

**Table 1)** Comparing the demographic variables in the two control and interventional groups before the intervention

Demographic Variables	Control Group (n=65)		Interventional Group (n=53)		Significance Level	
	Number	Percentage	Number	Percentage		
<b>Fathers' Education</b>	Diploma or Less	83.02	44	75.4	49	0.002
	Associate	1.89	1	18.5	12	
	Bachelor or Higher	15.09	8	6.1	4	
<b>Mothers' Education</b>	Diploma or Less	90.57	48	86.15	56	0.805
	Associate	5.66	3	6.15	4	
	Bachelor or Higher	3.77	2	7.7	5	
<b>Economic Status</b>	Totally appropriate	5.66	3	3.1	2	0.398
	Appropriate	37.73	20	30.8	20	
	Moderate	41.52	22	55.3	36	
	Weak	11.32	6	10.8	7	
	Totally Weak	3.77	2	0.0	0	
<b>Housing</b>	Tenant	32.1	17	35.38	23	0.317
	Personal House	50.9	27	55.38	36	
	Organizational House	3.8	2	3.08	2	
	Grandfather's House	3.8	2	3.08	2	
	Others	9.4	5	3.08	2	
<b>Having Personal Cars</b>	Yes	69.81	37	67.7	44	0.840
	No	30.19	16	32.30	21	
<b>Favorites for Training</b>	Lecture	37.74	20	30.77	20	0.356
	Group Discussion	22.64	12	26.15	17	
	Poster	11.32	6	6.15	4	
	Pamphlet	9.43	5	4.61	3	
	CD	15.1	8	24.62	16	
	Other	3.77	2	7.7	5	
<b>History of Osteoporosis in the Family</b>	30.19	16	10.77	7	Yes	0.005
	69.81	37	89.23	58	No	
<b>Source of Information</b>	3.8	2	3.08	2	Radio	0.447
	52.8	28	49.2	32	TV	
					Journal and Magazine	
	9.43	5	7.7	5	School	
	11.3	6	27.7	18	Internet	
	26.41	14	24.62	16	Parents	
	18.9	10	21.54	14	Friends	
	5.7	3	7.7	5	Relatives	
	0.0	0	6.15	4	Other Cases	
	11.3	6	10.77	7		

**Table 2)** Comparison of the mean of knowledge, attitude, and behavior in prevention of osteoporosis in the control and interventional group before and after the intervention

Studied Variables		Control Group (n=65)		Interventional Group (n=53)		Significance Level
		Mean	SD	Mean	SD	
<b>knowledge</b>	Before Intervention	19.71	3.14	19.37	2.52	0.099
	After Intervention	20.23	2.77	21.10	3.15	0.024
	Significance Level		0.083		0.011	-
<b>Attitude</b>	Before Intervention	31.65	11.19	33.47	10.59	0.971
	After Intervention	33.53	6.94	36.90	6.10	0.003
	Significance Level		0.845		0.002	-
<b>Behavior</b>	Before Intervention	4.77	1.56	4.51	1.61	0.525
	After Intervention	5.30	1.86	5.98	2.20	0.086
	Significance Level		0.051		0.013	-