

**Table 1.** Comparison of the absolute and relative frequency of demographic and contextual variables (the numbers in parentheses are percentages) between the intervention and control groups using Chi-square test (n=50 per group)

<b>Demographic variables</b>	<b>Intervention group</b>	<b>Control group</b>	<b>P value</b>
<b>Age range (year)</b>			
< 20	1 (2.0)	5 (10.0)	0.15
20-30	29 (58.0)	33 (66.0)	
30-40	20 (40.0)	12 (24.0)	
<b>Family members</b>			
2	27 (54.0)	27 (54.0)	0.80
3	14 (28.0)	14 (28.0)	
5	8 (16.0)	9 (18.0)	
5 and more	1 (2.0)	-	
<b>Education</b>			
Below diploma	13 (26.0)	15 (30.0)	0.54
Diploma	20 (40.0)	23 (46.0)	
Above diploma	17 (34.0)	12 (24.0)	
<b>Occupation</b>			
Housewife	41 (82.0)	46 (92.0)	0.28
Employed	6 (12.0)	2 (4.0)	
Student	3 (6.0)	2 (4.0)	
<b>The first center for pregnancy care</b>			
Health centers	25 (50.0)	33 (66.0)	0.07
Private clinic	25 (50.0)	17 (34.0)	
<b>History of folic acid consumption before pregnancy</b>			
Yes	31 (62.0)	24 (48.0)	0.11
No	19 (38.0)	26 (52.0)	
<b>History of anemia before pregnancy</b>			
Yes	12 (24.0)	10 (20.0)	0.40
No	38 (76.0)	40 (80.0)	
<b>Taking iron supplements during pregnancy</b>			
Before 16 weeks	19 (38.0)	11 (22.0)	0.14
16 <sup>th</sup> week	20 (40.0)	25 (50.0)	
After 16 weeks	11 (22.0)	14 (28.0)	
<b>Gastrointestinal disease</b>			
Yes	37 (74.0)	31 (62.0)	0.14
No	13 (26.0)	19 (38.0)	
<b>Taking supplements during pregnancy</b>			
Yes	39 (78.0)	42 (84.0)	0.30
No	11 (22.0)	8 (16.0)	
<b>Number of pregnancy</b>			
First	26 (52.0)	27 (54.0)	0.95

Second	13 (26.0)	14 (28.0)	
Third	8 (16.0)	6 (12.0)	
Fourth and more	3 (6.0)	3 (6.0)	
<b>Economic status</b>			
Good	9 (18.0)	10 (20.0)	0.514
Moderate	32 (64.0)	35 (70.0)	
Poor	9 (18.0)	5 (10.0)	

**Table 2.** The comparison of ferritin level and iron supplementation behavior scores in pregnant women before and after intervention in the studied groups

<b>Behavior</b>	<b>Before intervention</b>	<b>After intervention</b>	<b>P value*</b>
<b>Daily iron supplementation</b>			
Intervention group	6.10±1.75	6.82±0.48	0.001
Control group	5.76±1.95	6.86±0.49	0.001
P value **	0.34	0.38	-
<b>Simultaneous consumption of iron supplement with vitamin C</b>			
Intervention group	2.04±1.86	4.18±1.50	<0.001
Control group	2.03±1.28	1.74±0.94	0.19
P value **	0.10	<0.001	-
<b>No consumption of iron supplement with Ca<sup>2+</sup></b>			
Intervention group	1.83±0.98	0.42±0.06	0.001
Control group	1.89±0.96	1.12±0.28	0.001
P value **	0.96	0.17	-
<b>No consumption of iron supplement with tea</b>			
Intervention group	6.34±2.50	7.56±0.61	0.04
Control group	5.94±3.05	6.56±2.60	0.001
P value **	0.87	0.53	-
level of ferritin at 28-24 weeks of gestation (ng/ml)			
Intervention group	-	80.94±25.27	0.003
Control group	-	36.85±20.6	

\* Paired T test; \*\* Independent T test

**Table 3.** Comparison of the absolute and relative frequency of anemia (the numbers in parentheses are percentages) based on hemoglobin level between the intervention and control groups before and after the intervention using chi-square test (n=50 per group)

Groups	Before intervention (first trimester)		After the intervention (third trimester)	
	Anemia	No anemia	Anemia	No anemia
Control group	8 (16.0)	42 (84.0)	19 (38.0)	31 (62.0)
Intervention group	5 (10.0)	45 (90.0)	12 (24.0)	38 (76.0)
P value	0.17		0.09	

**Table 4.** Comparison of the scores of knowledge, perceived susceptibility and severity, cost, effectiveness, self-efficacy and intention to the studied behaviors in pregnant women before and after intervention in intervention and control groups

Variables		Groups	Before intervention	After intervention	P value*
<b>Perceived cost</b>	Daily iron supplementation	Intervention	9.84±1.79	8.60±1.27	<0.001
		Control	10.18±2.98	9.68±1.71	0.09
		P value**	0.49	0.001	-
	Simultaneous consumption of iron supplement with vitamin C	Intervention	10.72±2.25	8.56±0.99	<0.001
		Control	11.28±2.71	10.98±2.19	0.21
		P value**	0.26	<0.001	-
	No consumption of iron supplement with Ca2+	Intervention	10.08±2.87	8.02±0.91	<0.001
		Control	11.22±2.87	10.18±2.56	<0.001
		P value**	0.03	0.001	-
<b>Perceived effectiveness</b>	Daily iron supplementation	Intervention	12.24±1.13	12.28±0.73	0.74
		Control	12.50±1.58	12.18±1.06	0.05
		P value**	0.43	0.31	-
	Simultaneous consumption of iron supplement with vitamin C	Intervention	11.10±1.69	12.24±0.77	<0.001
		Control	11.40±1.69	11.80±1.17	0.01
		P value**	0.30	0.01	-
	No consumption of iron supplement with Ca2+	Intervention	10.12±1.76	13.10±0.52	<0.001
		Control	9.60±1.73	10.88±1.23	<0.001
		P value**	0.13	<0.001	-
<b>Self-efficacy</b>	Daily iron supplementation	Intervention	15.16±3.09	16.04±1.45	0.03
		Control	15.18±2.83	14.44±2.05	0.01
		P value**	0.08	<0.001	-
	Simultaneous consumption of iron supplement with vitamin C	Intervention	10.40±2.53	11.48±1.19	<0.001
		Control	10.60±2.84	9.90±2.80	<0.001
		P value**	0.79	0.03	-
	No consumption of iron supplement with Ca2+	Intervention	7.62±1.45	8.16±0.54	0.006
		Control	7.12±1.53	7.76±0.79	0.004
		P value**	0.07	0.004	-
<b>Intention</b>	Daily iron supplementation	Intervention	8.42±1.03	8.44±0.78	0.85
		Control	8.48±1.24	8.24±0.96	0.13
		P value**	0.77	0.31	-
	Simultaneous consumption of iron supplement with vitamin C	Intervention	7.26±1.33	7.96±0.53	<0.001
		Control	7.12±1.58	6.72±1.94	0.003
		P value**	60/0.	<0.001	-
	No consumption of iron supplement with Ca2+	Intervention	7.50±1.38	8.04±0.34	0.005
		Control	7.22±1.62	7.58±1.07	0.05

	P value**	0.25	0.003	-
<b>Awareness</b>	Intervention	7.84±2.04	10.74±0.53	<0.001
	Control	7.48±1.97	9.18±1.35	<0.001
	P value**	0.26	<0.001	-
<b>Perceived severity</b>	Intervention	16.36±2.09	16.66±1.13	0.30
	Control	16.18±1.68	16.26±0.63	0.61
	P value**	0.42	0.20	-
<b>Perceived susceptibility</b>	Intervention	15.58±2.01	16.20±0.53	0.02
	Control	15.00±1.73	15.10±1.64	0.48
	P value**	0.08	<0.001	-

\* Paired T test; \*\* Independent T test