

**Table 3**

Regression model predicting experimental pain intensity by trait mindfulness.

N = 198		$\beta$	$\Delta F$	$P=$	$\Delta R^2$	Cumulative $R^2$
Model 3 (Pain During CP)						
Step 1	Sex	-.100	1.97	.162	.010	.010
Step 2	Catastrophizing	.487	60.02	<.001	.234	.244
Step 3	Trait Mindfulness	-.106	2.39	.124	.009	.253

*Note.* The following measures were used: CAMM (trait mindfulness), SCQ (pain catastrophizing during cold pressor), NSR-11 (pain during cold pressor). Beta weights ( $\beta$ ) are reported for each step along with their change in F-statistic ( $\Delta F$ ) and  $P$ -value. The change in variance at each step in the models is reported as  $\Delta R^2$  along with the cumulative variance.