| Variable | Mean | Standard Deviation | Median | Range | 95% CI |
| --- | --- | --- | --- | --- | --- |
| Respiratory Sensitivity | 13.092 | 1.175 | 13.134 | 9.466 - 15.93 | 12.951, 13.234 |
| Respiratory Precision | -1.306 | 0.517 | -1.294 | -3.164 - 0.073 | -1.368, -1.244 |
| Respiratory Confidence | 60.199 | 13.125 | 60.007 | 20.26 - 97.383 | 58.617, 61.78 |
| Respiratory Metacognition | 0.880 | 0.236 | 0.892 | 0.227 - 1.491 | 0.851, 0.909 |
| Cardiac Sensitivity | 11.063 | 8.802 | 9.448 | 0.025 - 51.014 | 10.3, 11.827 |
| Cardiac Precision | -9.975 | 1.914 | -9.870 | -15.146 - -5.613 | -10.141, -9.809 |
| Cardiac Confidence | 54.284 | 15.740 | 53.593 | 1.575 - 98.263 | 52.918, 55.649 |
| Cardiac Metacognition | 0.711 | 0.378 | 0.673 | 0.001 - 1.804 | 0.675, 0.748 |
| Auditory Sensitivity | 1.986 | 1.619 | 1.621 | 0.008 - 11.267 | 1.846, 2.127 |
| Auditory Precision | -6.422 | 1.233 | -6.424 | -10.102 - -3.619 | -6.529, -6.315 |
| Auditory Confidence | 61.667 | 13.526 | 61.913 | 22.75 - 98.644 | 60.494, 62.841 |
| Auditory Metacognition | 0.800 | 0.296 | 0.778 | 0.012 - 1.614 | 0.773, 0.826 |