

Table 1) Comparison between the Demographic Characteristics of Motivational Interviewing and Control Groups at Baseline (before the intervention)

Demographic Characteristics	Motivational Interviewing Group	Control Group	P Value
Gender			
Male	(%51.4) 36	(%52.9) 37	0.153
Female	(%48.6) 34	(%47.1) 33	
Educational Level			
Under High School Diploma	(%48.6) 34	(%42.9) 30	0.087
High School Diploma and Higher	(%51.4) 36	(%57.1) 40	
Marital Status			
Single	(%11.4) 8	(%20.0) 14	0.091
Married	(%88.6) 62	(%80.0) 56	
Occupation			
Employee	(%58.6) 41	(%45.7) 32	0.129
Unemployed	(%41.4) 29	(%54.3) 38	
Diagnosis Duration			
Less Than One Year	(%18.6) 13	(%20.0) 14	0.086
One Year	(%30.0) 21	(%35.7) 25	
Three Years	(%35.7) 25	(%38.6) 27	
Five Years	(%15.7) 11	(%5.7) 4	

Table 2) Inter-group and Intra-group Comparisons between Motivational Interviewing and Control Groups in the Scores of Treatment Adherence before the Intervention and 6 Months after the Intervention

Index	Before the Intervention	6 Months after the Intervention	Intra-group P Value	Inter-group P Value
Diet				
Control Group	22.76±3.12	24.21±2.67	0.072	0.024
Motivational Interviewing Group	22.84±2.91	26.35±2.92	0.032	
Medication Consumption				
Control Group	23.41±3.41	12.85±2.43	0.063	0.011
Motivational Interviewing Group	24.11±3.21	30.01±3.22	0.041	
Smoking				
Control Group	11.11±2.23	12.85±2.43	0.221	0.035
Motivational Interviewing Group	12.32±1.47	15.29±3.12	0.025	
Weight Control				
Control Group	6.21±2.07	7.12±1.75	0.091	0.062
Motivational Interviewing Group	5.76±1.04	7.01±1.21	0.065	
Physical Activity				
Control Group	3.92±2.01	4.65±1.32	0.321	0.014
Motivational Interviewing Group	4.36±2.11	5.87±1.67	0.024	
Stress Reduction				
Control Group	7.43±1.45	7.86±3.01	0.156	0.235
Motivational Interviewing Group	6.01±2.33	7.94±3.25	0.263	
Total				
Control Group	74.84±14.29	82.71±14.03	0.432	0.013
Motivational Interviewing Group	75.42±13.07	92.47±15.39	0.002	

Table 3) Inter-group and Intra-group Comparisons between Motivational Interviewing and Control Groups in the Laboratory Parameters before the Intervention and 6 Months after the Intervention

Index	Before the Intervention	6 Months after the Intervention	Intra-group P Value	Inter-group P Value
Systolic Blood Pressure (mmHg)				
Control Group	152.31±18.21	147.43±18.65	0.052	0.021
Motivational Interviewing Group	157.26±19.32	142.36±20.35	0.022	
Diastolic Blood Pressure (mmHg)				
Control Group	81.23±12.47	78.83±13.76	0.064	0.032
Motivational Interviewing Group	82.94±12.54	75.97±14.25	0.015	
Total Cholesterol (mMol/l)				
Control Group	4.21±1.42	3.89±1.31	0.425	0.341
Motivational Interviewing Group	4.34±0.84	4.01±1.12	0.671	
Triglyceride (mMol/l)				
Control Group	1.63±0.67	1.72±0.74	0.564	0.753
Motivational Interviewing Group	1.65±0.81	1.63±1.63	0.573	
Fasting Blood Glucose (mMol/l)				
Control Group	5.98±1.32	6.54±1.42	0.375	0.362
Motivational Interviewing Group	6.02±1.56	5.87±1.24	0.352	
Low-density Lipoprotein (mMol/l)				
Control Group	2.32±1.32	2.27±1.37	0.546	0.764
Motivational Interviewing Group	2.30±1.28	2.25±1.34	0.234	
High-density Lipoprotein (mMol/l)				
Control Group	1.34±0.75	1.32±0.56	0.732	0.432
Motivational Interviewing Group	1.35±0.56	1.33±0.43	0.327	