

**Table 1)** Demographic variables in both intervention and control groups before the intervention (Fisher Exact Test)

Variables	Intervention Group (n=40)		Control Group (n=40)		Significance Level	
	Number	Percent	Number	Percent		
<b>Education</b>	illiterate	5	12.5	8	10	0.112
	Primary School	24	60	42	52.5	
	Junior High School	11	27.5	26	32.5	
	Senior High School and Higher	0	0	4	5	
<b>Spouse's Education</b>	Illiterate	3	7.5	8	20	0.187
	Primary School	19	47.5	12	30	
	Junior High School	12	30	16	40	
	Senior High school and Higher	6	15	4	10	
<b>Occupation</b>	Unemployed	31	77.5	32	80	0.425
	Employed	1	2.5	3	7.5	
	Self-Employed	8	20	5	12.5	
<b>Spouse's Education</b>	Unemployed	4	10	2	5	0.826
<b>Occupation</b>	Employed	13	32.5	13	32.5	
	Self-employed	23	57.5	25	62.5	

**Table 2)** Comparison of total score of mental health between intervention and control groups before and after intervention

<b>Mental Health</b>	<b>Control Group (n=40)</b>	<b>Intervention Group (n=40)</b>	<b>Significance Level</b>
<b>Before</b>	26.57 ± 10.3	29.85± 14.9	0.259
<b>After</b>	30.41± 9.7	15.23 ± 8.1	0.001

**Table 3)** Comparison of mental health ~~constructs~~ components between intervention and control groups before and after intervention

<b>Mental Health Components</b>		<b>Control Group (n=40)</b>	<b>Intervention Group (n=40)</b>	<b>Significance Level</b>
<b>Somatic Symptoms</b>	Before	7.10± 3.3	7.98 ±4.6	0.335
	After	7.90 ±3.3	3.85± 2.3	0.001
<b>Anxiety and Insomnia</b>	Before	7.50 ±3.6	8.25± 4.8	0.437
	After	8.87 ±3.5	4.35± 2.8	0.001
<b>Social Dysfunction</b>	Before	9.20± 2.6	9.80±3.7	0.413
	After	9.85± 2.5	8.70±2.4	0.001
<b>Depression</b>	Before	2.78± 2.9	3.82±3.7	0.167
	After	3.59± 3.1	1.21± 1.6	0.001