

Group 1

Heart Rate	Mean Heart Rate (BPM)	Systolic Pressure(mmHg)	Diastolic Pressure (mmHg)
Baseline	62	112	70
Spelling Forward	64	114	72
Spelling Backward	68	115	75

	Trial 1	Trial 2	Trial 3
Breathing In (T2-T1)	0.98	0.857	0.843
Breathing Out (T2-T1)	1.01	0.99	1.14

Group 2

Heart Rate	Mean Heart Rate (BPM)	Systolic Pressure(mmHg)	Diastolic Pressure (mmHg)
Baseline	76.855	121.578	75.697
Spelling Forward	84.323	121.28	81.5
Spelling Backward	89.433	131.508	92.92

	Trial 1	Trial 2	Trial 3
Breathing In (T2-T1)	5.385	5.23	4.3
Breathing Out (T2-T1)	5.585	6.55	2.515

Group 3

	Trial 1	Trial 2	Trial 3
Breathing In (T2-T1)	0.75	0.851	0.73
Breathing Out (T2-T1)	0.98	1.01	1.015

Heart Rate	Mean Heart Rate (BPM)	Systolic Pressure(mmHg)	Diastolic Pressure (mmHg)
Baseline	81.479	112	70
Spelling Forward	36.52	132	68
Spelling Backward	75.801	114	76

Group 4

	Trial 1	Trial 2	Trial 3
Breathing In (T2-T1)	5.75	5.465	3.585
Breathing Out (T2-T1)	6.185	2.38	3.145

Heart Rate	Mean Heart Rate (BPM)	Systolic Pressure(mmHg)	Diastolic Pressure (mmHg)
Baseline	73	102	74
Spelling Forward	90	99.95	66.32
Spelling Backward	88	100.02	69.024

Group 5

	Trial 1	Trial 2	Trial 3	
Breathing In (T2-T1)		5.282	5.165	5.89
Breathing Out (T2-T1)		6.023	5.956	4.123
Heart Rate	Mean Heart Rate (BPM)	Systolic Pressure(mmHg)	Diastolic Pressure (mmHg)	
Baseline		67	137	86
Spelling Forward		90	158	98
Spelling Backward		94	164	101

	Trial 1	Trial 2	Trial 3	
Breathing In (T2-T1)				
Breathing Out (T2-T1)				

Group 6

Heart Rate	Mean Heart Rate (BPM)	Systolic Pressure(mmHg)	Diastolic Pressure (mmHg)	
Baseline	69.009	109	83.595	
Spelling Forward	43.92	82.813	60.892	
Spelling Backward	24.049	172.417	92.394	

	Trial 1	Trial 2	Trial 3	
Breathing In (T2-T1)		5.269	5.425	5.263
Breathing Out (T2-T1)		6.236	5.975	5.812

Group 7

Heart Rate	Mean Heart Rate (BPM)	Systolic Pressure(mmHg)	Diastolic Pressure (mmHg)	
Baseline	97.678	79.264	38.409	
Spelling Forward	79.47	85.428	23.696	
Spelling Backward	92.537	156.192	50.354	

	Trial 1	Trial 2	Trial 3	
Breathing In (T2-T1)		9.15	7.47	8.43
Breathing Out (T2-T1)		5.88	6.48	7.56

Group 8

Heart Rate	Mean Heart Rate (BPM)	Systolic Pressure(mmHg)	Diastolic Pressure (mmHg)	
Baseline	88.482	99.502	77.23	
Spelling Forward	85.106	113.296	97.926	
Spelling Backward	95.231	152.188	138.704	

	Trial 1	Trial 2	Trial 3	
Breathing In (T2-T1)		2.735	2.865	2.135
Breathing Out (T2-T1)		3.03	3.335	3.4

Group 9

Heart Rate	Mean Heart Rate (BPM)	Systolic Pressure(mmHg)	Diastolic Pressure (mmHg)	
Baseline	60.884	103.421	59.481	
Spelling Forward	61.435	101.69	68.138	
Spelling Backward	58.237	95.487	61.287	

	Trial 1	Trial 2	Trial 3	
Breathing In (T2-T1)		5.789	6.124	5.564
Breathing Out (T2-T1)		6.48	6.897	7.231

Group 10

Heart Rate	Mean Heart Rate (BPM)	Systolic Pressure(mmHg)	Diastolic Pressure (mmHg)	
Baseline	74	104	86.2	
Spelling Forward	77	112.234	82.3	
Spelling Backward	76	124.56	87.1	

	Trial 1	Trial 2	Trial 3	
Breathing In (T2-T1)		4.2	4.2	4.32
Breathing Out (T2-T1)		7.9	10.1	10.5

Group 11

Heart Rate	Mean Heart Rate (BPM)	Systolic Pressure(mmHg)	Diastolic Pressure (mmHg)	
Baseline	71.86	85.093	74.769	
Spelling Forward	49.8	101.331	87.353	
Spelling Backward	57.56	110.22	85.383	

	Trial 1	Trial 2	Trial 3	
Breathing In (T2-T1)		6.885	5.93	2.63
Breathing Out (T2-T1)		6.885	6.82	3.83

Group 12

Heart Rate	Mean Heart Rate (BPM)	Systolic Pressure(mmHg)	Diastolic Pressure (mmHg)	
Baseline	94	204	108	
Spelling Forward	165	116	67	

Spelling Backward		214	114	76
	Trial 1	Trial 2	Trial 3	
Breathing In (T2-T1)		6.89	5.99	6.24
Breathing Out (T2-T1)		6.24	5.86	6.15

Pule Pressure (mmHg)

42

42

40

Pule Pressure (mmHg)

45.703

39.58

38.502

Pule Pressure (mmHg)

42

64

38

Pule Pressure (mmHg)

28

33.63

30.996

Pule Pressure (mmHg)

51
59
63

Pule Pressure (mmHg)

-25.409
-21.921
-80.023

Pule Pressure (mmHg)

40.855
61.732
105.838

Pule Pressure (mmHg)

21.762
15.37
13.484

Pule Pressure (mmHg)

43.526

32.867

32.889

Pule Pressure (mmHg)

43.2

37.8

41.2

Pule Pressure (mmHg)

10.324

10.977

20.194

Pule Pressure (mmHg)

109

68

