

Table 1. Absolute and relative frequency of contextual and demographic variables of study participants (n=240 subjects)

Variables	No.	%
Gender		
Male	68	28.3
Female	172	71.7
Education		
Illiterate	79	32.9
Elementary	72	30.0
Secondary school	17	7.1
Diploma	38	15.8
University	34	14.2
Marital status		
Married	191	79.6
Single	2	0.8
Widow or divorced	47	19.6
Occupation		
Manual worker	3	1.3
Farmer	1	0.4
Bazaari	2	0.8
Employee	11	4.6
Housewife	160	66.7
Non-governmental	15	6.3
Retired	46	19.2
Others	2	0.8
History of blood pressure in the family		
Yes	166	69.2
No	74	30.8
Economic status		
Excellent	8	3.03
Good	49	20.4
Moderate	130	54.2
Poor	53	22.01
History of other diseases		
Yes	50	20.8
No	190	79.2
Body mass index		
Thin	23	9.6
Normal	92	38.3
Overweight	69	28.8
Obese	56	23.3

Table 2. The mean of scores of different dimensions of health literacy in study participants

Variables	Mean score	Score range	The achievable mean (%)
Access	18.65±7.42	6-30	52.70
Reading ability	12.86±4.69	4-20	55.40
Comprehension	25.23±8.23	7-35	65.10
Evaluation	12.35±4.28	4-20	52.20
Decision making and the use of health information	46.80±9.79	12-60	72.50

* The achievable mean (%) of each construct: the mean difference with the lower limit divided by the difference between the upper and lower limits of the same construct multiplied by 100

Table 3. Matrix of correlation coefficients between health literacy and self-care components in patients

Variables	1	2	3	4	5
1- Access	1				
2- Reading ability	**0.573	1			
3- Comprehension	**0.624	**0.728	1		
4- Evaluation	**0.642	**0.682	**0.682	1	
5- Decision making and the use of health information	**0.408	**0.398	**0.481	**0.524	1
6- Self-care	**0.523	**0.495	**0.456	**0.654	**0.489

*p <0.05; ** p <0.01

Table 4. Results of linear regression analysis for predicting health literacy in patients (Adjusted R2 = 0.437)

Predictive variables	Regression coefficient (B)	Standard error	Line slope (β)	95% confidence interval		P-value
				Lower limit	Upper limit	
Gender	2.79	2.64	0.5	-2.41	8.00	0.292
Education	6.87	0.93	0.47	5.4	8.70	<0.001
History of disease	-0.23	0.14	-0.09	-0.51	0.040	0.092
Occupation	0.94	0.85	0.6	-0.737	2.62	0.269
Marital status	-1.16	0.78	-0.08	-2.71	0.37	0.138
Economic status	3.85	1.53	0.14	3.87	5.83	0.013
Duration of disease	-0.72	0.70	-0.23	-2.10	0.66	0.306
Body mass index	0.75	1.15	0.3	-1.51	3.2	0.513
Age	-2.80	1.38	-0.13	-5.53	-0.08	0.044
Constant	58.35	10.49	-	37.66	79.4	<0.001

Table 5. Results of linear regression analysis for predicting self-care in patients (Adjusted R2 = 0.058)

Predictive variables	Regression coefficient (B)	Standard error	Line slope (β)	95% confidence interval		P-value
				Lower limit	Upper limit	
Gender	0.89	0.83	0.7	0.75	2.54	0.288
Education	0.3	0.32	0.1	-0.64	0.64	0.994
History of disease	0.5	0.4	0.8	-0.04	0.14	0.241
Occupation	0.41	0.27	0.10	-0.12	0.94	0.133
Marital status	0.19	0.24	0.6	-0.29	0.68	0.432
Economic status	-0.62	0.49	-0.09	-1.59	0.33	0.200
Duration of disease	0.37	0.29	0.4	-0.20	0.94	0.203
Body mass index	0.74	0.36	0.13	0.3	1.46	0.040
Age	-0.13	0.43	-0.02	-0.98	0.73	0.766
Constant	0.13	0.43	0.21	1.1	2.73	0.013
Gender	7.51	3.43	-	37.66	79.4	<0.001