

Analysis Report

This report is structured as follows.

Contents

Analysis.....2

Analysis . Only 3 Sessions6

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Analysis

The analysis used the Wilcoxon signed-rank test to test for pre vs post differences across all variables.

The table below presents some descriptive statistics such as mean, median, standard deviation and range of each variable under study.

| variable | mean | median | sd | range |
|----------------|---------|--------|--------|-----------|
| PostAttenReg | 25.375 | 25 | 6.209 | 17 - 34 |
| PostBodyAware | 32.625 | 33 | 7.818 | 18 - 43 |
| PostBodyDiss | 20.5 | 22 | 5.555 | 10 - 26 |
| PostBodyListen | 10.875 | 10.5 | 2.642 | 7 - 14 |
| PostEmoAware | 23.625 | 27 | 6.232 | 15 - 30 |
| PostLEASTotal | 26.125 | 26 | 2.167 | 23 - 29 |
| PostNoDistract | 19 | 20.5 | 6.676 | 8 - 28 |
| PostNotWorry | 19.75 | 20.5 | 2.188 | 17 - 23 |
| PostNoticing | 19.25 | 20 | 4.062 | 13 - 24 |
| PostOther | 21.75 | 21.5 | 2.915 | 17 - 26 |
| PostSBCTotal | 51.875 | 54.5 | 11.103 | 36 - 67 |
| PostSelf | 24 | 23.5 | 2.619 | 21 - 29 |
| PostSelfReg | 17.625 | 19 | 3.815 | 10 - 22 |
| PostTotalMAIA | 150.875 | 153 | 26.335 | 107 - 182 |
| PostTrusting | 13.875 | 14.5 | 2.295 | 11 - 17 |
| PreAttenReg | 26.375 | 27 | 5.069 | 19 - 35 |
| PreBodyAware | 29.875 | 31.5 | 6.266 | 20 - 36 |
| PreBodyDiss | 23.375 | 22.5 | 7.009 | 13 - 36 |
| PreBodyListen | 10.25 | 10.5 | 1.488 | 8 - 12 |
| PreEmoAware | 25.25 | 27 | 4.621 | 17 - 29 |
| PreLEASTotal | 22.75 | 22.5 | 4.301 | 16 - 30 |
| PreNoDistract | 19.875 | 22 | 4.704 | 13 - 24 |
| PreNotWorry | 19 | 18 | 3.703 | 13 - 24 |
| PreNoticing | 15.875 | 15 | 5.357 | 10 - 24 |
| PreOther | 17.125 | 18 | 3.182 | 12 - 21 |
| PreSBCTotal | 53.25 | 51.5 | 8.615 | 45 - 72 |
| PreSelf | 20.5 | 21 | 3.505 | 14 - 25 |
| PreSelfReg | 15.375 | 14.5 | 3.204 | 12 - 20 |
| PreTotalMAIA | 141.625 | 141.5 | 21.967 | 116 - 170 |
| PreTrusting | 12.5 | 14 | 3.338 | 7 - 16 |

The Wilcoxon signed-rank test is a non-parametric statistical test used to compare two related samples or repeated measurements on a single sample to assess whether their population mean ranks differ. It is an alternative to the paired t-test when the data cannot be assumed to be normally distributed. This test is particularly useful for ordinal data or interval data that do not meet the assumptions required for the t-test due to outliers or non-normality.

| variable | V | p_value | effect_size |
|---------------|------|---------|-------------|
| PreTotalMAIA | 5 | 0.080 | -0.644 |
| PreNoticing | 3.5 | 0.090 | -0.718 |
| PreNoDistract | 12.5 | 0.752 | -0.272 |
| PreNotWorry | 12.5 | 0.863 | -0.272 |
| PreAttenReg | 22 | 0.623 | 0.198 |
| PreEmoAware | 14 | 0.525 | -0.198 |
| PreSelfReg | 4 | 0.202 | -0.693 |
| PreBodyListen | 11.5 | 0.388 | -0.322 |
| PreTrusting | 4 | 0.207 | -0.693 |
| PreLEASTotal | 3 | 0.076 | -0.743 |
| PreSelf | 3 | 0.074 | -0.743 |
| PreOther | 0 | 0.014 | -0.891 |
| PreSBCTotal | 23.5 | 0.481 | 0.272 |
| PreBodyAware | 4 | 0.203 | -0.693 |
| PreBodyDiss | 26 | 0.288 | 0.396 |

In evaluating the results from the Wilcoxon signed-rank test, it's evident that some variables showed significant or nearly significant changes from pre- to post-conditions. The Total MAIA and Noticing variables both approached significance, with medium to large negative effect sizes, suggesting meaningful declines in these measures following the intervention. Specifically, the Total MAIA scores decreased, indicating a moderate decline, while the Noticing scores also fell, marking a substantial reduction.

Additionally, LEAS Total and Self measures showed significant reductions with large negative effect sizes, indicating pronounced decreases in these attributes post-intervention. The Other variable also demonstrated a significant decrease, with a very large negative effect size, pointing to a major reduction.

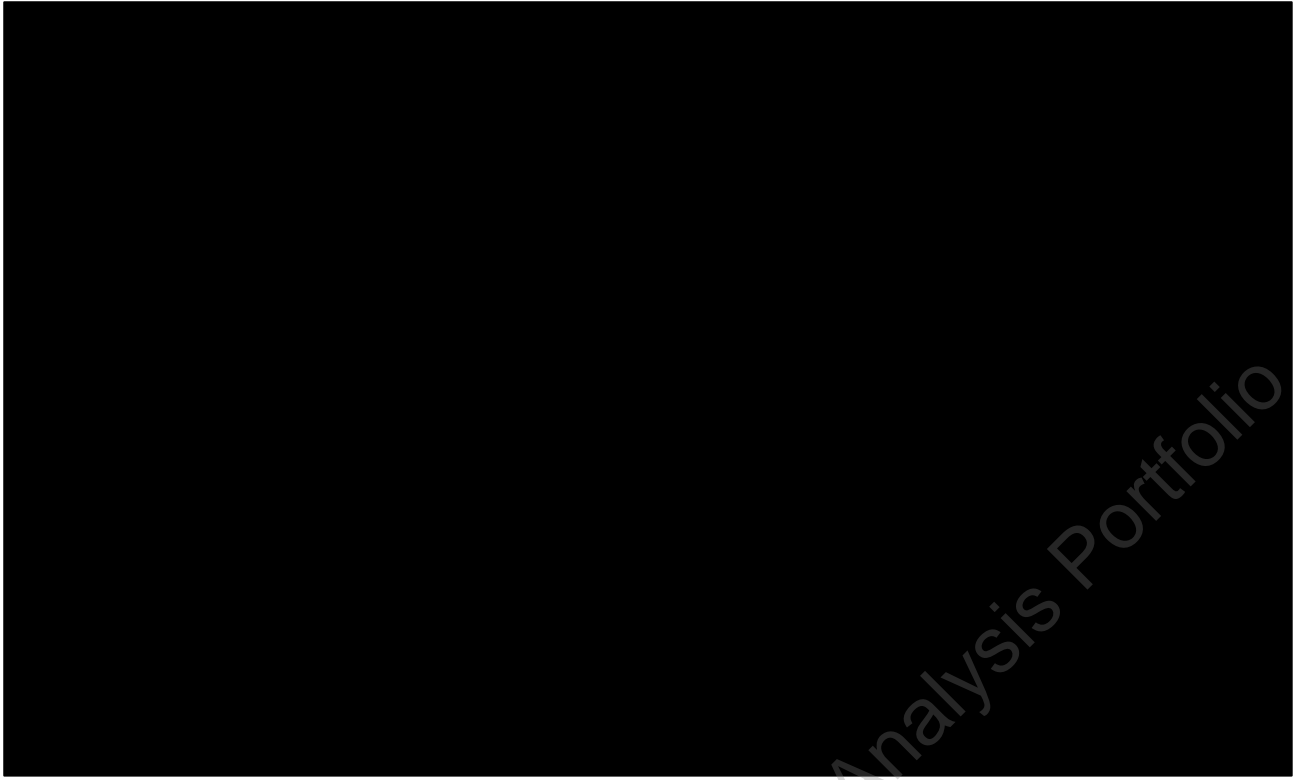
Conversely, variables such as NoDistract, NotWorry, and EmoAware did not show significant changes, with minimal effect sizes suggesting stability in these attributes after the intervention. The AttenReg and BodyDiss variables, despite non-significant p-values, exhibited small positive effect sizes, indicating slight increases that were not statistically significant.

Effect sizes provide a nuanced understanding of the magnitude of changes observed. Typically, small effect sizes (around 0.1) suggest minor changes, medium effect sizes (around 0.3) indicate more noticeable impacts, and large effect sizes (around 0.5 or greater) denote substantial shifts in measured attributes. The observed effect sizes in this analysis ranged from medium to very large for those variables where changes were close to or reached statistical significance, emphasizing the practical implications of these findings.

The following figures show the distribution of pre and post scores for the variables.



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Analysis E Only 3 Sessions

In analyzing the results for the "Only 3 Sessions" group using the Wilcoxon signed-rank test, the data reveal a mix of significant, near significant, and non-significant changes across various psychological and physical metrics. This test helps to understand if there are significant differences between paired pre- and post-condition measurements, without assuming a normal distribution for the data.

Among the variables measured, only a few approached or achieved significant changes:

- ◁ **Noticing** showed a near significant decrease in scores with a p-value of 0.058 and a very large negative effect size of -0.899, indicating a substantial decrease in noticing abilities post-intervention.
- ◁ **Trusting** also approached significance with a p-value of 0.100 and a similarly large negative effect size of -0.899, suggesting a significant drop in trusting perceptions.
- ◁ **Other** mirrored this trend with a p-value of 0.058 and a large negative effect size of -0.899, reflecting a major reduction in the attributes measured by this variable.

However, most other variables did not show significant changes. Variables like **NoDistract**, **NotWorry**, and **AttenReg** exhibited higher p-values, with **NoDistract** and **NotWorry** showing small negative effect sizes, indicating minor reductions that were not statistically significant.

AttenReg had a negative effect size of -0.471, suggesting a moderate reduction despite its higher p-value of 0.295.

Interestingly, **NotWorry** demonstrated a small but positive effect size of 0.514, one of the few metrics showing a potential improvement post-intervention, though this change was not statistically significant ($p=0.246$).

The Total MAIA scores decreased slightly with a p-value of 0.142 and a negative effect size of -0.642, highlighting a moderate overall decline in the aggregated metric of MAIA scores, though this was not statistically significant.

| variable | mean | median | sd | range |
|----------------|---------|--------|--------|-----------|
| PostAttenReg | 28 | 27 | 7.155 | 20 - 38 |
| PostBodyAware | 34.3333 | 34 | 8.335 | 23 - 47 |
| PostBodyDiss | 18.5 | 19.5 | 5.206 | 9 - 23 |
| PostBodyListen | 11.3333 | 11 | 3.502 | 7 - 17 |
| PostEmoAware | 22.8333 | 23 | 5.672 | 13 - 30 |
| PostLEASTotal | 25.6667 | 26 | 3.777 | 20 - 30 |
| PostNoDistract | 21.5 | 21 | 4.324 | 17 - 29 |
| PostNotWorry | 18 | 18.5 | 3.162 | 14 - 22 |
| PostNoticing | 19.5 | 19 | 3.017 | 16 - 24 |
| PostOther | 23 | 22.5 | 5.020 | 17 - 29 |
| PostSBCTotal | 52.8333 | 50 | 11.161 | 40 - 70 |
| PostSelf | 22.6667 | 23 | 3.266 | 18 - 27 |
| PostSelfReg | 17 | 17 | 4.733 | 11 - 23 |
| PostTotalMAIA | 151.833 | 152.5 | 24.227 | 117 - 188 |
| PostTrusting | 13.6667 | 13 | 3.724 | 9 - 18 |
| PreAttenReg | 21.3333 | 21.5 | 11.290 | 7 - 35 |
| PreBodyAware | 30.5 | 34.5 | 12.645 | 14 - 44 |
| PreBodyDiss | 19.3333 | 19.5 | 1.751 | 17 - 22 |
| PreBodyListen | 8 | 10.5 | 5.215 | 0 - 13 |
| PreEmoAware | 19.1667 | 25 | 10.553 | 2 - 27 |
| PreLEASTotal | 25.8333 | 27 | 2.229 | 23 - 28 |
| PreNoDistract | 19.3333 | 18.5 | 6.919 | 12 - 31 |
| PreNotWorry | 19.5 | 19.5 | 2.429 | 16 - 23 |
| PreNoticing | 14.8333 | 17 | 5.492 | 5 - 19 |
| PreOther | 19.3333 | 18.5 | 3.559 | 16 - 24 |
| PreSBCTotal | 49.8333 | 54 | 12.922 | 32 - 62 |
| PreSelf | 22.8333 | 22 | 3.125 | 19 - 27 |
| PreSelfReg | 11.8333 | 13 | 5.193 | 3 - 17 |
| PreTotalMAIA | 123.333 | 139 | 36.341 | 59 - 155 |
| PreTrusting | 9.33333 | 9 | 5.317 | 1 - 16 |

The following table shows the Wilcoxon results, followed by the boxplots.

| variable | V | p_value | effect_size |
|------------|------|---------|-------------|
| TotalMAIA | 3 | 0.142 | -0.642 |
| Noticing | 0 | 0.058 | -0.899 |
| NoDistract | 7 | 0.527 | -0.300 |
| NotWorry | 16.5 | 0.246 | 0.514 |
| AttenReg | 5 | 0.295 | -0.471 |
| EmoAware | 4 | 0.418 | -0.556 |
| SelfReg | 3 | 0.141 | -0.642 |
| BodyListen | 1.5 | 0.134 | -0.770 |
| Trusting | 0 | 0.100 | -0.899 |
| LEASTotal | 6 | 0.850 | -0.385 |
| Self | 10 | 1.000 | -0.043 |
| Other | 0 | 0.058 | -0.899 |
| SBCTotal | 5.5 | 0.684 | -0.428 |
| BodyAware | 6 | 0.400 | -0.385 |
| BodyDiss | 9 | 0.784 | -0.128 |



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