

**Table 1)** Comparison of the frequency distribution of demographic variables in the intervention and control groups (n=40 per group; numbers in parentheses are percentages)

<b>Demographic variable</b>	<b>Intervention group</b>	<b>Control group</b>	<b>P-value</b>
<b>Gender</b>			
Male	30 (75.0)	20 (50.0)	0.021
Female	10 (25.0)	20 (50.0)	
<b>Ethnicity</b>			
Fars	2 (5.0)	16 (40.0)	0.0001
Others	38 (95.0)	24 (60.0)	
<b>Education</b>			
Below diploma	32 (80.0)	23 (57.5)	0.030
Diploma and above	8 (20.0)	17 (42.5)	
<b>Marital status</b>			
Married	38 (95.0)	37 (92.5)	0.644
Widow	2 (5.0)	3 (7.5)	
<b>Occupation</b>			
Employed	2 (5.0)	1 (2.5)	0.556
Others	38 (95.0)	39 (97.5)	
<b>Income</b>			
Low	32 (80.0)	24 (60.0)	0.143
Appropriate	5 (12.5)	9 (22.5)	
Good	3 (7.5)	7 (17.5)	
<b>Habit</b>			
Cigarette	2 (5.0)	1 (2.5)	0.556
None	38 (95.0)	39 (97.5)	
<b>History of chronic disease</b>			
Yes	31 (77.5)	26 (65.0)	0.217
No	9 (22.5)	14 (35.0)	
<b>Use of aiding devices</b>			
Yes	22 (55.0)	23 (57.5)	0.051
No	18 (45.0)	17 (42.5)	
<b>Difficulty in walking</b>			
Yes	17 (42.5)	13 (32.5)	0.356
No	23 (57.5)	27 (67.5)	
<b>Falling in a recent year</b>			
Yes	15 (37.5)	19 (47.5)	0.366
No	25 (62.5)	21 (52.5)	

**Table 2)** Comparison of the mean of knowledge scores in the intervention and control groups before and after the intervention

<b>Stage</b>	<b>Intervention group</b>	<b>Control group</b>	<b>P-value</b>
<b>Before intervention</b>	11.90±2.60	13.12±1.91	0.011*
<b>After intervention</b>	19.57±1.90	13.55±1.97±	0.001*
<b>P value</b>	0.0001**	0.011**	-
<b>Mean difference</b>	7.67±2.61	0.42±0.98	0.001*

\* Wilcoxon test; \*\* Mann-Whitney test

**Table 3)** Comparison of the mean scores of fear of falling in intervention and control groups before and after the intervention

<b>Stage</b>	<b>Intervention group</b>	<b>Control group</b>	<b>P-value</b>
<b>Before intervention</b>	33.65±6.44	32.55±6.79	0.460*
<b>After intervention</b>	25.97±5.75	32.52±6.82	0.0001*
<b>P value</b>	0.0001**	0.323**	-
<b>Mean difference</b>	-7.67±4.63	-0.025±0.16	0.001*

\* Wilcoxon test; \*\* Mann-Whitney test