

Table 1. The absolute and relative frequency of demographic characteristics of the samples in the control and intervention groups (37 patients in each group; numbers in parentheses are percentages)

Characteristics	Control group	Intervention group
Gender		
Female	30 (81.1)	26 (70.3)
Male	7 (18.9)	11 (29.7)
Marital status		
Married	23 (62.2)	29 (78.4)
Single	6 (16.2)	1 (2.7)
Widow	8 (21.6)	7 (18.9)
Type of diabetes		
Type 1	10 (27.0)	12 (32.4)
Type 2	27 (73.0)	25 (67.6)
Income level		
Low	16 (43.2)	17 (45.9)
Moderate	7 (18.9)	5 (13.5)
High	14 (37.8)	15 (40.5)
Occupation		
Employee	9 (24.3)	9 (24.3)
Housewife	19 (51.4)	19 (51.4)
Retired	6 (16.2)	5 (13.5)
Non-governmental	3 (8.1)	4 (10.8)
Education		
Secondary school	11 (29.7)	13 (35.1)
Diploma	12 (32.4)	14 (37.8)
Masters' degree and above	14 (37.8)	10 (27.1)

Table 2. Comparison of the mean systolic and diastolic blood pressure before and after intervention in control and intervention groups

Variables	Before intervention	After intervention	P value**
Systolic blood pressure			
Control group	146.08±5.30	144.68±5.00	0.021
Intervention group	147.97±5.80	127.27±7.00	0.001
P value*	0.14	0.0001	-
Diastolic blood pressure			
Control group	93.14±3.20	93.59±3.10	0.414
Intervention group	94.30±2.90	76.27±7.40	0.001
P value*	0.09	0.0001	-

* Independent t-test; ** Paired t-test