

Table 1) The mean scores of quantitative demographic variables and the absolute and relative frequency of qualitative demographic variables in the control and intervention groups (n=40 per group; numbers in parentheses are percent)

Demographic variables	Intervention group	Control group
• Quantitative variables		
Age (year)	40.61±7.77	41.53±8.00
CD4 level (cells per microliter)	556.06±136.59	556.41±130.43
Age of HIV infection (years)	33.55±8.72	34.22±8.80
Duration of infection (years)	7.30±4.22	7.72±4.31
Duration of medication therapy (months)	48.86±36.02	58.09±35.40
• Qualitative variables		
Gender		
Female	22 (55.0)	21 (52.5)
Male	18 (45.0)	19 (47.5)
Marital status		
Single, divorced, widowed	23 (57.5)	24 (60.0)
Married	17 (42.5)	16 (40.0)
Time of divorce		
Before HIV	6 (31.6)	6 (33.3)
After HIV	13 (68.4)	12 (66.7)
Current sexual relationship status		
Yes	22 (55.0)	23 (57.5)
No	18 (45.0)	17 (42.5)
Education		
Illiterate, below diploma	18 (45.0)	16 (40.0)
Diploma	17 (42.5)	18 (45.0)
Above diploma	5 (12.5)	6 (15.0)
Occupation		
Unemployed	17 (42.5)	14 (35.0)
Non-governmental	18 (45.0)	19 (47.5)
Employee	5 (12.5)	7 (17.5)
Source of HIV infection		
Sexual relationship	18 (45.0)	21 (52.5)
Others	8 (20.0)	7 (17.5)
Not know	14 (35.0)	12 (30.0)

Table 2) Comparison of mean scores of quality of life and its ten dimensions before and after the intervention in the two groups

Variables	Intervention group	Control group	Intergroup comparison results *
Mental health dimension			
Before intervention	17.83±5.95	17.02±6.98	p=0.166; t =1.422
After intervention	19.60±6.09	17.48±7.22	p=0.04; t =0.833
Intragroup comparison results **	P<0.001; t =5.588	p=0.066; t =1.944	-
physical health dimension			
Before intervention	10.45±5.68	9.82±5.50	p=0.133; t =1.533
After intervention	11.63±5.93	9.63±5.75	p=0.003; t =3.011
Intragroup comparison results **	p=0.022; t= 2.377	p=0.255; t =-1.166	-
Physical functioning dimension			
Before intervention	16.93±7.50	19.20±6.54	p=0.155; t =-1.455
After intervention	22.68±4.86	19.02±5.92	p=0.003; t =3.011
Intragroup comparison results **	p=0.001; t =-5.500	p=0.49; t =0.699	-
Social functioning dimension			
Before intervention	14.95±5.15	15.00±5.44	p=0.133; t =1.511
After intervention	17.05±6.18	15.05±5.62	p=0.019; t =0.044
Intragroup comparison results **	p=0.011; t =2.655	p=0.744; t =0.333	-
Social support dimension			
Before intervention	15.15±6.84	18.48±6.50	p=0.088; t =-1.233
After intervention	22.98±4.93	18.20±5.81	p=0.001; t =34.96
Intragroup comparison results **	P<0.001; t =8.444	p=0.244; t =1.200	-
Cognitive function dimension			
Before intervention	13.73±6.52	12.73±6.11	p=0.488; t =0.711
After intervention	13.53±6.09	12.83±6.05	p=0.601; t =0.521
Intragroup comparison results **	p=0.644; t =0.477	p=0.566; t =-0.588	-
Economic dimension			
Before intervention	20.05±6.39	21.15±6.42	p=0.444; t =-0.777
After intervention	20.48±6.25	21.15±6.26	p=0.631; t =0.482
Intragroup comparison results **	p=0.322; t =-1.011	p=1.000; t =0.0001	-
Interaction with the spouse dimension			
Before intervention	7.68±8.99	7.38±9.18	p=0.888; t =0.155
After intervention	8.55±9.18	7.48±9.16	p=0.600; t =0.533
Intragroup comparison results **	p=0.222; t =-1.244	p=0.355; t =-0.944	-
Sexual function dimension			
Before intervention	9.23±8.51	9.25±7.95	p=0.999; t =-0.011
After intervention	9.45±7.72	9.25±7.82	p=0.911; t =0.111
Intragroup comparison results **	p=0.766; t =-0.300	p=1.000; t =0.0001	-
Medical care dimension			
Before intervention	18.30±7.44	17.43±4.34	p=0.061; t =-1.700
After intervention	20.20±4.31	17.50±4.72	P<0.001; t =2.671
Intragroup comparison results **	P<0.001; t =-8.399	p=0.78; t =-0.288	-
Overall quality of life score			
Before intervention	139.32±20.60	147.82±17.97	p=0.05; t =-1.971

After intervention	159.15±20.64	147.40±18.54	p=0.009; t =2.628
Intragroup comparison results **	P<0.001; t =-30.090	p=0.566; t =0.600	-

* Independent t-test; ** Paired-t-test