

**EXAMINATION OF SELF-COMPASSION AS A MEDIATOR
OF THE RELATIONSHIP BETWEEN ACADEMIC BURNOUT
AND MENTAL HEALTH IN PAYAME NOOR UNIVERSITY (PNU)
STUDENTS OF DARESHAHR CITY**

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Abstract

The aim of this study is to examine the impact of self-compassion as a mediator of the relationship between academic burnout and mental health in PNU students. The population consisted of Payame Noor University (PNU) students of Dareshahr City. A sample of 200 students was selected using mono-step cluster sampling. We took measures of public health (Goldberg & Hillier, 1979), self-compassion (Neff, 2003a) and academic burnout (Hashemi Shabani, Bazrafkan, & Azizi, 2013). Data analysis was conducted using the regression analysis in SPSS. The results showed that self-compassion was a mediator of the relationship between academic burnout and mental health and modulates the effects of academic burnout on mental health. In addition, self-compassion negatively correlated with academic burnout and mental health. Self-compassion also had a positive relationship with mental health. This study is a framework for understanding the mediating effects of self-compassion and the relationship between self-compassion, mental health and academic burnout.

Keywords: mediating effects; self-compassion; academic burnout; mental health

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