Table 1) The frequency of demographic characteristics (numbers in parentheses are percentages)

Variable	Control group (n=44)	Intervention group (n=40)
Number of pregnancies		
1	26 (59.1)	29 (72.5)
2	10 (22.7)	7 (17.5)
3	7 (15.9)	3 (7.5)
4	1 (2.3)	1 (2.5)
Education		
Below diploma	4 (9.1)	3 (7.5)
Diploma	7 (18. 2)	12 (30)
Associate degree	3 (6. 8)	3 (7.5)
Bachelors' degree	28 (61.6)	20 (50)
Master's degree and above	2 (4.5)	2 (5)
Occupation		
Housewife	29 (65.9)	33 (82.5)
Employee	5 (11.4)	2 (5)
Others	10 (22. 7)	5 (12.5)
Spouse's job		
Non-governmental	32 (72.7)	27 (67.5)
Employee	8 (18. 2)	8 (20)
Others	4 (9.1)	5 (12.5)
Income		
Less than enough	8 (18.2)	5 (12.5)
Enough	27 (61.4)	24 (60)
More than enough	9 (20.5)	11 (27.5)
Underlying diseases		
None	32 (72.7)	34 (85)
Diabetes	1 (2. 3)	3 (7.5)
Mental disease	5 (11.4)	1 (2.5)
Hypertension	6 (13.6)	2 (5)
Deaths of relatives in recent months for any reason		
Yes	5 (11.4)	5 (12.5)
No	39 (88.6)	35 (87.5)
Taking medications		
Yes	13 (29.5)	8 (20)
No	31 (70.5)	32 (80)