Table 1) Comparison of the frequency distribution of demographic characteristics of the study groups

Variables		Intervention Group		Control Group		Significance Level
		Number	Percentage	Number	Percentage	
Age Group (Years)	Less than 30	14	70	6	30	0.002
	30-34	19	51.4	18	48.6	
	35-40	50	53.2	44	46.8	
	41-45	25	58.1	18	41.9	
	46 and higher	12	26.1	34	73.9	
Level of education	Associate	51	42.5	47	39.2	0.628
	Bachelor	64	53.3	70	58.3	
	Master	5	4.2	3	2.5	
Marital Status	Single	8	6.7	5	4.2	0.470
	Married	108	90	108	90	
	Other	4	3.3	7	5.8	

Table 2) Statistical parameters of changes in mean scores of Health Belief Model constructs in two groups after intervention

Variables	Intervention Group (N=120)	Control Group (N=120)	Significance Level
	Mean (±Standard Deviation)	Mean (±Standard Deviation)	
Awareness	5.69(±5.12)	0.796(±4.27)	0.001
Perceived Susceptibility	1.025(±3.52)	0.025(±2.72)	0.016
Perceived Severity	1.76(±4.18)	0.33(±3.18)	0.004
Perceived Benefits	1.98(±3.21)	0.15(±2.43)	0.001
Perceived Barriers	1.42(±4.12)	0.17(±2.72)	0.001
Self-Efficacy	3.59(±4.21)	0.22(±3.06)	0.001
Behavior	1.70(±2.92)	0.042(±2.07)	0.001

Table 3) Frequency (numbers in parentheses are percentages) of preventive behaviors of breast cancer in the intervention group

Frequency	Before Intervention				After Intervention			
	Always	Usually	Sometimes	Never	Always	Usually	Sometimes	Never
Background of Referring to Doctor	4(3.3)	4(20)	6(5)	86(71.7)	12(10.3)	20(17.2)	41(35.3)	43(37.1)
Background of mammography	4(3.3)	14(11.7)	2(1.7)	100(83.3)	3(2.6)	9(7.8)	42(36.2)	62(53.4)
History of Breast Self-Examination	11(9.2)	35(29.2)	14(11.7)	60(50)	20(17.2)	58(50)	32(27.6)	6(5.2)
History of Fruit and Vegetable Consumption	67(55.8)	38(31.7)	13(10.8)	2(1.7)	66(56.9)	32(27.6)	18(15.5)	---
History of Physical Activity	21(17.5)	62(51.7)	25(20.8)	12(10)	28(24.1)	64(55.2)	20(17.2)	4(3.4)
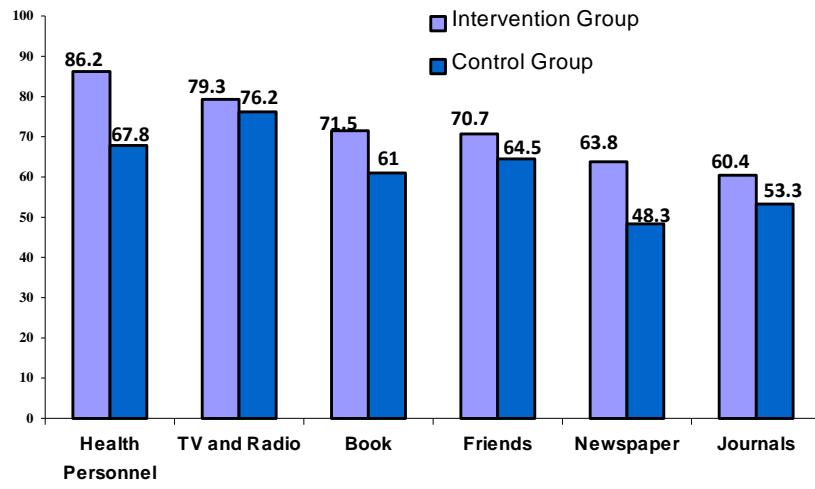
Figure 1) Frequency distribution (percent) of cues to action in intervention and control group