Table 3: Paired Samples T-Test: Pre-Post Brief Resilience Scale Scores for Meditation Group (n=20)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Mean Difference | 95% CI of Mean Difference: Lower Bound | 95% CI of Mean Difference: Upper Bound | t | Significance Two-tailed |
| BRS T1- BRS T0 | .12 | -.29 | .53 | .60 | .56 |

CI = Confidence Interval

Table 4. Correlations of Baseline Brief Resilience Scale to Participant Characteristics

|  |  |  |
| --- | --- | --- |
| Characteristic | Pearson Correlation | Spearman Correlation |
| CES-D | r = -.32, p = .07 |  |
| STAI-S | r = -.36, p = .05 |  |
| STAI-T | r = -.51, p = .003 |  |
| Time since stroke | r = -.09, p = .63 |  |
| Age | r = .10, p = .60 |  |
| Education |  | rs = .174, p = .33 |
| Annual income |  | rs = .177, p = .33 |

CES-D = Center for Epidemiologic Studies Depression Scale; STAI-S = State-Trait Anxiety Inventory-State; STAI-T = State-Trait Anxiety Inventory-Trait