

Pre-Test of Personality and Shopping Activities Surveys

The following information is related to a study you may have participated in during the regular Fall 2022 or Winter 2023 terms. If you participated in this study, you did so individually and in-person by coming to the Duff Roblin Building on the U of M Fort Garry campus, where you completed two computer-administered surveys and a paper-and-pencil writing task as described below.

The purpose of this study was to see if shopping to make oneself feel better can be reduced when people treat themselves with kindness instead. 213 students took a personality survey first, and then completed a writing task that asked them to describe a difficult situation in their lives. For half of these participants, the writing task further guided them through several exercises to practice self-compassion. For the other half, it only asked for additional details about their difficult situation. After another brief task to assess participants' feelings of self-compassion at that moment, they completed a survey to assess their current desire for shopping (a.k.a., "retail therapy").

Most notably, the results showed that completing the self-compassionate writing task produced higher feelings of self-compassion, as compared with the control writing task, and these feelings in turn were associated with lower desire for retail therapy.

If you have any questions or concerns about the study, please contact Dan Bailis at Dan.Bailis@umanitoba.ca.

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Thank you again for your participation!