

Table 1. Demographic variables of the participants in the study

Demographic variables		No. (%)
Age, year	<20	10 (55.6)
	>20	8 (44.4)
Gender	Male	4 (22.2)
	Female	14 (77.8)
Residence area	Urban	13 (72.2)
	Rural	5 (27.8)
Major	Basic Sciences	3 (16.7)
	Technical Engineering	5 (27.8)
	Humanities	7 (38.9)
	Paramedicine	3 (16.7)
Marital status	Single	11 (61.1)
	Married	7 (38.9)
Occupation	Unemployed	11 (61.1)
	Governmental	3 (16.7)
	Non-governmental	4 (22.2)

Table 2. Mean and standard deviation of participants' anxiety levels before and after the intervention

Stages	Generalized anxiety score	Changes of mean scores	Paired t test	P value
Before intervention	30.61±5.49	8.27±3.25	10.31	<0.001
After intervention	22.83±4.34			

Table 4. The changes in anxiety in participants before and after the intervention (n=18)

Group	Before intervention No. (%)	After intervention No. (%)	P value*
Moderate generalized anxiety	1 (5.6)	16 (88.9)	<0.001
Severe generalized anxiety	17 (94.4)	2 (11.1)	