

Table 1) Mean, Standard deviation, and correlation coefficients in the domains of health-promoting behaviors (all correlations were significant at the level of 0.05)

| Variables | 1 | 2 | 3 | 4 | 5 | 6 | Mean(±SD) | Range |
|--------------------------------------|----------|----------|----------|----------|----------|----------|------------------|--------------|
| 1- Spiritual Growth | 1 | | | | | | 27.05±5.87 | 9-36 |
| 2- Nutrition | 0.372 | 1 | | | | | 25.86±4.26 | 9-36 |
| 3- Interpersonal Relationship | 0.533 | 0.360 | 1 | | | | 25.45±4.79 | 9-36 |
| 4- Health Responsibility | 0.440 | 0.429 | 0.518 | 1 | | | 23.29±4.91 | 9-36 |
| 5- Stress Management | 0.467 | 0.354 | 0.494 | 0.427 | 1 | | 20.91±4.16 | 8-32 |
| 6- Physical Activity | 0.197 | 0.466 | 0.262 | 0.346 | 0.297 | 1 | 15.34±4.17 | 8-32 |
| 7- Health Promoting Behaviors | 0.723 | 0.723 | 0.736 | 0.740 | 0.690 | 0.617 | 137.93±20.45 | 52-208 |

Table 2) Mean and standard deviation of health promoting behavior scores and their relation with some demographic characteristics

| Variables | Number (Percentage) | Mean(±SD) | Significance Level |
|------------------------------|----------------------------|------------------|---------------------------|
| Age | 15-24 | 51(28.2) | 139.96(±23.32) |
| | 25-34 | 97(53.6) | 139.24(±20.53) |
| | More than 34 Years | 33(18.2) | 134.60(±22.80) |
| Education Level | Primary School | 88(48.6) | 135.37(±22.14) |
| | High School | 32(17.7) | 142.56(±21.43) |
| | Diploma | 30(16.6) | 141.33(±22.85) |
| | University | 31(17.1) | 141.03(±19.22) |
| Spouse's Education | Primary School | 66(36.5) | 137.13(±22.95) |
| | High School | 30(16.6) | 141.16(±17.72) |
| | Diploma | 52(28.7) | 137.75(±22.90) |
| | University | 33(18.2) | 140.54(±21.18) |
| Number of Children | 1 | 72(39.8) | 142.30(±22.22) |
| | 2 | 70(38.7) | 138.65(±20.38) |
| | 3 | 25(13.8) | 136.64(±19.09) |
| | 4 | 14(7.7) | 136.14(±28.58) |
| Pregnancy | First | 50(27.6) | 134.72(±21.81) |
| | Second | 60(33.1) | 137.31(±19.98) |
| | Third | 71(39.2) | 142.42(±22.74) |
| Occupation | Employed | 49(27.1) | 144.24(±21.13) |
| | Housewife | 132(72.9) | 136.50(±21.65) |
| Type of Delivery | Natural | 100(55.2) | 137.82(±21.82) |
| | Cesarean | 81(44.8) | 139.56(±21.71) |
| Tendency to Pregnancy | Intended | 144(79.6) | 139.36(±22.34) |
| | Unintended | 37(20.4) | 135.62(±19.12) |
| Income Level | Low | 62(34.3) | 137.90(±21.76) |
| | Moderate | 119(65.7) | 138.96(±21.79) |