Table 2

Regression model predicting day-to-day pain interference by trait mindfulness.

N = 198		β	ΔF	*P=*	ΔR^2	Cumulative R^2
Model 4 (Pain Interference)						
Step 1	Sex	-.196	7.82	<.01	.038	.038
Step 2	Pain Intensity, Pain Catastrophizing	.278 .382	34.90	<.001	.254	.293
Step 3	Trait Mindfulness	-.276	15.61	<.001	.053	.346

Note. The following measures were used: NSR-11 (pain intensity), CAMM (trait mindfulness), PCS (pain catastrophizing), PPPIS (pain interference). Beta weights (β) are reported for each step along with their change in F-statistic (ΔF) and *P*-value. The change in variance at each step in the models is reported as ΔR^2 along with the cumulative variance.