

**Compassionate Mind Training for people with Parkinson's: a pilot study**

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*Introduction:* People with Parkinson's disease (PD) can experience deficit of emotion recognition and expression that heavily affects their quality of life and the relationships with other people and their significant ones. Compassion Focused Therapy is considered to be a valid psychological approach which helps balancing and regulating the extent and expression of emotions, increasing awareness of the state of mind and ultimately building a more compassionate way of thinking about oneself and others.

*Objective:* This pilot study aimed to test the feasibility and effectiveness of the Compassionate Mind Training for PD patients program, an 6-week online workshop designed to train people to be more self-compassionate.

*Methods:* PD patients meeting the inclusion criteria were included in the study. Before the training they filled in self-administered questionnaires evaluating symptoms of anxiety, depression and quality of life. Before and at the end of the training they were administered the Self Compassion Scale and a questionnaire assessing their perception of change and their satisfaction. Patients underwent an 6-week online Compassionate Mind Training with the therapist, once a week.

*Results:* Twenty-four PD attended (11 male and 13 female, mean age  $57.6 \pm 8.1$ , mean disease duration  $8.9 \pm 3.36$ ). We found significant pre/post gains in 3 subscales of the self-compassion scale: Over-identification ( $p = -0.197 \pm 0.87$ ), Self-kindness ( $p = -0.20 \pm 0.83$ ) and Mindfulness ( $p = -0.0416 \pm 0.81$ ). 84% of participants perceived a significant change of energy disposal through their emotional systems; 88% considered the training useful and would continue practicing.

*Conclusion:* Compassion Focus therapy is feasible in people with PD, it appears to be effective at enhancing self-compassion and mindfulness.