

Table 1) Comparison of demographic characteristics in the test and control groups before the training intervention

| Variable | Number (%) | | p-value |
|------------------------|--------------------|--------------------|---------|
| | Control group | Test group | |
| Gender | | | |
| Female | 38 (74.5) | 38 (74.5) | 0.101 |
| Male | 13 (25.5) | 13 (25.5) | |
| Education level | | | |
| Illiterate | 2 (3.9) | 3 (5.9) | 0.462 |
| Primary | 41 (80.4) | 36 (70.6) | |
| High school | 3 (5.9) | 4 (7.8) | |
| Diploma | 4 (7.8) | 7 (13.7) | |
| University education | 1 (2.0) | 1 (2.0) | |
| Marital status | | | |
| Single | 2 (3.9) | 2 (3.9) | 0.815 |
| Married | 43 (83.4) | 41 (80.4) | |
| Widow | 5 (9.8) | 6 (11.8) | |
| Divorced | 1 (2.0) | 1 (2.0) | |
| Occupation | | | |
| Worker | 9 (17.6) | 5 (9.8) | 0.293 |
| Farmer | 4 (7.8) | 5 (9.8) | |
| Self employed | 1 (2.0) | 1 (2.0) | |
| Retired | 0 | 2 (3.9) | |
| Housewife | 35 (68.6) | 33 (64.7) | |
| Unemployed | 1 (2.0) | 5 (9.8) | |
| Age | | | |
| | Mean | Mean | 0.981 |
| | Standard deviation | Standard deviation | |
| | 51.62±8.34 | 51.56±14.8 | |

Table 2) Comparison of risk factors related to hypertension between test and control group before the training intervention

| Factor | | Frequency | Percentage | p-value |
|--|---------------|-----------|------------|---------|
| Blood fat | | | | |
| Yes | Control group | 13 | 25.5 | 0.617 |
| | Test group | 16 | 29.4 | |
| No | Control group | 38 | 74.5 | |
| | Test group | 35 | 68.6 | |
| Tobacco smoking | | | | |
| Yes | Control group | 0 | 0 | 0.310 |
| | Test group | 2 | 0.4 | |
| No | Control group | 51 | 100 | |
| | Test group | 49 | 96 | |
| Consumption of salt | | | | |
| Salt-free | Control group | 10 | 19.6 | 0.375 |
| | Test group | 6 | 11.8 | |
| Adding salt while cooking | Control group | 33 | 64.7 | |
| | Test group | 34 | 66.7 | |
| Use of salt while eating | Control group | 6 | 11.8 | |
| | Test group | 8 | 15.7 | |
| Consumption of condiments and salty snakes | Control group | 2 | 3.9 | |
| | Test group | 2 | 3.9 | |
| Oil consumption | | | | |
| Animal oil | Control group | 3 | 5.9 | 0.166 |
| | Test group | 1 | 2.0 | |
| Solid vegetable oil | Control group | 23 | 45.1 | |
| | Test group | 18 | 35.3 | |
| Liquid vegetable oil | Control group | 25 | 49.0 | |
| | Test group | 30 | 58.8 | |
| Physical activity | | | | |
| Yes | Control group | 23 | 45.1 | 0.310 |
| | Test group | 25 | 49.0 | |
| No | Control group | 26 | 51.0 | |
| | Test group | 24 | 47.0 | |

Table 3) Predictors of self-care behaviors based on the Precede model constructs in the subjects (adjusted R2 for all factors is 0.207)

| Model constructs | Coefficient | Standard error | Standardized coefficient (β) | p-value |
|----------------------------|--------------------|-----------------------|--|----------------|
| Awareness | 0.126 | 0.339 | 0.043 | 0.710 |
| Attitude | 0.161 | 0.043 | 0.256 | 0.002 |
| Enabling factors | 0.007 | 0.031 | 0.396 | 0.039 |
| Reinforcing factors | 0.236 | 0.103 | 0.033 | 0.850 |

Table 4) Mean±standard deviation of the Precede model structures before and 3 months after educational intervention

| Construct | Befor intervention | 3 months after intervention | p-value** |
|----------------------------|---------------------------|------------------------------------|------------------|
| Awareness | | | |
| Control | 13.3±62.36 | 14.4±38.08 | 0.152 |
| Test | 13.3±22.02 | 18.1±70.02 | <0.001 |
| p-value * | 0.491 | <0.001 | |
| Attitude | | | |
| Control | 59.7±98.65 | 61.10±48.06 | 0.071 |
| Test | 60.7±78.88 | 69.6±01.35 | <0.001 |
| p-value * | 0.612 | <0.001 | |
| Enabling factors | | | |
| Control | 26.4±29.13 | 29.6±05.17 | 0.022 |
| Test | 27.4±14.04 | 32.6±19.51 | <0.001 |
| p-value * | 0.410 | 0.050 | |
| Reinforcing factors | | | |
| Control | 14.4±45.12 | 15.3±04.12 | 0.415 |
| Test | 14.5±28.01 | 18.4±19.32 | <0.001 |
| p-value * | 0.533 | 0.022 | |
| Behavior | | | |
| Control | 6.2±24.17 | 7.2±14.07 | 0.312 |
| Test | 5.2±23.02 | 8.2±05.26 | 0.011 |
| p-value * | 0.211 | 0.041 | |

* Independent T-test; ** Paired T-test