

Appendix C

Supplementary Material Containing Statistical Analysis and Results Tables

Statistical Analyses

Analyses were carried out using the R statistics software (R Core Team, 2020). Generalized linear models were fitted using the package 'lme4' (Bates, Maechler, Bolker & Walker, 2015) and p-values were obtained with the package 'lmerTest' (Kuznetsova, Brockhoff & Christensen, 2017). Estimated marginal means were calculated using the 'emmeans' package by Lenth (2020). All plots were created with the 'ggplot2' package by Wickham (2016).

Contrast Coding

For all models, the measurement time factor was coded as 0 = pre-measurement and 1 = post-measurement. For the experimental condition factor, the non-treatment control condition was coded as the reference category (treatment coding). The effect of age was controlled by adding the participant's age (grand-mean centered) as a fixed effect. For accuracy, non-accurate trials were coded as the reference category.

Table C1*Generalized Linear Mixed Model of RT During the Continuous Performance Task*

<i>Predictors</i>	<i>Estimates</i>	<i>SE</i>	<i>95% CI</i>	<i>p</i>
(Intercept)	259.74	2.76	254.33 – 265.16	<0.001
Time	-11.74	2.91	-17.44 – -6.05	<0.001
Condition _{Mindfulness}	-7.44	3.34	-13.98 – -0.90	0.026
Condition _{PMR}	2.80	4.58	-6.17 – 11.76	0.541
ISI ₂₀₀₀	15.26	0.80	13.70 – 16.83	<0.001
ISI ₄₀₀₀	49.13	0.88	47.41 – 50.86	<0.001
Age _{Grand Mean Centered}	2.13	0.42	1.31 – 2.95	<0.001
Time : Condition _{Mindfulness}	-15.04	2.80	-20.54 – -9.54	<0.001
Time : Condition _{PMR}	-0.05	2.93	-5.80 – 5.70	0.986
Time : ISI ₂₀₀₀	6.98	1.47	4.11 – 9.85	<0.001
Time : ISI ₄₀₀₀	1.04	1.64	-2.18 – 4.26	0.527
Condition _{Mindfulness} : ISI ₂₀₀₀	-7.27	1.53	-10.25 – -4.28	<0.001
Condition _{Mindfulness} : ISI ₄₀₀₀	-12.00	1.81	-15.55 – -8.46	<0.001
Condition _{PMR} : ISI ₂₀₀₀	-4.69	1.59	-7.80 – -1.57	0.003
Condition _{PMR} : ISI ₄₀₀₀	-4.81	1.92	-8.58 – -1.04	0.012
Time : Condition _{Mindfulness} : ISI ₂₀₀₀	8.04	2.23	3.67 – 12.42	<0.001
Time : Condition _{Mindfulness} : ISI ₄₀₀₀	4.51	2.79	-0.96 – 9.97	0.106
Time : Condition _{PMR} : ISI ₂₀₀₀	-17.11	2.57	-22.14 – -12.08	<0.001
Time : Condition _{PMR} : ISI ₄₀₀₀	-21.63	2.83	-27.17 – -16.09	<0.001
<i>Random Effects</i>		<i>Model Specifications</i>		
τ_{00} Subject	155.50	Observations	46731	
τ_{11} Subject : Time	238.69	Df	46708	
ρ_{01} Subject	-0.06	Deviance	536141.3	
N Subject	78	AIC	536187.3	
		log-Likelihood	-268070.6	

Note. P-values for fixed effects were calculated using Satterthwaites approximations. Confidence Intervals have been calculated using the Wald method. Model fit by maximum likelihood (Laplace Approximation); family: inverse.gaussian (identity).

Table C2*Linear Regression of d' During the Continuous Performance Task*

<i>Predictors</i>	<i>Estimates</i>	<i>SE</i>	<i>95% CI</i>	<i>p</i>
(Intercept)	1.86	0.05	1.77 – 1.96	<0.001
Time	0.12	0.10	-0.08 – 0.31	0.240
Condition _{Mindfulness}	-0.06	0.12	-0.30 – 0.19	0.643
Condition _{PMR}	-0.01	0.12	-0.25 – 0.23	0.953
ISI ₂₀₀₀	0.15	0.12	-0.09 – 0.39	0.227
ISI ₄₀₀₀	0.39	0.12	0.15 – 0.63	0.001
Age _{Grand Mean Centered}	0.01	0.01	-0.01 – 0.02	0.347
Time : Condition _{Mindfulness}	0.30	0.25	-0.19 – 0.78	0.23
Time : Condition _{PMR}	0.62	0.24	0.15 – 1.09	0.01
Time : ISI ₂₀₀₀	0.13	0.24	-0.35 – 0.61	0.596
Time : ISI ₄₀₀₀	0.12	0.24	-0.36 – 0.60	0.616
Condition _{Mindfulness} : ISI ₂₀₀₀	0.23	0.30	-0.37 – 0.82	0.459
Condition _{Mindfulness} : ISI ₄₀₀₀	0.23	0.30	-0.37 – 0.82	0.459
Condition _{PMR} : ISI ₂₀₀₀	0.13	0.29	-0.44 – 0.71	0.653
Condition _{PMR} : ISI ₄₀₀₀	0.06	0.29	-0.52 – 0.63	0.845
Time : Condition _{Mindfulness} : ISI ₂₀₀₀	-0.65	0.61	-1.85 – 0.54	0.283
Time : Condition _{Mindfulness} : ISI ₄₀₀₀	-0.54	0.61	-1.73 – 0.66	0.378
Time : Condition _{PMR} : ISI ₂₀₀₀	-0.66	0.58	-1.81 – 0.49	0.260
Time : Condition _{PMR} : ISI ₄₀₀₀	-0.30	0.58	-1.44 – 0.85	0.614
<i>Model Specifications</i>				
Observations	462			
Df	443			
Deviance	499.889			
AIC	1387.515			
log-Likelihood	-673.757			

Note. P-values for fixed effects were calculated using Satterthwaites approximations. Confidence Intervals have been calculated using the Wald method.

Table C3*Linear Regression of Errors of Omission During the Continuous Performance Task*

<i>Predictors</i>	<i>Estimates</i>	<i>SE</i>	<i>95% CI</i>	<i>p</i>
(Intercept)	6.41	0.57	5.29 – 7.53	<0.001
Time	0.17	1.14	-2.07 – 2.42	0.879
Condition _{Mindfulness}	-0.03	1.43	-2.84 – 2.78	0.983
Condition _{PMR}	-1.30	1.42	-4.09 – 1.48	0.359
ISI ₂₀₀₀	-4.96	1.40	-7.70 – -2.21	<0.001
ISI ₄₀₀₀	-8.14	1.40	-10.89 – -5.40	<0.001
Age _{Grand Mean Centered}	0.24	0.06	0.11 – 0.36	<0.001
Time : Condition _{Mindfulness}	-0.04	2.85	-5.65 – 5.57	0.989
Time : Condition _{PMR}	-6.64	2.75	-12.05 – -1.23	0.016
Time : ISI ₂₀₀₀	-2.42	2.79	-7.91 – 3.08	0.388
Time : ISI ₄₀₀₀	-3.38	2.79	-8.87 – 2.11	0.227
Condition _{Mindfulness} : ISI ₂₀₀₀	0.28	3.50	-6.59 – 7.15	0.936
Condition _{Mindfulness} : ISI ₄₀₀₀	-0.21	3.50	-7.08 – 6.66	0.952
Condition _{PMR} : ISI ₂₀₀₀	2.00	3.37	-4.61 – 8.62	0.552
Condition _{PMR} : ISI ₄₀₀₀	3.08	3.37	-3.54 – 9.70	0.361
Time : Condition _{Mindfulness} : ISI ₂₀₀₀	1.28	6.99	-12.46 – 15.02	0.855
Time : Condition _{Mindfulness} : ISI ₄₀₀₀	-0.92	6.99	-14.66 – 12.82	0.896
Time : Condition _{PMR} : ISI ₂₀₀₀	4.19	6.73	-9.05 – 17.42	0.534
Time : Condition _{PMR} : ISI ₄₀₀₀	2.90	6.73	-10.34 – 16.13	0.667

Model Specifications

Observations	462
Df	443
Deviance	66289.447
AIC	3645.493
log-Likelihood	-1802.747

Note. P-values for fixed effects were calculated using Satterthwaites approximations. Confidence Intervals have been calculated using the Wald method.

Table C4*Generalized Linear Mixed Model of RT During the N-Back Task*

<i>Predictors</i>	<i>Estimates</i>	<i>SE</i>	<i>95% CI</i>	<i>p</i>
(Intercept)	531.47	5.23	521.22 – 541.72	<0.001
Time	-74.73	3.51	-81.61 – -67.84	<0.001
Condition _{Mindfulness}	1.12	3.80	-6.33 – 8.57	0.769
Condition _{PMR}	-29.48	4.35	-38.01 – -20.95	<0.001
Nback _{2back}	68.47	1.81	64.92 – 72.02	<0.001
Nback _{3back}	85.23	1.84	81.63 – 88.83	<0.001
Age _{Grand Mean Centered}	1.43	0.76	-0.06 – 2.92	0.059
Accuracy	-9.41	2.59	-14.48 – -4.34	<0.001
Target	8.88	1.24	6.45 – 11.31	<0.001
Time : Condition _{Mindfulness}	-35.98	6.70	-49.10 – -22.85	<0.001
Time : Condition _{PMR}	-21.24	5.02	-31.08 – -11.40	<0.001
Time : Nback _{2back}	-27.38	2.58	-32.44 – -22.32	<0.001
Time : Nback _{3back}	-10.85	2.77	-16.27 – -5.43	<0.001
Condition _{Mindfulness} : Nback _{2back}	-18.43	2.55	-23.44 – -13.43	<0.001
Condition _{Mindfulness} : Nback _{3back}	-8.91	2.65	-23.44 – -13.43	<0.001
Condition _{PMR} : Nback _{2back}	-25.08	2.97	-30.89 – -19.26	<0.001
Condition _{PMR} : Nback _{3back}	-14.30	2.93	-20.05 – -8.56	<0.001
Time : Condition _{Mindfulness} : Nback _{2back}	4.14	3.49	-2.70 – 10.97	0.235
Time : Condition _{Mindfulness} : Nback _{3back}	0.78	3.66	-6.39 – 7.95	0.832
Time : Condition _{PMR} : Nback _{2back}	-4.48	3.11	-10.58 – 1.62	0.150
Time : Condition _{PMR} : Nback _{3back}	3.66	4.33	-4.83 – 12.14	0.398
<i>Random Effects</i>		<i>Model Specifications</i>		
τ_{00} Subject	1165.75	Observations	41084	
τ_{11} Subject : Time	1106.84	Df	41059	
ρ_{01} Subject	-0.17	Deviance	532840.305	
N Subject	78	AIC	532890.305	
		log-Likelihood	-266420.152	

Note. P-values for fixed effects were calculated using Satterthwaites approximations. Confidence Intervals have been calculated using the Wald method. Model fit by maximum likelihood (Laplace Approximation); family: inverse.gaussian (identity).

Table C5*Linear Regression of d' During the N-Back Task*

<i>Predictors</i>	<i>Estimates</i>	<i>SE</i>	<i>95% CI</i>	<i>p</i>
(Intercept)	2.26	0.05	2.17 – 2.35	<0.001
Time	0.02	0.09	-0.16 – 0.20	0.820
Condition _{Mindfulness}	0.16	0.12	-0.07 – 0.39	0.167
Condition _{PMR}	0.12	0.12	-0.11 – 0.35	0.292
Nback _{2back}	-0.48	0.11	-0.70 – -0.27	<0.001
Nback _{3back}	-1.30	0.11	-1.52 – -1.08	<0.001
Age _{Grand Mean Centered}	-0.01	0.00	-0.01 – 0.00	0.183
Time : Condition _{Mindfulness}	0.12	0.22	-0.30 – 0.55	0.568
Time : Condition _{PMR}	0.21	0.22	-0.22 – 0.64	0.333
Time : Nback _{2back}	0.33	0.22	-0.10 – 0.77	0.132
Time : Nback _{3back}	0.27	0.22	-0.17 – 0.70	0.231
Condition _{Mindfulness} : Nback _{2back}	-0.06	0.27	-0.59 – 0.46	0.814
Condition _{Mindfulness} : Nback _{3back}	-0.16	0.27	-0.68 – 0.37	0.560
Condition _{PMR} : Nback _{2back}	-0.17	0.27	-0.70 – 0.36	0.525
Condition _{PMR} : Nback _{3back}	-0.22	0.27	-0.75 – 0.31	0.412
Time : Condition _{Mindfulness} : Nback _{2back}	-0.62	0.53	-1.67 – 0.43	0.245
Time : Condition _{Mindfulness} : Nback _{3back}	-0.76	0.53	-1.81 – 0.29	0.155
Time : Condition _{PMR} : Nback _{2back}	-0.26	0.54	-1.31 – 0.79	0.625
Time : Condition _{PMR} : Nback _{3back}	-0.18	0.54	-1.24 – 0.89	0.746
<i>Model Specifications</i>				
Observations	495			
Df	476			
Deviance	476.863			
AIC	1426.271			
log-Likelihood	-693.136			

Note. P-values for fixed effects were calculated using Satterthwaites approximations. Confidence Intervals have been calculated using the Wald method.

Table C6*Linear Regression of Errors of Omission During the N-Back Task*

<i>Predictors</i>	<i>Estimates</i>	<i>SE</i>	<i>95% CI</i>	<i>p</i>
(Intercept)	6.51	0.21	6.10 – 6.92	<0.001
Time	0.15	0.21	-0.26 – 0.56	0.469
Condition _{Mindfulness}	-0.59	0.54	-1.64 – 0.46	0.271
Condition _{PMR}	-0.17	0.54	-1.23 – 0.90	0.758
Nback _{2back}	1.05	0.52	0.04 – 2.06	0.043
Nback _{3back}	5.54	0.52	4.52 – 6.55	<0.001
Age _{Grand Mean Centered}	0.03	0.02	-0.01 – 0.07	0.179
Time : Condition _{Mindfulness}	-0.66	0.51	-1.66 – 0.34	0.194
Time : Condition _{PMR}	-1.03	0.51	-2.03 – -0.03	0.044
Time : Nback _{2back}	0.46	0.52	-0.55 – 1.48	0.369
Time : Nback _{3back}	0.47	0.52	-0.54 – 1.48	0.362
Condition _{Mindfulness} : Nback _{2back}	0.33	1.24	-2.11 – 2.77	0.788
Condition _{Mindfulness} : Nback _{3back}	-1.09	1.24	-3.53 – 1.35	0.382
Condition _{PMR} : Nback _{2back}	-0.24	1.24	-2.69 – 2.20	0.844
Condition _{PMR} : Nback _{3back}	-0.41	1.25	-2.87 – 2.06	0.744
Time : Condition _{Mindfulness} : Nback _{2back}	-0.51	1.24	-2.94 – 1.93	0.684
Time : Condition _{Mindfulness} : Nback _{3back}	1.53	1.24	-0.91 – 3.97	0.218
Time : Condition _{PMR} : Nback _{2back}	0.45	1.24	-2.00 – 2.89	0.720
Time : Condition _{PMR} : Nback _{3back}	0.47	1.25	-2.00 – 2.93	0.709
<i>Model Specifications</i>				
Observations	462			
Df	443			
Deviance	66289.447			
AIC	3645.493			
log-Likelihood	-1802.747			

Note. P-values for fixed effects were calculated using Satterthwaites approximations. Confidence Intervals have been calculated using the Wald method.

Table C7*Generalized Linear Mixed Model of RT During the Number-Letter Task*

<i>Predictors</i>	<i>Estimates</i>	<i>SE</i>	<i>95% CI</i>	<i>p</i>
(Intercept)	583.70	5.84	572.26 – 595.14	<0.001
Time	-80.91	4.79	-90.30 – -71.52	<0.001
Condition _{Mindfulness}	2.77	6.19	-9.36 – 14.91	0.654
Condition _{PMR}	4.64	5.43	-6.00 – 15.28	0.393
Switch	97.76	3.59	90.74 – 104.79	<0.001
Accuracy	26.12	5.54	15.25 – 36.98	<0.001
Age _{Grand Mean Centered}	1.42	0.77	-0.09 – 2.94	0.066
Time : Condition _{Mindfulness}	-28.08	6.78	-41.36 – -14.79	<0.001
Time : Condition _{PMR}	-9.90	5.89	-21.44 – 1.63	0.092
Time : Switch	-44.77	5.02	-54.61 – -34.92	<0.001
Condition _{Mindfulness} : Switch	-39.44	4.67	-48.59 – -30.29	<0.001
Condition _{PMR} : Switch	-18.97	5.55	-29.85 – -8.10	0.001
Time : Condition _{Mindfulness} : Switch	-2.76	6.68	-15.85 – 10.33	0.679
Time : Condition _{PMR} : Switch	29.4	7.73	14.24 – 44.56	<0.001
<i>Random Effects</i>		<i>Model Specifications</i>		
τ_{00} Subject	1873.85	Observations	20980	
τ_{11} Subject : Time	1092.14	Df	20962	
ρ_{01} Subject	-0.08	Deviance	293658.086	
N Subject	77	AIC	293694.086	
		log-Likelihood	-146829.043	

Note. P-values for fixed effects were calculated using Satterthwaites approximations. Confidence Intervals have been calculated using the Wald method. Model fit by maximum likelihood (Laplace Approximation); family: inverse.gaussian (identity).

Table C8*Multilevel Logistic Regression of Accuracy During the Number-Letter Task*

<i>Predictors</i>	<i>Estimates</i>	<i>SE</i>	<i>95% CI</i>	<i>p</i>
(Intercept)	2.90	0.09	2.72 – 3.08	<0.001
Switch	-0.33	0.06	-0.45 – -0.22	<0.001
Condition _{Mindfulness}	-0.49	0.23	-0.93 – -0.05	0.030
Condition _{PMR}	-0.11	0.23	-0.55 – 0.34	0.639
Time	-0.05	0.09	-0.21 – 0.12	0.583
Age _{Grand Mean Centered}	-0.01	0.01	-0.02 – 0.01	0.404
Condition _{Mindfulness} : Switch	0.20	0.14	-0.07 – 0.48	0.152
Condition _{PMR} : Switch	0.19	0.15	-0.10 – 0.49	0.200
Time : Switch	-0.26	0.12	-0.50 – -0.03	0.027
Time : Condition _{Mindfulness}	0.09	0.20	-0.30 – 0.48	0.667
Time : Condition _{PMR}	0.10	0.21	-0.31 – 0.50	0.638
Time : Condition _{Mindfulness} : Switch	0.35	0.28	-0.21 – 0.90	0.219
Time : Condition _{PMR} : Switch	0.18	0.30	-0.41 – 0.77	0.553
<i>Random Effects</i>		<i>Model Specifications</i>		
τ_{00} Subject	0.55	Observations	20980	
τ_{11} Subject : Time	0.20	Df	20964	
ρ_{01} Subject	-0.10	Deviance	9216.621	
N Subject	77	AIC	9248.621	
		log-Likelihood	-4608.311	

Note. P-values for fixed effects were calculated using Satterthwaites approximations. Confidence Intervals have been calculated using the Wald method. Model fit by maximum likelihood (Laplace Approximation); family: binomial (logit).

Table C9*Generalized Linear Mixed Model of RT During the Attention Network Task for the Executive Control Network*

<i>Predictors</i>	<i>Estimates</i>	<i>SE</i>	<i>95% CI</i>	<i>p</i>
(Intercept)	375.98	2.74	370.62 – 381.35	<0.001
Target	103.58	0.90	101.82 – 105.35	<0.001
Age _{Grand Mean Centered}	3.39	0.53	2.35 – 4.43	<0.001
Accuracy	82.79	1.32	80.20 – 85.37	<0.001
Time	-37.82	2.55	-42.81 – -32.82	<0.001
Condition _{Mindfulness}	-20.7	3.72	-28.00 – -13.41	<0.001
Condition _{PMR}	13.02	3.68	5.82 – 20.23	<0.001
Cue _{Middle}	-11.29	1.10	-13.45 – -9.14	<0.001
Cue _{Spatial}	-12.32	1.11	-14.49 – -10.14	<0.001
Cue _{Double}	-11.93	1.10	-14.09 – -9.77	<0.001
Time : Condition _{Mindfulness}	0.07	4.51	-8.77 – 8.92	0.987
Time : Condition _{PMR}	-7.33	4.12	-15.40 – 0.74	0.075
Time : Target	-21.44	1.66	-24.70 – -18.18	<0.001
Condition _{Mindfulness} : Target	-10.18	1.84	-13.80 – -6.57	<0.001
Condition _{PMR} : Target	3.60	2.06	-0.44 – 7.63	0.081
Time : Condition _{Mindfulness} : Target	-12.66	2.58	-17.72 – -7.61	<0.001
Time : Condition _{PMR} : Target	-14.02	2.57	-19.05 – -8.99	<0.001
<i>Random Effects</i>		<i>Model Specifications</i>		
τ_{00} Subject	261.62	Observations	46658	
τ_{11} Subject : Time	354.24	Df	46637	
ρ_{01} Subject	-0.07	Deviance	558291.759	
N Subject	77	AIC	558333.759	
		log-Likelihood	-279145.88	

Note. P-values for fixed effects were calculated using Satterthwaites approximations. Confidence Intervals have been calculated using the Wald method. Model fit by maximum likelihood (Laplace Approximation); family: inverse.gaussian (identity).

Table C10*Generalized Linear Mixed Model of RT During the Attention Network Task for the Alerting & Orienting Network*

<i>Predictors</i>	<i>Estimates</i>	<i>SE</i>	<i>95% CI</i>	<i>p</i>
(Intercept)	374.36	3.76	367.00 – 381.73	<0.001
Target	101.11	0.92	99.30 – 102.91	<0.001
Age _{Grand Mean Centered}	3.41	0.55	2.33 – 4.49	<0.001
Accuracy	84.13	1.34	81.50 – 86.76	<0.001
Time	-34.76	3.80	-42.20 – -27.31	<0.001
Condition _{Mindfulness}	-19.06	5.48	-29.80 – -8.33	0.001
Condition _{PMR}	12.41	8.37	-4.00 – 28.82	0.138
Cue _{Middle}	-11.39	1.17	-13.69 – -9.09	<0.001
Cue _{Spatial}	-12.67	1.16	-14.94 – -10.40	<0.001
Cue _{Double}	-11.85	1.18	-14.17 – -9.53	<0.001
Time : Condition _{Mindfulness}	1.97	7.30	-12.34 – 16.28	0.787
Time : Condition _{PMR}	-5.34	4.64	-14.43 – 3.76	0.250
Time : Cue _{Middle}	1.86	1.98	-2.02 – 5.74	0.347
Time : Cue _{Spatial}	1.32	1.97	-2.55 – 5.19	0.504
Time : Cue _{Double}	-2.71	1.93	-6.49 – 1.07	0.160
Condition _{Mindfulness} : Cue _{Middle}	2.65	2.30	-1.86 – 7.15	0.250
Condition _{Mindfulness} : Cue _{Spatial}	1.89	2.58	-3.16 – 6.94	0.463
Condition _{Mindfulness} : Cue _{Double}	3.56	2.21	-0.77 – 7.89	0.107
Condition _{PMR} : Cue _{Middle}	6.33	2.65	1.13 – 11.52	0.017
Condition _{PMR} : Cue _{Spatial}	-1.95	2.75	-7.33 – 3.43	0.478
Condition _{PMR} : Cue _{Double}	4.62	2.76	-0.80 – 10.04	0.095
Time : Condition _{Mindfulness} : Cue _{Middle}	12.36	3.49	5.52 – 19.20	<0.001
Time : Condition _{Mindfulness} : Cue _{Spatial}	9.23	3.49	2.39 – 16.07	0.008
Time : Condition _{Mindfulness} : Cue _{Double}	3.51	4.27	-4.87 – 11.88	0.412
Time : Condition _{PMR} : Cue _{Middle}	6.00	3.76	-1.37 – 13.37	0.110
Time : Condition _{PMR} : Cue _{Spatial}	12.49	5.09	2.52 – 22.46	0.014
Time : Condition _{PMR} : Cue _{Double}	9.54	4.39	0.94 – 18.13	0.030
<i>Random Effects</i>		<i>Model Specifications</i>		
τ_{00} Subject	262.41	Observations	46658	
τ_{11} Subject : Time	353.58	Df	46627	
ρ_{01} Subject	-0.08	Deviance	558476.054	
N Subject	77	AIC	558538.054	
		log-Likelihood	-279238.027	

Note. P-values for fixed effects were calculated using Satterthwaites approximations. Confidence Intervals have been calculated using the Wald method. Model fit by maximum likelihood (Laplace Approximation); family: inverse.gaussian (identity).

Table C11*Multilevel Logistic Regression of Accuracy During the Attention Network Task for the Executive Control Network*

<i>Predictors</i>	<i>Estimates</i>	<i>SE</i>	<i>95% CI</i>	<i>p</i>
(Intercept)	3.73	0.14	3.45 – 4.01	<0.001
Target	-2.76	0.07	-2.89 – -2.64	<0.001
Condition _{Mindfulness}	0.40	0.36	-0.30 – 1.10	0.265
Condition _{PMR}	0.22	0.37	-0.51 – 0.95	0.558
Time	0.03	0.14	-0.24 – 0.30	0.838
Cue _{Middle}	-0.08	0.06	-0.19 – 0.04	0.193
Cue _{Spatial}	-0.09	0.06	-0.21 – 0.03	0.132
Cue _{Double}	-0.07	0.06	-0.19 – 0.04	0.211
Age _{Grand Mean Centered}	0.05	0.02	0.02 – 0.08	0.001
Condition _{Mindfulness} : Target	-2.06	0.16	-2.38 – -1.74	<0.001
Condition _{PMR} : Target	-0.31	0.15	-0.60 – -0.01	0.042
Time : Target	0.27	0.13	0.02 – 0.53	0.034
Time : Condition _{Mindfulness}	-0.26	0.33	-0.90 – 0.39	0.437
Time : Condition _{PMR}	-0.49	0.34	-1.15 – 0.16	0.141
Time : Condition _{Mindfulness} : Target	0.13	0.33	-0.52 – 0.77	0.693
Time : Condition _{PMR} : Target	0.02	0.30	-0.57 – 0.61	0.946
<i>Random Effects</i>		<i>Model Specifications</i>		
τ_{00} Subject	1.48	Observations	46843	
τ_{11} Subject : Time	1.00	Df	46824	
ρ_{01} Subject	-0.25	Deviance	16872.924	
N Subject	77	AIC	16910.924	
		log-Likelihood	-8436.462	

Note. P-values for fixed effects were calculated using Satterthwaites approximations. Confidence Intervals have been calculated using the Wald method. Model fit by maximum likelihood (Laplace Approximation); family: binomial (logit).

Table C12

Multilevel Logistic Regression of Accuracy During the Attention Network Task for the Alerting & Orienting Network

<i>Predictors</i>	<i>Estimates</i>	<i>SE</i>	<i>95% CI</i>	<i>p</i>
(Intercept)	3.78	0.14	3.50 – 4.06	<0.001
Cue _{Middle}	-0.08	0.06	-0.19 – 0.04	0.210
Cue _{Spatial}	-0.09	0.06	-0.20 – 0.03	0.149
Cue _{Double}	-0.06	0.06	-0.18 – 0.06	0.340
Condition _{Mindfulness}	-0.42	0.34	-1.09 – 0.25	0.218
Condition _{PMR}	0.11	0.36	-0.59 – 0.81	0.761
Time	0.14	0.14	-0.12 – 0.41	0.298
Target	-2.90	0.07	-3.03 – -2.77	<0.001
Age _{Grand Mean Centered}	0.05	0.02	0.02 – 0.08	0.001
Condition _{Mindfulness} : Cue _{Middle}	-0.04	0.14	-0.33 – 0.24	0.771
Condition _{Mindfulness} : Cue _{Spatial}	-0.09	0.14	-0.37 – 0.20	0.552
Condition _{Mindfulness} : Cue _{Double}	-0.16	0.14	-0.45 – 0.12	0.252
Condition _{PMR} : Cue _{Middle}	-0.11	0.15	-0.42 – 0.19	0.459
Condition _{PMR} : Cue _{Spatial}	-0.02	0.15	-0.32 – 0.28	0.886
Condition _{PMR} : Cue _{Double}	-0.01	0.16	-0.31 – 0.30	0.972
Time : Cue _{Middle}	0.15	0.12	-0.08 – 0.39	0.206
Time : Cue _{Spatial}	-0.03	0.12	-0.26 – 0.20	0.802
Time : Cue _{Double}	-0.05	0.12	-0.29 – 0.18	0.649
Time : Condition _{Mindfulness}	-0.21	0.32	-0.84 – 0.41	0.504
Time : Condition _{PMR}	-0.53	0.34	-1.19 – 0.13	0.118
Time : Condition _{Mindfulness} : Cue _{Middle}	-0.40	0.29	-0.96 – 0.17	0.167
Time : Condition _{Mindfulness} : Cue _{Spatial}	-0.28	0.28	-0.84 – 0.27	0.318
Time : Condition _{Mindfulness} : Cue _{Double}	-0.33	0.29	-0.89 – 0.23	0.251
Time : Condition _{PMR} : Cue _{Middle}	0.06	0.31	-0.54 – 0.67	0.840
Time : Condition _{PMR} : Cue _{Spatial}	0.27	0.31	-0.33 – 0.87	0.380
Time : Condition _{PMR} : Cue _{Double}	-0.19	0.31	-0.80 – 0.42	0.546
<i>Random Effects</i>		<i>Model Specifications</i>		
τ_{00} Subject	1.40	Observations	46843	
τ_{11} Subject : Time	1.14	Df	46814	
ρ_{01} Subject	-0.28	Deviance	17056.148	
N Subject	77	AIC	17114.148	
		log-Likelihood	-8528.074	

Note. P-values for fixed effects were calculated using Satterthwaites approximations. Confidence Intervals have been calculated using the Wald method. Model fit by maximum likelihood (Laplace Approximation); family: binomial (logit).