

Table 1. The frequency Distribution of demographic variables in intervention and control groups (each group=30 subjects; The numbers in brackets are percentages)

Variables	Intervention group	Control group
Educational level		
Diploma	7 (23.3)	8 (26.7)
Associate Degree	2 (6.7)	4 (13.3)
Bachelor's degree and higher	21 (70.0)	18 (60.0)
Occupation		
Housewife	12 (40.0)	14 (46.7)
Employed	18 (60.0)	16 (53.3)

Table 2. Comparison of mean score of self-efficacy in both intervention and control groups before and after training

Stages	Intervention group	Control group	Comparison between groups (Independent T test)
Before training	22.22±3.72	21.96±2.58	0.904
After training	24.00±2.88	21.50±2.34	0.001
Intra Group Comparison (Paired T Test)	0.001	0.025	-

Table 3. The Mean scores of self-efficacy questions on prevention of osteoporosis before and after training in intervention group

Self-efficacy questions on prevention of osteoporosis	Before training	After training	P value
1- Ability to have a diet rich in dairy and vegetables	3.33±0.60	3.44±0.57	0.327
2- Ability to lose weight	3.23±0.72	3.40±0.57	0.161
3. Ability to regular exercise (three days a week for 30 min)	30.00±0.78	3.25±0.59	0.056
4. Ability to take calcium supplements and vitamin D	3.23±0.72	3.44±0.64	0.032
5- Ability to be exposed to the sun for 15 min	2.63±1.03	3.11±0.84	0.005
6- Ability to avoid carbonated drinks	3.06±0.82	3.62±0.56	0.001
7- Ability to avoid smoking or smoke	3.53±0.81	3.70±0.54	0.170