelfComp_mean	-0.039	0.154	-0.057	-0.255	0.799

(PL ~ BD * autocompassione)

Model Summary – benPLmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.824
H ₁	0.610	0.372	0.364	0.657

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	60.963	3	20.321	47.071	< .001
	Residual	102.747	238	0.432		
	Total	163.710	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.618	0.053		87.159	< .001
H ₁	(Intercept)	4.127	0.532		7.754	< .001
	BD_mean616	-1.229	0.393	-0.660	-3.128	0.002
	SelfComp_mean	0.190	0.177	0.165	1.071	0.285
	BD_mean616 * SelfComp_mean	0.371	0.140	0.565	2.639	0.009

(SA ~ BD * autocompassione)

Model Summary – benSAmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.965
H ₁	0.789	0.622	0.617	0.597

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	139.728	3	46.576	130.606	< .001
	Residual	84.874	238	0.357		
	Total	224.603	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.374	0.062		70.488	< .001
H ₁	(Intercept)	2.672	0.484		5.524	< .001
	BD_mean616	-1.234	0.357	-0.565	-3.456	< .001
	SelfComp_mean	0.548	0.161	0.406	3.404	< .001
	BD_mean616 * SelfComp_mean	0.394	0.128	0.513	3.085	0.002

(AU ~ PR * autocompassione)

Model Summary – benAmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.750
H ₁	0.525	0.276	0.267	0.643

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	37.420	3	12.473	30.209	< .001
	Residual	98.271	238	0.413		
	Total	135.690	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.486	0.048		93.013	< .001
H ₁	(Intercept)	2.948	0.727		4.056	< .001
	PR_mean1217	-0.086	0.271	-0.085	-0.315	0.753
	SelfComp_mean	0.518	0.224	0.494	2.317	0.021
	PR_mean1217 * SelfComp_mean	0.015	0.081	0.068	0.183	0.855

(EM ~ PR * autocompassione)

Model Summary – benEMmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.844
H ₁	0.697	0.486	0.479	0.609

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	83.477	3	27.826	74.983	< .001
	Residual	88.320	238	0.371		
	Total	171.797	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.451	0.054		82.010	< .001
H ₁	(Intercept)	2.225	0.689		3.230	0.001
	PR_mean1217	-0.129	0.257	-0.114	-0.502	0.616
	SelfComp_mean	0.675	0.212	0.572	3.184	0.002
	PR_mean1217 * SelfComp_mean	0.052	0.077	0.209	0.669	0.504

(PG ~ PR * autocompassione)

Model Summary – benPGmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.665
H ₁	0.530	0.281	0.272	0.568

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	29.935	3	9.978	30.950	< .001
	Residual	76.732	238	0.322		
	Total	106.668	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.816	0.043		112.601	< .001
H ₁	(Intercept)	1.820	0.642		2.834	0.005
	PR_mean1217	0.644	0.240	0.718	2.687	0.008
	SelfComp_mean	0.808	0.198	0.869	4.088	< .001
	PR_mean1217 * SelfComp_mean	-0.148	0.072	-0.761	-2.058	0.041

(PRO ~ PR * autocompassione)

Model Summary – benPROmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.871
H ₁	0.551	0.304	0.295	0.731

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	55.522	3	18.507	34.611	< .001
	Residual	127.266	238	0.535		
	Total	182.788	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.535	0.056		81.014	< .001
H ₁	(Intercept)	2.240	0.827		2.708	0.007
	PR_mean1217	0.074	0.309	0.063	0.241	0.810
	SelfComp_mean	0.708	0.255	0.581	2.780	0.006
	PR_mean1217 * SelfComp_mean	-0.016	0.092	-0.063	-0.173	0.863

(PL ~ PR * autocompassione)

Model Summary – benPLmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.824
H ₁	0.603	0.363	0.355	0.662

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	59.462	3	19.821	45.251	< .001
	Residual	104.248	238	0.438		
	Total	163.710	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.618	0.053		87.159	< .001
H ₁	(Intercept)	1.030	0.749		1.375	0.170
	PR_mean1217	0.599	0.279	0.539	2.143	0.033
	SelfComp_mean	1.015	0.230	0.881	4.404	< .001
	PR_mean1217 * SelfComp_mean	-0.141	0.084	-0.586	-1.683	0.094

(SA ~ PR * autocompassione)

Model Summary – benSAmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.965
H ₁	0.777	0.603	0.598	0.612

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	135.516	3	45.172	120.680	< .001
	Residual	89.086	238	0.374		
	Total	224.603	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.374	0.062		70.488	< .001
H ₁	(Intercept)	0.700	0.692		1.012	0.313
	PR_mean1217	0.155	0.258	0.119	0.602	0.548
	SelfComp_mean	1.119	0.213	0.830	5.257	< .001
	PR_mean1217 * SelfComp_mean	-0.032	0.077	-0.113	-0.412	0.681

(AU ~ P * autocompassione)

Model Summary – benAmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.750
H ₁	0.524	0.275	0.266	0.643

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	37.321	3	12.440	30.099	< .001
	Residual	98.369	238	0.413		
	Total	135.690	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.486	0.048		93.013	< .001
H ₁	(Intercept)	2.486	0.844		2.944	0.004
	P_mean1425	0.097	0.285	0.090	0.341	0.733
	SelfComp_mean	0.612	0.265	0.583	2.307	0.022
	P_mean1425 * SelfComp_mean	-0.023	0.087	-0.109	-0.266	0.790

(EM ~ P * autocompassione)

Model Summary – benEMmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.844
H ₁	0.705	0.497	0.491	0.602

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	85.431	3	28.477	78.474	< .001
	Residual	86.366	238	0.363		
	Total	171.797	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.451	0.054		82.010	< .001
H ₁	(Intercept)	0.804	0.791		1.016	0.311
	P_mean1425	0.398	0.267	0.329	1.492	0.137
	SelfComp_mean	1.030	0.249	0.873	4.144	< .001
	P_mean1425 * SelfComp_mean	-0.083	0.082	-0.345	-1.015	0.311

(PG ~ P * autocompassione)

Model Summary – benPGmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.665
H ₁	0.552	0.305	0.296	0.558

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	32.484	3	10.828	34.739	< .001
	Residual	74.184	238	0.312		
	Total	106.668	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.816	0.043		112.601	< .001
H ₁	(Intercept)	1.731	0.733		2.361	0.019
	P_mean1425	0.634	0.247	0.665	2.565	0.011
	SelfComp_mean	0.749	0.230	0.806	3.254	0.001
	P_mean1425 * SelfComp_mean	-0.122	0.076	-0.647	-1.620	0.107

(PRO ~ P * autocompassione)

Model Summary – benPROmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.871
H ₁	0.554	0.306	0.298	0.730

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	56.023	3	18.674	35.061	< .001
	Residual	126.765	238	0.533		
	Total	182.788	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.535	0.056		81.014	< .001
H ₁	(Intercept)	1.458	0.959		1.521	0.130
	P_mean1425	0.335	0.323	0.268	1.036	0.301
	SelfComp_mean	0.953	0.301	0.783	3.166	0.002
	P_mean1425 * SelfComp_mean	-0.097	0.099	-0.393	-0.986	0.325

(PL ~ P * autocompassione)

Model Summary – benPLmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.824
H ₁	0.622	0.387	0.379	0.649

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	63.314	3	21.105	50.031	< .001
	Residual	100.396	238	0.422		
	Total	163.710	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.618	0.053		87.159	< .001
H ₁	(Intercept)	-0.269	0.853		-0.315	0.753
	P_mean1425	0.999	0.288	0.846	3.473	< .001
	SelfComp_mean	1.368	0.268	1.187	5.105	< .001
	P_mean1425 * SelfComp_mean	-0.252	0.088	-1.075	-2.868	0.005

(SA ~ P * autocompassione)

Model Summary – benSAmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.965
H ₁	0.781	0.611	0.606	0.606

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	137.131	3	45.710	124.371	< .001
	Residual	87.472	238	0.368		
	Total	224.603	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.374	0.062		70.488	< .001
H ₁	(Intercept)	-0.658	0.796		-0.827	0.409
	P_mean1425	0.608	0.268	0.440	2.264	0.024
	SelfComp_mean	1.537	0.250	1.139	6.145	< .001
	P_mean1425 * SelfComp_mean	-0.171	0.082	-0.622	-2.082	0.038

(AU ~ H * autocompassione)

Model Summary – benAmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.750
H ₁	0.527	0.278	0.269	0.642

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	37.702	3	12.567	30.524	< .001
	Residual	97.988	238	0.412		
	Total	135.690	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.486	0.048		93.013	< .001
H ₁	(Intercept)	2.623	0.538		4.878	< .001
	H_mean1828	0.053	0.231	0.059	0.231	0.817
	SelfComp_mean	0.625	0.166	0.596	3.754	< .001
	H_mean1828 * SelfComp_mean	-0.032	0.071	-0.138	-0.452	0.652

(EM ~ H * autocompassione)

Model Summary – benEMmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.844
H ₁	0.703	0.494	0.488	0.604

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	84.879	3	28.293	77.472	< .001
	Residual	86.918	238	0.365		
	Total	171.797	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.451	0.054		82.010	< .001
H ₁	(Intercept)	1.103	0.506		2.179	0.030
	H_mean1828	0.338	0.218	0.332	1.555	0.121
	SelfComp_mean	1.099	0.157	0.931	7.012	< .001
	H_mean1828 * SelfComp_mean	-0.123	0.067	-0.475	-1.855	0.065

(PG ~ H * autocompassione)

Model Summary – benPGmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.665
H ₁	0.489	0.239	0.230	0.584

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	25.504	3	8.501	24.929	< .001
	Residual	81.164	238	0.341		
	Total	106.668	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.816	0.043		112.601	< .001
H ₁	(Intercept)	3.013	0.489		6.157	< .001
	H_mean1828	0.172	0.210	0.214	0.818	0.414
	SelfComp_mean	0.559	0.151	0.602	3.694	< .001
	H_mean1828 * SelfComp_mean	-0.049	0.064	-0.240	-0.764	0.446

(PRO ~ H * autocompassione)

Model Summary – benPROmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.871
H ₁	0.552	0.305	0.296	0.731

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	55.705	3	18.568	34.775	< .001
	Residual	127.083	238	0.534		
	Total	182.788	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.535	0.056		81.014	< .001
H ₁	(Intercept)	2.731	0.612		4.461	< .001
	H_mean1828	-0.141	0.263	-0.134	-0.535	0.593
	SelfComp_mean	0.558	0.190	0.459	2.946	0.004
	H_mean1828 * SelfComp_mean	0.050	0.080	0.186	0.620	0.536

(PL ~ H * autocompassione)

Model Summary – benPLmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.824
H ₁	0.588	0.346	0.338	0.671

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	56.608	3	18.869	41.931	< .001
	Residual	107.102	238	0.450		
	Total	163.710	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.618	0.053		87.159	< .001
H ₁	(Intercept)	1.894	0.562		3.370	< .001
	H_mean1828	0.271	0.242	0.272	1.120	0.264
	SelfComp_mean	0.881	0.174	0.764	5.061	< .001
	H_mean1828 * SelfComp_mean	-0.093	0.074	-0.367	-1.260	0.209

(SA ~ H * autocompassione)

Model Summary – benSAmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.965
H ₁	0.780	0.608	0.603	0.608

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	136.599	3	45.533	123.141	< .001
	Residual	88.004	238	0.370		
	Total	224.603	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.374	0.062		70.488	< .001
H ₁	(Intercept)	0.235	0.510		0.461	0.645
	H_mean1828	0.377	0.219	0.323	1.722	0.086
	SelfComp_mean	1.331	0.158	0.986	8.438	< .001
	H_mean1828 * SelfComp_mean	-0.127	0.067	-0.428	-1.902	0.058

(AU ~ R * autocompassione)

Model Summary – benAmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.750
H ₁	0.543	0.295	0.286	0.634

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	40.019	3	13.340	33.185	< .001
	Residual	95.671	238	0.402		
	Total	135.690	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.486	0.048		93.013	< .001
H ₁	(Intercept)	3.673	0.434		8.473	< .001
	R_mean2227	-0.528	0.219	-0.592	-2.415	0.016
	SelfComp_mean	0.301	0.136	0.287	2.221	0.027
	R_mean2227 * SelfComp_mean	0.142	0.067	0.605	2.118	0.035

(EM ~ R * autocompassione)

Model Summary – benEMmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.844
H ₁	0.696	0.485	0.478	0.610

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	83.305	3	27.768	74.684	< .001
	Residual	88.491	238	0.372		
	Total	171.797	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.451	0.054		82.010	< .001
H ₁	(Intercept)	1.820	0.417		4.364	< .001
	R_mean2227	0.013	0.210	0.013	0.063	0.950
	SelfComp_mean	0.852	0.131	0.722	6.526	< .001
	R_mean2227 * SelfComp_mean	-0.014	0.064	-0.053	-0.219	0.827

(PG ~ R * autocompassione)

Model Summary – benPGmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.665
H ₁	0.488	0.239	0.229	0.584

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	25.453	3	8.484	24.863	< .001
	Residual	81.215	238	0.341		
	Total	106.668	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.816	0.043		112.601	< .001
H ₁	(Intercept)	3.521	0.399		8.814	< .001
	R_mean2227	-0.068	0.202	-0.086	-0.337	0.737
	SelfComp_mean	0.395	0.125	0.424	3.155	0.002
	R_mean2227 * SelfComp_mean	0.029	0.062	0.141	0.475	0.635

(PRO ~ R * autocompassione)

Model Summary – benPROmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.871
H ₁	0.561	0.314	0.306	0.726

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	57.471	3	19.157	36.382	< .001
	Residual	125.318	238	0.527		
	Total	182.788	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.535	0.056		81.014	< .001
H ₁	(Intercept)	2.507	0.496		5.052	< .001
	R_mean2227	-0.022	0.250	-0.021	-0.086	0.931
	SelfComp_mean	0.579	0.155	0.476	3.730	< .001
	R_mean2227 * SelfComp_mean	0.040	0.076	0.147	0.524	0.601

(PL ~ R * autocompassione)

Model Summary – benPLmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.824
H ₁	0.584	0.341	0.333	0.673

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	55.804	3	18.601	41.027	< .001
	Residual	107.906	238	0.453		
	Total	163.710	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.618	0.053		87.159	< .001
H ₁	(Intercept)	2.402	0.460		5.217	< .001
	R_mean2227	0.050	0.232	0.051	0.216	0.829
	SelfComp_mean	0.702	0.144	0.610	4.871	< .001
	R_mean2227 * SelfComp_mean	-0.016	0.071	-0.063	-0.227	0.820

(SA ~ R * autocompassione)

Model Summary – benSAmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.965
H ₁	0.779	0.607	0.603	0.609

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	136.440	3	45.480	122.775	< .001
	Residual	88.163	238	0.370		
	Total	224.603	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.374	0.062		70.488	< .001
H ₁	(Intercept)	1.626	0.416		3.907	< .001
	R_mean2227	-0.324	0.210	-0.282	-1.544	0.124
	SelfComp_mean	0.909	0.130	0.673	6.972	< .001
	R_mean2227 * SelfComp_mean	0.081	0.064	0.269	1.261	0.208

(AU ~ A * autocompassione)

Model Summary – benAmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.750
H ₁	0.525	0.276	0.266	0.643

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	37.396	3	12.465	30.182	< .001
	Residual	98.294	238	0.413		
	Total	135.690	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.486	0.048		93.013	< .001
H ₁	(Intercept)	2.100	1.117		1.880	0.061
	A_mean2024	0.183	0.313	0.146	0.584	0.560
	SelfComp_mean	0.776	0.369	0.740	2.104	0.036
	A_mean2024 * SelfComp_mean	-0.063	0.102	-0.288	-0.620	0.536

(EM ~ A * autocompassione)

Model Summary – benEMmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.844
H ₁	0.711	0.505	0.499	0.598

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	86.742	3	28.914	80.907	< .001
	Residual	85.055	238	0.357		
	Total	171.797	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.451	0.054		82.010	< .001
H ₁	(Intercept)	0.060	1.039		0.058	0.954
	A_mean2024	0.537	0.291	0.381	1.845	0.066
	SelfComp_mean	1.199	0.343	1.016	3.495	< .001
	A_mean2024 * SelfComp_mean	-0.115	0.095	-0.466	-1.212	0.227

(PG ~ A * autocompassione)

Model Summary – benPGmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.665
H ₁	0.509	0.259	0.250	0.576

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	27.677	3	9.226	27.797	< .001
	Residual	78.991	238	0.332		
	Total	106.668	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.816	0.043		112.601	< .001
H ₁	(Intercept)	1.714	1.001		1.712	0.088
	A_mean2024	0.495	0.281	0.445	1.764	0.079
	SelfComp_mean	0.838	0.331	0.901	2.536	0.012
	A_mean2024 * SelfComp_mean	-0.115	0.091	-0.592	-1.259	0.209

(PRO ~ A * autocompassione)

Model Summary – benPROmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.871
H ₁	0.553	0.306	0.297	0.730

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	55.958	3	18.653	35.002	< .001
	Residual	126.830	238	0.533		
	Total	182.788	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.535	0.056		81.014	< .001
H ₁	(Intercept)	2.196	1.269		1.730	0.085
	A_mean2024	0.075	0.356	0.051	0.211	0.833
	SelfComp_mean	0.653	0.419	0.536	1.558	0.121
	A_mean2024 * SelfComp_mean	0.001	0.116	0.005	0.011	0.991

(PL ~ A * autocompassione)

Model Summary – benPLmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.824
H ₁	0.592	0.350	0.342	0.669

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	57.316	3	19.105	42.738	< .001
	Residual	106.394	238	0.447		
	Total	163.710	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.618	0.053		87.159	< .001
H ₁	(Intercept)	1.763	1.162		1.517	0.131
	A_mean2024	0.227	0.326	0.165	0.697	0.487
	SelfComp_mean	0.760	0.384	0.660	1.981	0.049
	A_mean2024 * SelfComp_mean	-0.031	0.106	-0.128	-0.291	0.771

(SA ~ A * autocompassione)

Model Summary – benSAmean

Model	R	R ²	Adjusted R ²	RMSE
H ₀	0.000	0.000	0.000	0.965
H ₁	0.790	0.625	0.620	0.595

ANOVA

Model		Sum of Squares	df	Mean Square	F	p
H ₁	Regression	140.345	3	46.782	132.142	< .001
	Residual	84.258	238	0.354		
	Total	224.603	241			

Note. The intercept model is omitted, as no meaningful information can be shown.

Coefficients

Model		Unstandardized	Standard Error	Standardized	t	p
H ₀	(Intercept)	4.374	0.062		70.488	< .001
H ₁	(Intercept)	-1.901	1.034		-1.838	0.067
	A_mean2024	0.868	0.290	0.538	2.996	0.003
	SelfComp_mean	1.815	0.341	1.345	5.315	< .001
	A_mean2024 * SelfComp_mean	-0.224	0.094	-0.795	-2.376	0.018

