Table 1) Distribution of absolute and relative frequency (numbers in parenthesis are percentages) of demographic information of type II diabetic patients in two groups (each group 40)

Variables	Intervention Group	Control Group
Age Range (Year)		
30-39	5(12.5)	4(10.0)
40-49	14(35.0)	16(40.0)
50-59	21(52.5)	20(50.0)
Gender		
Male	20(50.0)	20(50.0)
Female	20(50.0)	20(50.0)
Marital Status		
Married	37(92.5)	37(92.5)
Single	2(5.0)	0
Widow	1(2.5)	3(7.5)
Employment Status		
Employed	2(5.0)	1(2.5)
Self-employed	5(12.5)	6(15.0)
Student	1(2.5)	0
Housewife	16(40.0)	19(47.5)
Unemployed	0	3(7.5)
Manual Worker	2(5.0)	4(10.0)
Retired	14(35.0)	7(17.5)
Education Level		
Primary school	7(17.5)	13(32.5)
Junior High school	10(25.0)	13(32.5)
Diploma	12(30.0)	11(27.5)
Associate	7(17.5)	2(5.0)
Bachelor and higher	4(10.0)	1(2.5)
Tobacco use		
Consumption	2(5.0)	1(2.5)
No consumption	38(95.0)	39(98.5)
History of diabetes		
6 months to one year	1(2.5)	1(2.5)
1-3 year	8(20.0)	6(15.0)
Over 3 years	31(77.5)	33(82.5)
History of diabetes education		
Yes	4(10.0)	3(7.5)
No	36(90.0)	37(92.5)
Source of information on diabetes		
Doctor and nurse	21(52.5)	27(67.5)
Family and Relatives	6(15.0)	5(12.5)
Radio and Television	6(15.0)	5(12.5)
Internet	3(7.5)	4(10.0)
Medical magazines and books	4(10.0)	1(2.5)
Others	5(12.5)	1(2.5)
History of hospitalization		
Yes	4(10.0)	3(7.5)
No	36(90.0)	37(92.5)

Table 2) Distribution of relative and absolute frequencies (numbers in parenthesis are percentages) of quality of life status of patients with type 2 diabetes, before and one month after training in the control and intervention groups (each group was 40).

Life Quality	Before Intervention	After Intervention
Intervention Group		
Weak	14(35.0)	5(12.5)
Moderate	22(55.0)	12(30.0)
Good	4(10.0)	23(57.5)
Control group		
Weak	14(35.0)	13(32.5)
Moderate	18(45.0)	16(40.0)
Good	8(20.0)	11(27.5)

Table 3) Comparison of the mean of quality of life scores before and one month after training of type II diabetic patients in each group (40 persons each).

Groups	Before intervention	After intervention	Significance level
Intervention	40.77±5.68	53.90±6.40	0.001
Control	39.20±4.01	39.47±5.57	0.884
Significance level	0.156	0.001	-