

Master's thesis project available

The research project: “Wege zu mehr Mitgefühl- Pathways to Compassion “

Background and Motivation

Current research suggests that intrapersonal capacities such as attention regulation and self-compassion serve as foundational skills for developing compassion toward others and improving well-being, yet this assumption has not been empirically tested. At the Chair of Clinical Psychology, Interaction, and Psychotherapy Research, we are conducting a randomized controlled trial examining the role of intrapersonal modules within Cognitively-Based Compassion Training (CBCT®). The study compares the full CBCT® program with two modified versions in which either attentional training or self-compassion modules are replaced with alternative activities (e.g., psychoeducation). This project aims to investigate whether these intrapersonal components are necessary for the development of interpersonal compassion and improvements in well-being.

Content & Goals of the Master's thesis

The thesis will be embedded in the randomized controlled trial. As the RCT and data collection will already be completed by the time the thesis begins, the project will focus on preparing and analyzing the existing dataset. Key tasks include transcription of the training sessions and adherence rating. This project offers the opportunity to gain hands-on experience working with longitudinal RCT data and to contribute to the scientific evaluation of the study's outcomes.

Requirments

We are looking for Master's students in Clinical Psychology or related fields with an interest in research on compassion interventions, well-being, and dismantling randomized controlled trials. Prior knowledge of statistical analysis in R is required, as this will be central to your work. You should be detail-oriented, organized, and capable of working independently.

Offer

We provide structured and reliable supervision throughout all phases of the project, with clear timelines and defined milestones. The project offers the opportunity to contribute meaningfully to theory-driven research while developing strong methodological skills. We also encourage you to bring in your own ideas and interests, ensuring a personalized and rewarding thesis experience.

Timeline

Immediately: Work can be split between two semesters. Length: 6 Months – Participation in the Masterskolloquium FSS 2027.

If you are interested or have any questions, please contact: M.Sc..

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