

Table 1) Mean scores of participants in the variables studied and correlation with mindfulness

Index	Mean	Correlation Coefficient with Mindfulness	Significance Level
Mindfulness	2.773±0.574	1	-
Cognitive Abilities (Total)	2.332±0.638	0.26	0.009
Memory	0.038±0.767	0.132	0.208
Inhibitory Control and Selective Attention	2.234±0.737	0.020	0.849
Decision Making	2.311±0.700	0.305	0.003
Planning	2.215±0.854	0.213	0.041
Sustained Attention	2.308±0.824	0.147	0.159
Social Cognition	2.863±1.726	0.176	0.091
Cognitive Flexibility	2.328±0.808	0.287	0.005