Keys Le

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Lab 3 Descriptive Statistics

These data are compiled from an online sample of 593 participants who filled out the Kentucky Inventory of Mindfulness Skills (KIMS) an assessment for mindfulness. The participants were asked a total of 39 questions and were rated on five-point Likert scale: 1= Never or very rarely true, 2= Rarely true, 3= Sometimes true, 4 = Often true, 5= Very often or always true, 0=none selected. The participants were asked their age and any participant under the age of 14 was removed from the study. Biological sex was entered with the option of 1=male and 2=female. With these data the scores were summarized into four different categories of mindfulness: observing, describing, accepting, and acting.

For the sample size of 593 participants there were a total of 301 female and 292 male participants. The average age is 38.57 (*SD* = 15.21) years, the minimum was 14 years of age and the maximum was 85 years of age. Table 1 displays the categories of mindfulness. Observing (*M* = 3.52; *SD =* 0.68), describing (*M* = 3.14; *SD* = 0.68), accepting (*M* = 2.93; *SD* = 0.95), and acting (*M* = 3.22; *SD* = 0.43). Female and male descriptive statistics for each reported category (age, observing, describing, accepting, and acting) will refer to Table 2 and Table 3. A paired samples *t*-test was conducted to evaluate whether there is biological differences between males and females, differed in their levels of mindfulness (observing, describing, accepting, and acting). The results indicated that age in the female group was

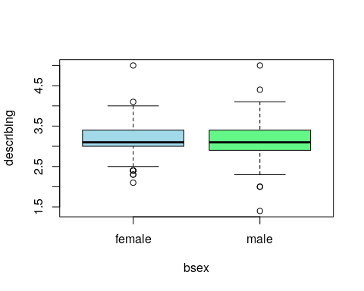
(*M* = 39.27; *SD* = 15.09) compared to male group (*M* = 37.85; *SD* = 15.32), *t*(591) = 1.14, *p* =.256 was of equal variance and were non significant. See Figure 1 and 2 for boxplots of describing and acting bsex. The results indicated that females were higher in both acting and describing according to Kentucky Inventory of Mindfulness Skills.

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| Table 1. | | | | |
| *Descriptive Statistics on Sample for Mindfulness* | | | | |
| Groups | *M* | *SD* | Min | Max |
| Observing | 3.52 | 0.68 | 1.2 | 5 |
| Describing | 3.14 | 0.38 | 1.4 | 5 |
| Accepting | 2.93 | 0.95 | 1.0 | 5 |
| Acting | 3.22 | 0.43 | 1.3 | 5 |
| Age | 38.57 | 15.21 | 14.0 | 85 |
| bSex | 1.49 | 0.50 | 1.0 | 2 |

In the observing group, female respondents had an average of 3.55 (*SD*= 0.66) and male respondents had an average of 3.49 (*SD*= 0.70). In the describing group, female respondents had a mean of 3.18 (*SD*= 0.37) and male respondents had an average of 3.11 (*SD=* 0.39). In the accepting group, female respondents had an average of 2.96 (*SD*= 1.00) and male respondents had an average of 2.90 (*SD*= 0.90). In the acting group female respondents had an average of 3.26 (*SD=* 0.42) and male respondents had an average of 3.18 (*SD=* 0.42)

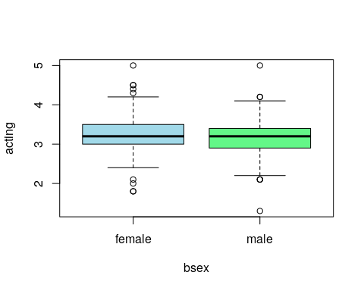
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| Table 2. | | | | |
| *Descriptive Statistics by Group* | | | | |
| Group: female | *M* | *SD* | Min | Max |
| Age | 39.27 | 15.09 | 14.0 | 75 |
| Observing | 3.55 | 0.66 | 1.4 | 5 |
| Describing | 3.18 | 0.37 | 2.1 | 5 |
| Accepting | 2.96 | 2.96 | 1.1 | 5 |
| Acting | 3.26 | 0.42 | 1.8 | 5 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Table 3. | | | | |
| *Descriptive Statistics by Group* | | | | |
| Group: male | *M* | *SD* | Min | Max |
| Age | 37.85 | 15.32 | 15.0 | 85 |
| Observing | 3.49 | 0.70 | 1.2 | 5 |
| Describing | 3.11 | 0.39 | 1.4 | 5 |
| Accepting | 2.90 | 0.90 | 1.0 | 5 |
| Acting | 3.18 | 0.42 | 1.3 | 5 |



*Figure 1.* Describing by bsex

*Note*. There is significant difference in describing *t*(591) = 2.45, *p* =.014, females (*M* = 3.18) were higher than males (*M* = 3.11) in describing.



*Figure 2*. Acting by bsex

*Note*. There is significant difference in acting *t*(591) = 2.16, *p* = .031, females (*M* = 3.26) were higher than males (*M* = 3.18) in acting.

**describe**(mind\_data,skew=F)

vars n mean sd min max range se  
observing 1 593 3.52 0.68 1.2 5 3.8 0.03  
describing 2 593 3.14 0.38 1.4 5 3.6 0.02  
accepting 3 593 2.93 0.95 1.0 5 4.0 0.04  
acting 4 593 3.22 0.43 1.3 5 3.7 0.02  
age 5 593 38.57 15.21 14.0 85 71.0 0.62  
bsex\* 6 593 1.49 0.50 1.0 2 1.0 0.02

**describe**(mind\_data[,vars\_we\_want],skew=F)

vars n mean sd min max range se  
age 1 593 38.57 15.21 14.0 85 71.0 0.62  
observing 2 593 3.52 0.68 1.2 5 3.8 0.03  
describing 3 593 3.14 0.38 1.4 5 3.6 0.02  
accepting 4 593 2.93 0.95 1.0 5 4.0 0.04  
acting 5 593 3.22 0.43 1.3 5 3.7 0.02

**bartlett.test**(age**~**bsex, data=mind\_data)

Bartlett test of homogeneity of variances  
  
data: age by bsex  
Bartlett's K-squared = 0.064995, df = 1, p-value = 0.7988

**t.test**(age**~**bsex, data=mind\_data, var.equal=T)

Two Sample t-test  
  
data: age by bsex  
t = 1.1369, df = 591, p-value = 0.256  
alternative hypothesis: true difference in means is not equal to 0  
95 percent confidence interval:  
 -1.032981 3.872762  
sample estimates:  
mean in group female mean in group male   
 39.26578 37.84589

t.test(observing ~ bsex, data=mind\_data, var.equal=T)

Two Sample t-test  
  
data: observing by bsex  
t = 1.0583, df = 591, p-value = 0.2903  
alternative hypothesis: true difference in means is not equal to 0  
95 percent confidence interval:  
 -0.05049649 0.16851406  
sample estimates:  
mean in group female mean in group male   
 3.552159 3.493151

t.test(describing ~ bsex, data=mind\_data, var.equal=T)

Two Sample t-test  
  
data: describing by bsex  
t = 2.4547, df = 591, p-value = 0.01439  
alternative hypothesis: true difference in means is not equal to 0  
95 percent confidence interval:  
 0.01537452 0.13843015  
sample estimates:  
mean in group female mean in group male   
 3.182724 3.105822

boxplot(describing ~ bsex, data=mind\_data,col=c('light blue','light green'))

A screenshot of a cell phone

Description automatically generated

t.test(accepting ~ bsex, data=mind\_data, var.equal=T)

Two Sample t-test  
  
data: accepting by bsex  
t = 0.75893, df = 591, p-value = 0.4482  
alternative hypothesis: true difference in means is not equal to 0  
95 percent confidence interval:  
 -0.09450718 0.21354645  
sample estimates:  
mean in group female mean in group male   
 2.957807 2.898288

t.test(acting ~ bsex, data=mind\_data, var.equal=T)

Two Sample t-test  
  
data: acting by bsex  
t = 2.1585, df = 591, p-value = 0.03129  
alternative hypothesis: true difference in means is not equal to 0  
95 percent confidence interval:  
 0.006787105 0.143861418  
sample estimates:  
mean in group female mean in group male   
 3.256146 3.180822

boxplot(acting ~ bsex, data=mind\_data,col=c('light blue','light green'))

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