The impact of a short body-focused meditation on body ownership and interoceptive abilities

\*Author information blinded for review\*

**Supplementary Information**

**Supplementary Table 1** Final backward linear regression model for the dependent variable interoceptive awareness.

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| *Predictors* | *ß* | *SE* | *t* | *p* | *95% CI* |
| Intercept | -0.07 | 0.43 | -0.16 | .868 | -0.93, 0.79 |
| Time | 0.24 | 0.71 | 0.33 | .740 | -1.17,1.64 |
| Group | -0.17 | 0.41 | -0.41 | .682 | -0.97, 0.64 |
| FFMQ mean | 0.15 | 0.12 | 1.31 | .191 | -0.08, 0.38 |
| Valence | -0.03 | 0.05 | -0.58 | .566 | -0.13, 0.07 |
| Time \* Group | 0.88 | 0.73 | 1.19 | .234 | -0.57, 2.32 |
| Time \* FFMQ mean | -0.23 | 0.16 | -1.43 | .155 | -0.55, 0.09 |
| Group \* Valence | 0.03 | 0.07 | 0.47 | .639 | -0.10, 0.17 |
| Time \* Valence | 0.09 | 0.09 | 1.05 | .293 | -0.08, 0.27 |
| Time \* Group \* Valence | -0.16 | 0.11 | -1.42 | .156 | -0.38, 0.06 |
| *R*2 | .03 |  |  |  |  |
| *R*2adjusted | -.008 |  |  |  |  |
| F(9, 212) | 0.81 |  |  |  |  |
| P | .605 |  |  |  |  |

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**Supplementary Fig. 1** Study procedure