Group Mindfulness Index (MI) Summary

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Interpretation Guide

This report summarizes Mindfulness Index (MI) results and model performance for all participants.

Key metrics:

- MI (Mindfulness Index): Higher values indicate greater mindfulness (range: 0-1).

- Focused/Neutral/Unfocused %: Proportion of time spent in each state.

- Model MAE/R²: Model accuracy (lower MAE, higher R² are better).

- Precision/Recall/F1: Classification performance for state prediction.

- Skipped Windows: Data segments excluded due to artifacts or missing data.

Interpretation: High MI and Focused % suggest strong mindfulness. High Unfocused % or low MI may indicate distraction. Model metrics help assess reliability.

Participant: 002_C | Session: 1

N predictions	249
Mi mean	-45869566839619.734
Mi std	62126073770243.938
Mi min	-128325619141525.016
Mi max	5017729753574.270
Focused pct	60.241
Neutral pct	0.000
Unfocused pct	39.759
Skipped windows	0
Model mae	None
Model r2	None
Precision	None
Recall	None
F1	None

Session Interpretation: Low MI suggests periods of distraction or low mindfulness. Participant spent 60.2% of time in the Focused state.

MI Distribution Across Participants

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