

Table 1. The absolute and relative frequency of demographic variables in postmenopausal women (n=400) and the correlation between statistical mean of their quality of life scores and demographic variables using Kruskal-Wallis test

Variables	No. (%)	Quality of life score	P value
Education			
Illiterate	35 (8.7)	121.88±15.92	<0.001
Elementary	190 (47.5)	108.78±20.07	
Secondary school	74 (18.5)	99.26±22.06	
Diploma	75 (18.8)	92.88±25.19	
University	26 (6.5)	90.00±27.90	
Occupation			
Employee	10 (2.5)	78.60±17.34	<0.001
Housewife	325 (81.2)	106.15±22.95	
Non-governmental	32 (8.0)	100.61±21.47	
Retired employee	31 (7.8)	94.30±22.38	
Retired private sector	2 (0.5)	85.50±54.44	
Income			
Less than enough	151 (37.8)	115.39±18.69	<0.001
Enough	242 (60.5)	97.07±23.02	
More than enough	7 (1.8)	94.00±31.15	

Table 2. The absolute and relative frequency of underlying and nutritional variables in postmenopausal women (n = 400) and the relationship between statistical mean of their quality of life scores with these variables

Variables	No. (%)	Quality of life scores	P value
Hookah smoking			
Yes	28 (7.0)	108.29±25.35	*0.43
No	372 (93.0)	103.70±23.21	
Type of delivery			
Vaginal	311 (77.7)	103.31±22.46	**<0.001
Cesarean section	22 (5.5)	88.04±27.04	
Both	67 (16.7)	112.60±23.05	
Dairy consumption			
More than three servings	26 (6.5)	96.15±30.86	**<0.001
Three servings	137 (34.3)	96.32±20.98	
Less than three servings	237 (59.3)	109.27±22.32	
Eating fruits			
More than two servings	33 (8.3)	85.63±29.57	**<0.001
Two servings	174 (43.5)	100.22±22.29	
Less than two servings	193 (48.3)	110.65±20.58	
Eating vegetables			
More than three servings	(7.8) 31	95.70±28.80	**0.44
Three servings	(31.8) 127	101.03±22.35	
Less than three servings	242 (60.5)	106.66±22.75	
Vitamin D supplementation			
Yes	162 (40.5)	98.72±22.31	**<0.001
No	238 (59.5)	107.54±23.42	

Table 3. The mean scores and matrix of correlation coefficients of health literacy, self-efficacy and quality of life

Variables	Mean scores	1	2
1- Health literacy	60.99±13.00	1	
2- Self-efficacy	57.42±7.75	*0.457	1
3- Quality of life	103.92±23.31	*-0.352	*-0.338

* Mann-Whitney test; ** Kruskal-Wallis test

Table 4. Coefficients of regression analysis of predictors of quality of life in postmenopausal women

Predictive variables	ضریب غیر استاندارد B	ضریب استاندارد B	t value	P value	Coefficient of determination R ²	ضریب تعیین R
Health literacy	-0.41	-0.23	-4.53	<0.001	0.18	0.42
Self-efficacy	-0.81	-0.27	-5.32	<0.001		

Table 5. Coefficients of regression analysis of demographic and contextual predictors of quality of life in postmenopausal women

Predictive variables	Coefficient B	Standard error	t value	P value
Marriage age	-1.21	0.37	-3.26	0.001
Type of delivery				
Vaginal	-7.85	2.74	-2.86	0.004
Cesarean section	-8.96	5.27	-1.70	0.09
Both	0	-	-	-
Dairy consumption				
More than three servings	2.9	4.81	0.44	0.66
Three servings	-7.57	2.33	-3.24	0.001
Less than three servings	0	-	-	-
Eating fruits				
More than two servings	-17.99	4.54	-3.95	<0.001
Two servings	-3.39	2.22	-1.52	0.12
Less than two servings	0			
Vitamin D supplementation				
Yes	-4.36	2.18	-1.99	0.4
No	0	-	-	-