

Table 3

*Participant HRV and Self-Reported Anxiety*

N=10

Participant ID	RMSSD	lnRMSSD	HADS-A
P1	13.21	2.58	6
P2	8.70	2.16	12
P3	92.43	4.53	4
P4	11.23	2.42	3
P5	5.14	1.64	2
P7	31.31	3.44	4
P8	98.99	4.59	4
P9	78.57	4.36	2
P10	25.32	3.23	7
P11	15.98	2.77	9
M(SD)	38.09(36.95)	3.17(1.04)	5.30(3.23)