

Table 1. Frequency distribution of Demographic Information of the Samples (N=196)

Variables	Frequency	Percentage
Educational level		
Below diploma	45	23.0
Diploma	65	33.2
Associate Degree	15	7.6
Bachelor	56	28.6
Master's degree	10	5.1
PhD	5	2.5
Marital status		
Single	31	15.8
Married	164	83.7
Widow/divorced	1	0.5
Occupation		
Employee	35	17.9
Unemployed	49	25.0
Retired	15	7.6
Non-governmental	48	24.5
Others	49	25.0
Place of residence		
Tehran	124	63.3
Other than Tehran	72	36.7

Table 2. The average scores of the knowledge, satisfaction and quality of health messages

Variables	Scores	Range
Knowledge	20.9±3.4	5-25
Satisfaction	25.1±4.3	6-30
Content quality	36.3±5.2	10-45

Table 3. Comparison of the mean scores of the participants' anxiety in subjects before and after the intervention

Stages	Mean	Range	t	P value
Before intervention	68.19±12.82	36-100	5.61	<0.001
After intervention	64.15±13.65	28-98		