

Table 1) Frequency distribution of individual characteristics of seniors in two groups

Groups	Intervention (n=40)		Control (n=40)		Significance Level	
	Number	Percent	Number	Percent		
Gender	Male	18	45	18	45	0.589
	Female	22	55	22	55	
Age (Year)	60-74	33	82.5	31	77.5	0.573
	75-90	7	17.5	9	22.5	
Educational Level	Illiterate	13	32.5	16	40	0.748
	Primary School	13	32.5	13	32.5	
	High School	4	10	2	5	

Table 2) Comparing the mean overall score and the dimensions of quality of life before and after the intervention, in the intervention and control groups separately

Studied Groups		Intervention Group (n=40)	Level of Significance	Control Group (n=40)	Level of Significance
Physical Health	Before	22.55±4.54	0.001	21.82±4.52	0.891
	After	25.15±4.23		21.76±4.53	
Mental Health	Before	18.75±3.39	0.001	19.71±3.16	0.411
	After	20.42±3.07		18.76±3.05	
Social Health	Before	7.99±1.99	0.044	8.25±2.34	0.102
	After	8.01±1.92		7.97±2.23	
Environmental Health	Before	21.22±4.74	0.005	21.84±4.49	0.532
	After	21.85±3.54		21.66±4.64	
Overall Score of Life Quality	Before	76.77±13.23	0.031	77.47±13.96	0.824
	After	82.87±12.25		76.87±13.79	

Table 3) Comparing the mean scores of PRECEDE model components before and after the educational intervention model in two control and intervention groups

Studied Groups		Intervention Group (n=40)	Level of Significance	Control Group (n=40)	Level of Significance
Knowledge	Before	11.37±3.91	0.001	10.91±4.46	0.44
	After	15.07±3.39		11.25±5.41	
Attitude	Before	24.17±3.61	0.021	24.31±3.70	0.333
	After	25.07±2.77		23.61±5.27	
Self-Efficacy	Before	9.62±2.85	0.001	9.61±02.65	0.32
	After	13.97±3.39		8.67±2.95	
Enabling Factors	Before	8.37±3.05	0.001	8.95±3.24	0.065
	After	16.67±3.58		8.45±3.32	
Reinforcing Factors	Before	6.22±2.53	0.001	5.65±2.19	0.38
	After	8.32±2.03		5.51±2.13	
Social Support	Before	9.21±4.09	0.001	9.85±4.32	0.001
	After	11.01±4.06		8.61±3.74	