

**Table 1)** Comparison of the frequency distribution of demographic characteristics in the experimental group and control group (n=60) before educational intervention (numbers in parentheses are percentages)

<b>Variables</b>	<b>Experimental group</b>	<b>Control group</b>	<b>Significance level</b>
<b>Education</b>			
Primary school	41(68.3)	43(71.7)	0.927
Secondary education	7(11.7)	6(10.0)	
Diploma	5(8.3)	6(10.0)	
Associate	4(6.7)	2(3.3)	
Bachelor's degree and higher	3(5.0)	3(5.0)	
<b>Job</b>			
Unemployed	3(5.0)	3(5.0)	0.194
Employee	5(8.3)	4(6.7)	
Labor	24(40.0)	18(30.0)	
Self-employed	17(28.3)	12(20.0)	
Retired	11(18.3)	23(38.3)	
<b>Income (Tomans)</b>			
<700000	22(36.7)	20(33.3)	0.850
700000-1500000	21(35.0)	24(40.0)	
1500000<	17(28.3)	16(26.7)	

**Table 2)** Comparison of statistical mean of spouse social support scores and its dimensions, before and after the intervention in the experimental and control groups

<b>Variables</b>	<b>Before intervention</b>	<b>After intervention</b>	<b>Significance level</b>	<b>Mean difference</b>
<b>Information/emotional support</b>				
Experimental group	32.65±6.38	37.56±4.41	<0.001	4.91±6.96
Control group	33.63±7.53	33.30±8.36	0.742	-0.33±7.79
Significance level*	0.442	0.001	-	<0.001
<b>Tangible support</b>				
Experimental group	17.15±2.51	19.36±1.63	<0.001	2.21±2.40
Control group	18.38±2.77	18.00±3.45	0.121	-0.38±1.88
Significance level*	0.012	0.007	-	<0.001
<b>Kindness</b>				
Experimental group	12.26±2.96	14.26±1.98	<0.001	2.00±2.39
Control group	13.00±3.12	13.10±2.86	0.614	0.10±1.52
Significance level*	0.19	0.011	-	<0.001
<b>Positive social interaction</b>				
Experimental group	12.28±2.99	14.25±1.85	<0.001	1.96±2.52
Control group	13.31±2.90	13.28±2.81	0.868	-0.03±1.55
Significance level*	0.057	0.028	-	<0.001
<b>Social support (total score)</b>				
Experimental group	78.58±12.52	89.40±9.22	<0.001	10.81±11.58
Control group	82.88±14.10	82.66±16.40	0.862	-0.21±9.59
Significance level*	0.08	0.007	-	<0.001

Independent T test\*; Paired T test\*\*

**Table 3)** Comparison of statistical mean of systolic and diastolic blood pressure and adherence scores before and after intervention in the experimental and control groups

<b>Variables</b>	<b>Before intervention</b>	<b>After intervention</b>	<b>Significance level**</b>	<b>Mean difference</b>
<b>Systolic blood pressure (mm Hg)</b>				
Experimental group	13.30±1.76	12.25±1.47	<0.001	-1.05±1.28
control group	12.94±1.38	12.92±1.21	0.920	-0.016±1.67
Significance level**	0.208	0.007	-	0.034
<b>Diastolic blood pressure (mm Hg)</b>				
Experimental group	8.19±1.51	7.77±0.98	0.068	-0.41±1.73
control group	8.40±1.49	8.65±1.51	0.253	0.25±1.67
Significance level*	0.423	<0.001	-	<0.001
<b>Adherence to the treatment</b>				
Experimental group	38.15±4.75	45.30±4.46	<0.001	7.15±6.24
control group	39.60±5.67	40.11±6.21	0.350	0.51±4.24
Significance level**	0.132	<0.001	-	<0.001

Independent T test\*; Paired T test\*\*

**Table 4)** Factors affecting adherence to diet therapy based on multivariate analysis of covariance

<b>Variable</b>	<b>Root mean square</b>	<b>Average of squares</b>	<b>F</b>	<b>Significance level</b>
<b>Educational intervention</b>	848.80	848.80	40.48	<0.001
<b>Adherence to treatment before intervention</b>	553.51	553.51	26.39	<0.001
<b>Job</b>	147.56	147.56	7.03	0.009