

**Table 1.** The mean scores and correlation matrix of research variables

| Variables                                 | Scores      | 1      | 2     | 3     | 5     | 6     | 7     | 8     | 9     | 10    | 11    | 12   | 13   | 14   | 15   |
|---|-------------|--------|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|------|------|------|
| <b>1- diet</b>                            | 22.91±7.24  | 1      |       |       |       |       |       |       |       |       |       |      |      |      |      |
| <b>2- physical activity</b>               | 20.89±7.64  | 0.77   | 1     |       |       |       |       |       |       |       |       |      |      |      |      |
| <b>3. Responsibility</b>                  | 20.42±7.25  | 0.70   | 0.65  | 1     |       |       |       |       |       |       |       |      |      |      |      |
| <b>4- Stress management</b>               | 13.27±3.65  | 0.79   | 0.75  | 0.69  | 1     |       |       |       |       |       |       |      |      |      |      |
| <b>5. Interpersonal relationships</b>     | 17.27±5.75  | 0.74   | 0.61  | 0.68  | 0.76  | 1     |       |       |       |       |       |      |      |      |      |
| <b>6. Self-actualization</b>              | 20.70±6.45  | 0.69   | 0.62  | 0.74  | 0.72  | 0.87  | 1     |       |       |       |       |      |      |      |      |
| <b>7. Tendency to begin a behavior</b>    | 11.16±6.62  | 0.24   | 0.18  | 0.23  | 0.24  | 0.22  | 0.23  | 1     |       |       |       |      |      |      |      |
| <b>8- Tendency to try</b>                 | 12.77±3.33  | 0.29   | 0.24  | 0.24  | 0.28  | 0.22  | 0.22  | 0.81  | 1     |       |       |      |      |      |      |
| <b>9. Insisting on assignment</b>         | 17.93±3.40  | 0.31   | 0.23  | 0.24  | 0.29  | 0.22  | 0.22  | 0.84  | 0.94  | 1     |       |      |      |      |      |
| <b>10- Self-efficacy</b>                  | 43.37±15.67 | 0.26   | 0.22  | 0.23  | 0.25  | 0.19  | 0.20  | 0.84  | 0.41  | 0.93  | 1     |      |      |      |      |
| <b>11. Physical symptoms</b>              | 10.41±3.96  | -0.26  | -0.24 | -0.24 | -0.28 | -0.22 | -0.22 | -0.22 | -0.22 | -0.22 | -0.22 | 1    |      |      |      |
| <b>12- Anxiety symptoms</b>               | 0.58±4.34   | 0.30   | 0.30  | 0.29  | 0.32  | 0.33  | 0.32  | 0.23  | 0.18  | 0.21  | 0.19  | 0.88 | 1    |      |      |
| <b>13- Symptoms of social functioning</b> | 8.17±3.65   | 0.26   | 0.25  | 0.26  | 0.28  | 0.22  | 0.22  | 0.25  | 0.20  | 0.22  | 0.20  | 0.89 | 0.80 | 1    |      |
| <b>14- Symptoms of depression</b>         | 9.08±3.52   | *-0.26 | -0.25 | -0.26 | -0.28 | -0.22 | -0.22 | -0.25 | -0.20 | -0.22 | -0.20 | 0.80 | 0.75 | 0.87 | 1    |
| <b>15. Mental health</b>                  | 36.23±14.51 | 0.30   | 0.29  | 0.29  | 0.32  | 0.33  | 0.32  | 0.25  | 0.20  | 0.22  | 0.20  | 0.85 | 0.87 | 0.90 | 0.82 |

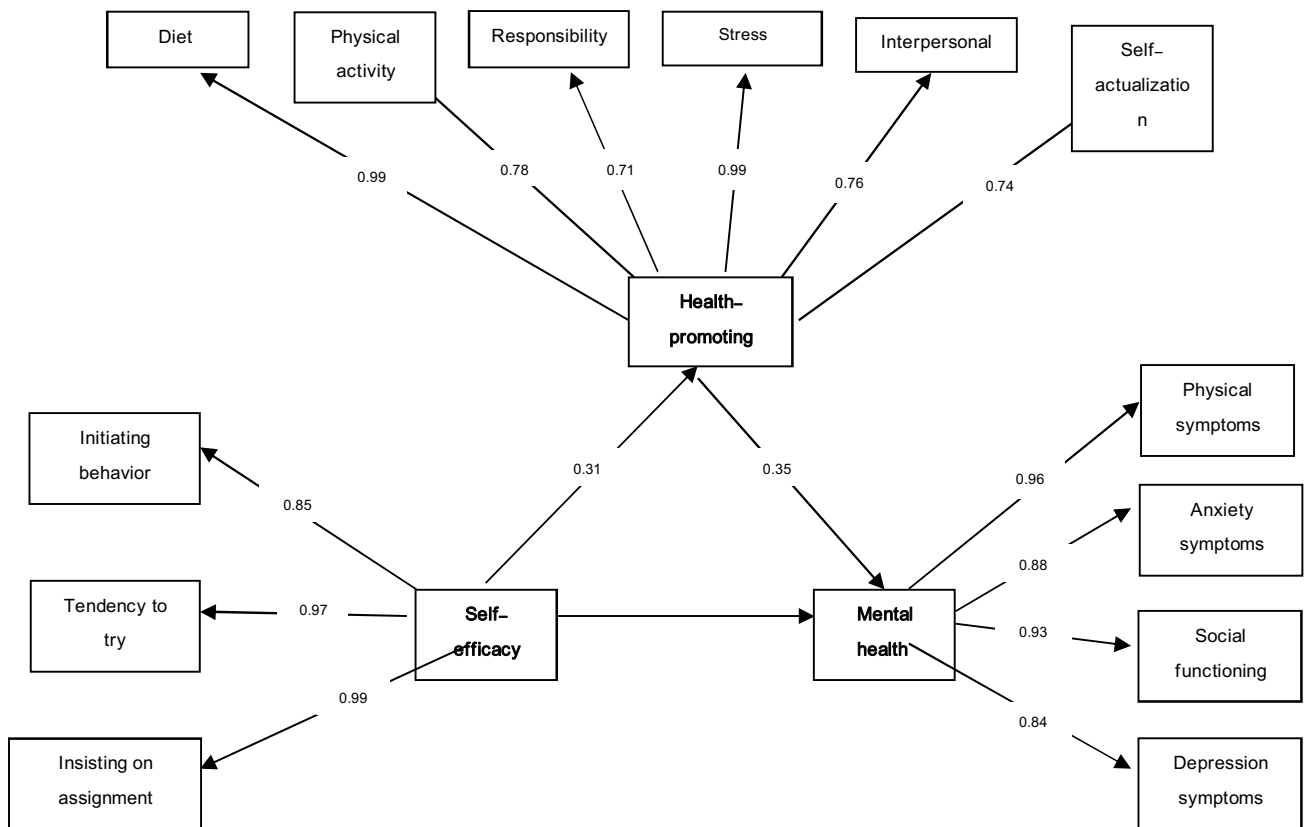
The significance level for all coefficients is 0.01.

**Table 2.** Fit indices obtained from data analysis and variables after four stages of correction

| <b>Indices</b>   | <b>Acceptable values</b> | <b>The obtained value before correction</b> | <b>The obtained value after correction</b> |
|--|--------------------------|---|--|
| <b>X<sup>2</sup>/df</b>                                | <3                       | 3.01  | 2.867                                      |
| <b>Root Mean Square Error of Approximation (RMSEA)</b> | <0.1                     | 0.056                                       | 0.048                                      |
| <b>Adjusted Goodness of Fit Index (AGFI)</b>           | <0.9                     | 0.897                                       | 0.933                                      |
| <b>Normalized Fit Index (NFI)</b>                      | >0.9                     | 0.901                                       | 0.928                                      |
| <b>Comparative Fit Index (CFI)</b>                     | >0.9                     | 0.894                                       | 0.922                                      |
| <b>Degree of freedom (df)</b>                          | -                        | 114   | 110  |

**Table 3.** Direct estimation of the model using maximum likelihood (ML) method

| <b>Variables</b>  | <b>The beta coefficient of direct path</b> | <b>The beta coefficient of indirect path</b> | <b>t</b> | <b>R<sup>2</sup></b> |
|---|--|--|----------|----------------------|
| <b>Self-efficacy on mental health</b>   | -0.30                                      | -0.25  | 6.367    | 0.07                 |
| <b>Health-promoting behaviors on mental health</b>                            | -0.38                                      | -0.26  | 4.336    | 0.09                 |
| <b>Self-efficacy by mediating health-promoting behaviors on mental health</b> | -0.18                                      | -0.34  | 5.214    | 0.06                 |



**Figure 1.** The final tested model with standardized predictor statistics