Chapter 4

Data Analysis
Data was entered in MS Excel and analyzed using SPSS PC+ version 16.0 statistical software. Descriptive statistics (mean and standard deviation) were used to describe all the study (Age, Body Mass Index (BMI), Heart Rate (HR), Respiratory Rate (RR), Blood Pressure Diastolic (BPD), Blood Pressure Systolic (BPS) and outcome variables (Heart Rate Variability time component (SDNNi) and frequency component (nHF, nLF), Salivary Cortisol (SC), Performance Score (PS). The within group comparison of mean values of outcome variables (SDNNi, nHF, nLF, and SC) at the baseline, 29\textsuperscript{th} day and at 36\textsuperscript{th} day was done using one-way analysis of variance followed by Tukey’s post hoc multiple comparison tests and between 4 groups (Group-A, Group-B, Group-C and, Group-D) comparison of study and outcome variables was also carried out similar statistical tests. And the main outcome variable performance score was compared before and after intervention by using student’s t-test for paired samples. The 95\% confidence intervals were calculated for difference of mean of all outcome variables. Bland and Altman plot was used to compare the pre and post performance score values in each of the 4 groups. A p-value of <0.05 was considered as statistical significant.