

**Table 1.** Comparison of the absolute and relative frequency of demographic characteristics of the study subjects in the two experimental and control groups (n=100 per group; the numbers in parentheses are percentages)

| <b>Demographic variables</b>      | <b>Experimental group</b> | <b>Control group</b> | <b>P value</b> |
|-----------------------------------|---------------------------|----------------------|----------------|
| <b>Gender</b>                     |                           |                      |                |
| Female                            | 58 (58.0)                 | 55 (55.0)            | 0.256          |
| Male                              | 42 (42.0)                 | 45 (45.0)            |                |
| <b>Education</b>                  |                           |                      |                |
| Illiterate                        | 2 (2.0)                   | 2 (2.0)              | 0.188          |
| Elementary                        | 6 (6.0)                   | 8 (8.0)              |                |
| Secondary school                  | 28 (28.0)                 | 26 (26.0)            |                |
| High school                       | 40 (40.0)                 | 42 (42.0)            |                |
| University                        | 24 (24.0)                 | 22 (22.0)            |                |
|                                   |                           |                      |                |
| <b>Marital status</b>             |                           |                      |                |
| Single                            | 8 (8.0)                   | 6 (6.0)              | 0.182          |
| Married                           | 84 (84.0)                 | 85 (85.0)            |                |
| Divorced                          | 5 (5.0)                   | 4 (4.0)              |                |
| Widow                             | 3 (3.0)                   | 5 (5.0)              |                |
| <b>Family history of diabetes</b> |                           |                      |                |
| Yes                               | 22 (22.0)                 | 20 (20.0)            | 0.355          |
| No                                | 78 (78.0)                 | 80 (80.0)            |                |
| <b>Occupation</b>                 |                           |                      |                |
| Employed                          | 52 (52.0)                 | 56 (56.0)            | 0.298          |
| Unemployed                        | 48 (48.0)                 | 44 (44.0)            |                |
| <b>Diabetes Complications</b>     |                           |                      |                |
| Neuropathy                        | 12 (12.0)                 | 11 (11.0)            | 0.124          |
| Retinopathy                       | 10 (10.0)                 | 9 (9.0)              |                |
| Cardiovascular disease            | 8 (8.0)                   | 9 (9.0)              |                |
| Nephropathy                       | 6 (6.0)                   | 8 (8.0)              |                |
| Others                            | 10 (10.0)                 | 12 (12.0)            |                |
| No complication                   | 54 (54.0)                 | 51 (51.0)            |                |

**Table 2.** Comparison of the mean scores of BASNEF model constructs and self-treatment behavior of the subjects before and 3 months after the intervention in the experimental and control groups.

| <b>Variables</b>               | <b>Before intervention</b> | <b>3 months after intervention</b> | <b>P value*</b> |
|--------------------------------|----------------------------|------------------------------------|-----------------|
| <b>Awareness</b>               |                            |                                    |                 |
| Experimental group             | 6.40±2.28                  | 16.56±2.48                         | 0.001           |
| Control group                  | 7.12±2.44                  | 7.86±2.50                          | 0.166           |
| P value**                      | 0.214                      | 0.001                              | -               |
| <b>Attitude</b>                |                            |                                    |                 |
| Experimental group             | 31.16±4.43                 | 66.82±4.24                         | 0.001           |
| Control group                  | 30.67±4.73                 | 32.08±4.25                         | 0.236           |
| P value**                      | 0.187                      | 0.001                              | -               |
| <b>Enabling factors</b>        |                            |                                    |                 |
| Experimental group             | 7.22±2.23                  | 16.92±2.34                         | 0.001           |
| Control group                  | 7.10±2.57                  | 7.99±2.62                          | 0.182           |
| P value**                      | 0.210                      | 0.001                              | -               |
| <b>Abstract norms</b>          |                            |                                    |                 |
| Experimental group             | 16.20±2.28                 | 34.30±2.65                         | 0.001           |
| Control group                  | 15.54±2.74                 | 16.61±2.11                         | 0.179           |
| P value**                      | 0.126                      | 0.001                              | -               |
| <b>Behavioral intention</b>    |                            |                                    |                 |
| Experimental group             | 18.32±2.57                 | 41.18±2.74                         | 0.001           |
| Control group                  | 18.96±2.42                 | 19.85±2.09                         | 0.161           |
| P value**                      | 0.184                      | 0.001                              | -               |
| <b>Self-treatment behavior</b> |                            |                                    |                 |
| Experimental group             | 7.25±1.32                  | 2.40±0.86                          | 0.001           |
| Control group                  | 7.68±1.24                  | 7.62±1.26                          | 0.205           |
| P value**                      | 0.139                      | 0.001                              | -               |

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