

Table 1. Descriptive characteristics and internal consistency reliability of the research variables

| Observed variables | Mean | Minimum score | Maximum score | Cronbach's alpha |
|---|-------------|----------------------|----------------------|-------------------------|
| Satisfaction with the services of the foundation | 13.15±8.38 | 0 | 38 | 0.88 |
| Spiritual attitude | 48.29±7.01 | 17 | 55 | 0.95 |
| Socio-economic base | 16.98±13.85 | 3 | 80 | - |
| Marital satisfaction | 23.76±7.20 | 9 | 45 | 0.90 |
| Social support | | | | |
| Family | 15.43±3.65 | 4 | 20 | 0.87 |
| Friends | 11.93±4.32 | 4 | 20 | 0.90 |
| Others | 13.51±4.04 | 4 | 20 | 0.83 |
| Total score | 40.88±10.12 | 12 | 60 | 0.92 |
| Positive attitudes and behaviors toward health | 51.99±7.39 | 31 | 73 | 0.74 |
| Quality of life | | | | |
| Physical | 8.86±4.23 | 0 | 20 | 0.75 |
| Mental health | 11.14±5.76 | 0 | 26 | 0.88 |
| Environmental | 10.50±4.72 | 0 | 24 | 0.83 |
| Social relationship | 5.21±2.67 | 0 | 12 | 0.77 |
| Total score | 35.72±15.35 | 1 | 78 | 0.94 |

Table 2. Fitness induces of the research model

| Indices | Values | Status |
|--|---------------|---------------|
| X²/df | 2.43 | Optimal |
| Root mean square error of approximation (RMSEA) | 0.075 | Optimal |
| Standardized Root Mean Square Residual (SRMR) | 0.048 | Excellent |
| Comparative fit index (CFI) | 0.955 | Excellent |
| Normalized Fit Index (NFI) | 0.927 | Optimal |
| Toker-Lewis Index (TLI) | 0.936 | Optimal |
| Goodness of fit index (GFI) | 0.936 | Optimal |
| Adjusted goodness of fit index (AGFI) | 0.902 | Optimal |

