

Table 1) Frequency distribution of demographic characteristics of blind athlete veterans (n=104)

Demographic Characteristics	Number	Percentage
Gender		
Female	41	39.4
Male	63	60.6
Age Range		
15 to 25 Years	23	22.1
25 to 35 Years	47	45.2
Over 35 Years	34	32.7

Table 2) Mindfulness correlation coefficients with cognitive abilities and its components

Cognitive Abilities and Its Components	Correlation Coefficient with Mindfulness
Total Score of Cognitive Abilities	0.43**
Memory	0.41**
Inhibitive Control and Selective Attention	0.067
Decision Making	0.54**
Planning	0.12
Sustained Attention	0.44**
Social Cognition	0.22*
Cognitive Flexibility	0.31**

P<0.01**; p<0.05*