# CHAPTER – 6.0

DATA EXTRACTION AND ANALYSIS

<table>
<thead>
<tr>
<th>CHAPTER</th>
<th>CONTENT</th>
<th>PAGE NO.</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.0</td>
<td>DATA EXTRACTION AND ANALYSIS</td>
<td>109-110</td>
</tr>
<tr>
<td>6.1</td>
<td>DATA COLLECTION</td>
<td>109</td>
</tr>
<tr>
<td>6.2</td>
<td>DATA EXTRACTION</td>
<td>109</td>
</tr>
<tr>
<td>6.3</td>
<td>DATA ANALYSIS</td>
<td>109</td>
</tr>
</tbody>
</table>
6.0 DATA EXTRACTION AND ANALYSIS

6.1 DATA COLLECTION

All data were collected using GDV instrument attached with computer system for its operation through installed GDV software. Demographic data and consent forms were obtained using written forms.

6.2 DATA EXTRACTION

The Diagram Software Program of EPI technique was used to extract the raw data into Excel sheet. This diagram program provides all parameters which were taken into consideration for analysis, namely Activation Coefficient, Integral Area and Integral Entropy.

6.3 DATA ANALYSIS

Data analysis was carried out using “R statistical package” for data analysis (R Development Core team, 2014).

**NORMATIVE STUDY**

First of all, analysis was performed for all subjects taken together and further, separate analyses were carried out for males and females, age groups 18 to 40 and 41 to 60 years, and also on the basis of diet pattern. As each of the variables was not found to be normally distributed, for each of the EPI parameters, 25th and 75th percentiles were taken keeping a sample size (healthy population) of n=880, and further 25th and 75th percentiles were bootstrapped keeping sampling, k=1,000, and corresponding bootstrapped 95% confidence intervals were also calculated (Peng, 2008). Z score with cut off value of 1.96 Z score for two tailed condition was considered for differentiating
the observed norms for the Indian population from the established norms for the European population.

**CYCLIC MEDITATION VS SUPINE REST**

To compare the baseline demographic details, the independent samples $t$-test was performed for continuous variables. Both groups showed similarities in most of the demographic details except age and diastolic blood pressure as presented in Table 12. Further, within group analyses were carried out using paired sample $t$-tests and between group analyses using independent sample $t$-tests, correcting for any possible mismatch at baseline by considering pre- and post-differences.

**INTEGRATED YOGA MODULE**

Paired sample $t$-test was used for evaluating pre post readings and independent sample $t$-test for cross sectional comparisons between male and female subgroups.

*(In the next chapter we present the results of all three projects)*