

**Table 1.** Comparison of the demographic characteristics of the participants in the experimental and control groups before intervention

Variables		Experimental group (n=60)		Control group (n=60)		P value
		Number	%	Number	%	
<b>BMI</b>	Thin (less than 18.5)	3	5	1	1.7	0.656
	Normal (between 18.5 and 24.9)	36	60	34	56.7	
	Overnight (between 24.9 to 29.9)	16	26.7	18	30	
	Obese (above 29.9)	5	8.3	7	11.7	
<b>Number of pregnancy</b>	First	30	50	36	60	0.867
	Second	21	35	16	26.7	
	Third and more	9	15	8	13.3	
<b>Gestational age (weeks)</b>	28-32	36	60	31	51.7	0.061
	33-36	16	26.7	15	25	
	37-40	8	13.3	12	20	
	40 ≤	0	0	2	3.3	
<b>Hypertension</b>	Yes	7	11.7	5	8.3	0.227
	No	53	88.3	55	91.7	
<b>History of gestational hypertension</b>	Yes	5	8.3	3	5	0.145
	No	55	91.7	57	95	
<b>History of blood pressure in relatives</b>	Yes	32	53.3	30	50	0.609
	No	28	46.7	30	50	
<b>Preterm delivery history (before 37 weeks)</b>	Yes	5	8.3	9	15	0.023
	No	55	91.7	51	85	
<b>Abortion history (delivery before 20 weeks)</b>	Yes	4	6.7	7	11.7	0.023
	No	56	93.3	53	88.3	
<b>History of gestational hypertension with protein excretion</b>	Yes	4	6.7	1	1.7	0.058
	No	56	93.3	59	98.3	
<b>History of gestational hypertension plus seizure</b>	Yes	3	5	0	0	0.006
	No	57	95	60	100	

**Table 2.** Mean scores of knowledge, attitude and function of participants in the control and experimental groups before and after intervention

Variables		Before intervention		After intervention		Paired t-test results
		Mean	SD	Mean	SD	
<b>Knowledge</b>	Experimental group	9.98	5.36	14.21	3.44	<0.001
	Control group	11.40	3.96	11.73	3.56	0.222
<b>Independent T-test result</b>		0.080		<0.001		
<b>Attitude</b>	Experimental group	17.53	2.72	19.21	2.13	<0.001
	Control group	17.78	2.67	18.10	2.85	0.615
<b>Independent T-test result</b>		0.306		0.003>		
<b>Function</b>	Experimental group	2.3	1.13	2.58	0.89	<0.0001
	Control group	2.25	1.14	2.10	1.17	0.109
<b>Independent T-test result</b>		0.379		0.013		