

Associated article to accompany the document

Breathworks Living Well Programmes

Mindfulness approaches to health and well-being

available on research page of www.breathworks-mindfulness.co.uk

Article 4: Table of quantitative results

	Pre-programme mean	Pre-programme standard deviation	Post-programme mean	Post-programme standard deviation	N
DAPOS: Depression	11.50	4.88	9.58	4.03	48
DAPOS: Anxiety	7.42	3.00	6.19	2.52	48
DAPOS: Positive Outlook	10.00	2.20	10.71	2.60	48
PSEQ	31.35	11.17	38.53	11.20	48
Freiburg Mindfulness Questionnaire	32.27	8.53	38.23	8.04	50
PCS:Rumination Pre	7.67	4.60	5.13	3.56	48
PCS:Magnification Pre	4.00	2.43	2.69	2.36	48
PCS:Helplessness Pre	10.02	5.37	5.81	4.29	48
CPAQ: Activities Engagement	35.70	9.59	44.01	11.12	47
CPAQ: Pain Willingness	22.55	7.49	27.40	7.12	47
Self-Compassion Questionnaire					
self kindness	14.56	4.37	16.55	4.66	33
self judgment	16.47	5.36	13.06	4.69	34
common humanity	12.25	4.00	14.22	4.04	36
isolation	12.09	3.90	10.35	3.86	34
Mindfulness	12.59	4.03	13.91	3.90	34
over identified	12.16	4.17	10.16	3.65	32
Pain Self Efficacy Questionnaire (PSEQ)	30.43	11.37	37.64	10.60	144
SF-36 PHYSICAL FUNCTIONING	46.13	24.99	50.97	23.66	95
SF-36 ROLE-PHYSICAL	9.97	23.34	23.20	32.53	97
SF-36 PAIN INDEX	35.44	19.40	45.15	17.14	95
SF-36 GENERAL HEALTH PERCEPTIONS	38.39	21.41	44.26	20.43	93
SF-36 ENERGY/VITALITY	29.47	17.96	42.09	17.99	95
SF-36 SOCIAL FUNCTIONING	38.95	20.79	49.49	21.46	97
SF-36 ROLE-EMOTIONAL	40.97	43.39	62.15	42.34	96
SF-36 MENTAL HEALTH INDEX	53.12	18.88	64.17	16.03	97

*Breathworks research: Associated Article 4 –
Table of full results of Breathworks Quantitative results August 2009.*

	t	df	Sig. (2-tailed)
DAPOS: Depression	4.32203	47	0.000
DAPOS: Anxiety	4.75929	47	0.000
DAPOS: Positive Outlook	-2.37948	47	0.021
PSEQ	-5.5084	47	0.000
Freiburg	-5.99507	49	0.000
PCS:Rumination	5.048028	47	0.000
PCS:Magnification	4.382859	47	0.000
PCS:Helplessness	6.321174	47	0.000
CPAQ: Activities Engagement	-6.30569	46	0.000
CPAQ: Pain Willingness	-5.09237	46	0.000
Self-compassion subscales			
selfkindness_	-1.985	32	0.000
selfjudgement_	3.412	33	0.000
common_humanity_	-1.972	35	0.000
isolation_	1.735	33	0.009
Mindfulness_	-1.324	33	0.003
over_identified_	2.000	31	0.000
Pain SelfEfficacy Questionnaire (PSEQ)	-8.98403	143	0.000
SF-36 PHYSICAL FUNCTIONING	-3.486	94	0.001
SF-36 ROLE-PHYSICAL	-3.828	96	0.000
SF-36 PAIN INDEX	-4.612	94	0.000
SF-36 GENERAL HEALTH	-3.723	92	0.000
SF-36 ENERGY/VITALITY (0-100) - SF-36 ENERGY/ VITALITY (0-100)	-7.587	94	0.000
SF-36 SOCIAL FUNCTIONING	-4.973	96	0.000
SF-36 ROLE-EMOTIONAL	-3.899	95	0.000
SF-36 MENTAL HEALTH	-6.334	96	0.000