

S4: Group differences in Physio variables

Table 4A (MindGym Breathwork vs MindGym Rain)

DV	MindGym (Breathwork)			MindGym (Rain)			Mann-Whitney U test					
	n	M	SD	n	M	SD	W	p.raw	p.fdr	RBC	RBC (low)	RBC (high)
Breath Rate (first 2 min)	27	19.52	3.94	18	16.22	3.07	366.50	0.004	0.012	0.51	0.21	0.72
Breath Rate (last 2 min)	27	12.89	3.06	18	16.67	2.18	77.00	< .001	< .001	-0.68	-0.83	-0.45
Breath Rate change (last - first)	27	-6.63	5.59	18	0.44	3.11	68.50	< .001	< .001	-0.72	-0.85	-0.51
EDA (first 2 min)	26	32.87	9.95	25	41.05	8.62	166.00	0.002	0.008	-0.49	-0.69	-0.21
EDA (last 2 min)	15	38.22	11.86	12	46.43	8.04	56.00	0.103	0.247	-0.38	-0.69	0.05
EDA change (last - first)	15	4.91	8.82	12	6.82	5.78	75.00	0.486	0.667	-0.17	-0.55	0.27
HR (first 1 min)	20	67.78	10.44	14	70.17	12.95	124.00	0.592	0.710	-0.11	-0.47	0.28
HR (last 1 min)	20	70.91	9.29	14	72.03	12.80	134.00	0.849	0.926	-0.04	-0.42	0.34
HR change (last - first)	20	3.13	5.32	14	1.86	4.26	172.00	0.274	0.548	0.23	-0.17	0.56
HRV (first 5 min)	20	0.21	0.04	14	0.20	0.04	165.00	0.396	0.667	0.18	-0.22	0.52
HRV (last 5 min)	20	0.24	0.11	14	0.20	0.07	160.00	0.500	0.667	0.14	-0.25	0.50
HRV change (last - first)	20	0.03	0.10	14	0.01	0.07	142.00	0.959	0.959	0.01	-0.37	0.39

Table 4A. Nonparametric t-tests (Mann-Whitney U) between the MindGym (Breathwork) and MindGym (Rain) groups. ‘DV’ refers to dependent variable. ‘n’ refers to group sample size. ‘M’ and ‘SD’ refer to mean and standard deviation. ‘p.raw’ and ‘p.fdr’ refer to the uncorrected p value and FDR-corrected p value. ‘RBC’ refers to rank biserial correlation as a measure of effect size (ranging from -1 to 1) and reflects the relative proportions of positive and negative ranks. ‘RBC (low)’ and ‘RBC (high)’ refer to the lower and upper bounds of the 95% confidence interval of RBC.

Table 4B (MindGym Breathwork vs VR Breathwork)

DV	MindGym (Breathwork)			VR (Breathwork)			Mann-Whitney U test					
	n	M	SD	n	M	SD	W	p.raw	p.fdr	RBC	RBC (low)	RBC (high)
Breath Rate (first 2 min)	27	19.52	3.94	25	17.74	3.57	402.00	0.240	0.552	0.19	-0.12	0.47
Breath Rate (last 2 min)	27	12.89	3.06	25	12.06	3.53	393.50	0.308	0.552	0.17	-0.15	0.45
Breath Rate change (last - first)	27	-6.63	5.59	25	-5.68	4.52	307.00	0.582	0.657	-0.09	-0.39	0.22
EDA (first 2 min)	26	32.87	9.95	21	39.51	12.05	173.00	0.032	0.192	-0.37	-0.62	-0.05
EDA (last 2 min)	15	38.22	11.86	21	41.75	11.90	130.00	0.391	0.552	-0.18	-0.51	0.21
EDA change (last - first)	15	4.91	8.82	21	2.24	5.55	187.00	0.357	0.552	0.19	-0.20	0.52
HR (first 1 min)	20	67.78	10.44	20	71.79	11.24	166.00	0.369	0.552	-0.17	-0.49	0.19

HR (last 1 min)	20	70.91	9.29	20	74.71	12.31	162.00	0.314	0.552	-0.19	-0.50	0.17
HR change (last - first)	20	3.13	5.32	20	2.92	4.28	220.00	0.602	0.657	0.10	-0.26	0.43
HRV (first 5 min)	20	0.21	0.04	20	0.18	0.05	283.00	0.024	0.192	0.42	0.08	0.67
HRV (last 5 min)	20	0.24	0.11	20	0.21	0.06	212.00	0.758	0.758	0.06	-0.29	0.40
HRV change (last - first)	20	0.03	0.10	20	0.03	0.08	169.00	0.414	0.552	-0.16	-0.48	0.20

Table 4B. Nonparametric t-tests (Mann-Whitney U) between the MindGym (Breathwork) and VR (Breathwork) groups. ‘DV’ refers to dependent variable. ‘n’ refers to group sample size. ‘M’ and ‘SD’ refer to mean and standard deviation. ‘p.raw’ and ‘p.fdr’ refer to the uncorrected p value and FDR-corrected p value. ‘RBC’ refers to rank biserial correlation as a measure of effect size (ranging from -1 to 1) and reflects the relative proportions of positive and negative ranks. ‘RBC (low)’ and ‘RBC (high)’ refer to the lower and upper bounds of the 95% confidence interval of RBC.

Table 4C (MindGym Rain vs VR Rain)

DV	MindGym (Rain)			VR (Rain)			Mann-Whitney U test					
	n	M	SD	n	M	SD	W	p.raw	p.fdr	RBC	RBC (low)	RBC (high)
Breath Rate (first 2 min)	18	16.22	3.07	16	15.66	2.93	159.00	0.616	0.829	0.10	-0.28	0.46
Breath Rate (last 2 min)	18	16.67	2.18	16	17.50	3.46	110.50	0.254	0.829	-0.23	-0.56	0.16
Breath Rate change (last - first)	18	0.44	3.11	16	1.84	3.00	99.50	0.128	0.829	-0.31	-0.61	0.08
EDA (first 2 min)	25	41.05	8.62	22	38.55	8.44	315.00	0.403	0.829	0.15	-0.19	0.45
EDA (last 2 min)	12	46.43	8.04	22	43.43	9.24	153.00	0.466	0.829	0.16	-0.25	0.52
EDA change (last - first)	12	6.82	5.78	22	4.88	5.68	159.00	0.345	0.829	0.21	-0.20	0.55
HR (first 1 min)	14	70.17	12.95	24	67.36	12.09	185.00	0.622	0.829	0.10	-0.28	0.45
HR (last 1 min)	14	72.03	12.80	24	69.06	13.98	194.00	0.445	0.829	0.16	-0.23	0.49
HR change (last - first)	14	1.86	4.26	24	1.70	3.07	177.00	0.800	0.846	0.05	-0.32	0.41
HRV (first 5 min)	14	0.20	0.04	24	0.20	0.07	161.00	0.846	0.846	-0.04	-0.40	0.33
HRV (last 5 min)	14	0.20	0.07	24	0.19	0.07	180.00	0.731	0.846	0.07	-0.30	0.43
HRV change (last - first)	14	0.01	0.07	24	-0.01	0.09	188.00	0.560	0.829	0.12	-0.26	0.47

Table 4C. Nonparametric t-tests (Mann-Whitney U) between the MindGym (Rain) and VR (Rain) groups. ‘DV’ refers to dependent variable. ‘n’ refers to group sample size. ‘M’ and ‘SD’ refer to mean and standard deviation. ‘p.raw’ and ‘p.fdr’ refer to the uncorrected p value and FDR-corrected p value. ‘RBC’ refers to rank biserial correlation as a measure of effect size (ranging from -1 to 1) and reflects the relative proportions of positive and negative ranks. ‘RBC (low)’ and ‘RBC (high)’ refer to the lower and upper bounds of the 95% confidence interval of RBC.

Table 4D (VR Breathwork vs VR Rain)

DV	VR (Breathwork)			VR (Rain)			Mann-Whitney U test					
	n	M	SD	n	M	SD	W	p.raw	p.fdr	RBC	RBC (low)	RBC (high)
Breath Rate (first 2 min)	25	17.74	3.57	16	15.66	2.93	283.00	0.027	0.108	0.42	0.08	0.67
Breath Rate (last 2 min)	25	12.06	3.53	16	17.50	3.46	55.00	< .001	< .001	-0.73	-0.86	-0.50

Breath Rate change (last - first)	25	-5.68	4.52	16	1.84	3.00	37.00	< .001	< .001	-0.82	-0.91	-0.65
EDA (first 2 min)	21	39.51	12.05	22	38.55	8.44	264.00	0.434	0.473	0.14	-0.20	0.46
EDA (last 2 min)	21	41.75	11.90	22	43.43	9.24	212.00	0.656	0.656	-0.08	-0.41	0.26
EDA change (last - first)	21	2.24	5.55	22	4.88	5.68	179.00	0.213	0.319	-0.23	-0.52	0.12
HR (first 1 min)	20	71.79	11.24	24	67.36	12.09	288.00	0.266	0.319	0.20	-0.14	0.50
HR (last 1 min)	20	74.71	12.31	24	69.06	13.98	307.50	0.114	0.202	0.28	-0.06	0.56
HR change (last - first)	20	2.92	4.28	24	1.70	3.07	288.00	0.266	0.319	0.20	-0.14	0.50
HRV (first 5 min)	20	0.18	0.05	24	0.20	0.07	173.00	0.118	0.202	-0.28	-0.56	0.06
HRV (last 5 min)	20	0.21	0.06	24	0.19	0.07	310.00	0.102	0.202	0.29	-0.05	0.57
HRV change (last - first)	20	0.03	0.08	24	-0.01	0.09	325.00	0.046	0.138	0.35	0.02	0.62

Table 4D. Nonparametric t-tests (Mann-Whitney U) between the VR (Breathwork) and VR (Rain) groups. ‘DV’ refers to dependent variable. ‘n’ refers to group sample size. ‘M’ and ‘SD’ refer to mean and standard deviation. ‘p.raw’ and ‘p.fdr’ refer to the uncorrected p value and FDR-corrected p value. ‘RBC’ refers to rank biserial correlation as a measure of effect size (ranging from -1 to 1) and reflects the relative proportions of positive and negative ranks. ‘RBC (low)’ and ‘RBC (high)’ refer to the lower and upper bounds of the 95% confidence interval of RBC.

Table 4E (Breathwork vs Rain)

DV	Breathwork			Rain			Mann-Whitney U test					
	n	M	SD	n	M	SD	W	p.raw	p.fdr	RBC	RBC (low)	RBC (high)
Breath Rate (first 2 min)	52	18.67	3.98	34	15.96	2.97	1290.00	< .001	< .001	0.46	0.24	0.63
Breath Rate (last 2 min)	52	12.49	3.29	34	17.06	2.84	269.50	< .001	< .001	-0.70	-0.80	-0.54
Breath Rate change (last - first)	52	-6.17	5.08	34	1.10	3.09	198.50	< .001	< .001	-0.78	-0.86	-0.65
EDA (first 2 min)	47	35.83	11.32	47	39.88	8.54	871.00	0.078	0.180	-0.21	-0.42	0.02
EDA (last 2 min)	36	40.28	11.84	34	44.49	8.83	491.00	0.158	0.211	-0.20	-0.44	0.07
EDA change (last - first)	36	3.35	7.11	34	5.57	5.71	488.00	0.148	0.211	-0.20	-0.45	0.07
HR (first 1 min)	40	69.78	10.90	38	68.40	12.31	808.00	0.637	0.658	0.06	-0.19	0.31
HR (last 1 min)	40	72.81	10.93	38	70.16	13.46	871.50	0.267	0.320	0.15	-0.11	0.39
HR change (last - first)	40	3.03	4.77	38	1.76	3.50	930.00	0.090	0.180	0.22	-0.03	0.45
HRV (first 5 min)	40	0.19	0.04	38	0.20	0.06	715.00	0.658	0.658	-0.06	-0.31	0.20
HRV (last 5 min)	40	0.22	0.09	38	0.20	0.07	943.00	0.068	0.180	0.24	-0.01	0.47
HRV change (last - first)	40	0.03	0.09	38	0.00	0.08	906.00	0.147	0.211	0.19	-0.06	0.42

Table 4E. Nonparametric t-tests (Mann-Whitney U) between the Breathwork and Rain groups. ‘DV’ refers to dependent variable. ‘n’ refers to group sample size. ‘M’ and ‘SD’ refer to mean and standard deviation. ‘p.raw’ and ‘p.fdr’ refer to the uncorrected p value and FDR-corrected p value. ‘RBC’ refers to rank biserial correlation as a measure of effect size (ranging from -1 to 1) and reflects the relative proportions of positive and negative ranks. ‘RBC (low)’ and ‘RBC (high)’ refer to the lower and upper bounds of the 95% confidence interval of RBC.

Table 4F (MindGym vs VR)

DV	MindGym			VR			Mann-Whitney U test					
	n	M	SD	n	M	SD	W	p.raw	p.fdr	RBC	RBC (low)	RBC (high)
Breath Rate (first 2 min)	45	18.20	3.94	41	16.93	3.46	1064.50	0.220	0.660	0.15	-0.09	0.38
Breath Rate (last 2 min)	45	14.40	3.30	41	14.18	4.38	960.50	0.746	0.956	0.04	-0.20	0.28
Breath Rate change (last - first)	45	-3.80	5.87	41	-2.74	5.43	847.50	0.519	0.890	-0.08	-0.32	0.16
EDA (first 2 min)	51	36.88	10.11	43	39.02	10.25	934.00	0.219	0.660	-0.15	-0.37	0.09
EDA (last 2 min)	27	41.87	10.97	43	42.61	10.53	558.00	0.792	0.956	-0.04	-0.31	0.24
EDA change (last - first)	27	5.76	7.55	43	3.59	5.71	688.00	0.198	0.660	0.19	-0.09	0.44
HR (first 1 min)	34	68.77	11.41	44	69.37	11.79	723.00	0.806	0.956	-0.03	-0.29	0.22
HR (last 1 min)	34	71.37	10.71	44	71.63	13.40	754.00	0.956	0.956	0.01	-0.25	0.26
HR change (last - first)	34	2.60	4.89	44	2.26	3.68	823.00	0.455	0.890	0.10	-0.16	0.35
HRV (first 5 min)	34	0.20	0.04	44	0.19	0.06	891.00	0.152	0.660	0.19	-0.07	0.43
HRV (last 5 min)	34	0.22	0.09	44	0.20	0.07	819.00	0.480	0.890	0.10	-0.16	0.34
HRV change (last - first)	34	0.02	0.09	44	0.01	0.09	732.00	0.877	0.956	-0.02	-0.27	0.23

Table 4F. Nonparametric t-tests (Mann-Whitney U) between the MindGym and VR groups. ‘DV’ refers to dependent variable. ‘n’ refers to group sample size. ‘M’ and ‘SD’ refer to mean and standard deviation. ‘p.raw’ and ‘p.fdr’ refer to the uncorrected p value and FDR-corrected p value. ‘RBC’ refers to rank biserial correlation as a measure of effect size (ranging from -1 to 1) and reflects the relative proportions of positive and negative ranks. ‘RBC (low)’ and ‘RBC (high)’ refer to the lower and upper bounds of the 95% confidence interval of RBC.