

**Table 1.** The mean and standard deviation of lifestyle components in the HIV-positive and HIV-negative people

<b>Scale</b>	<b>Without HIV (n=150) Mean±SD</b>	<b>With HIV (n=147) Mean±SD</b>	<b>Score range</b>
<b>Health responsibility</b>	2.08±0.41	2.72±0.65	10-40
<b>Physical activity</b>	1.75±0.59	2.08±0.91	5-20
<b>Diet</b>	2.31±0.53	2.44±0.53	6-24
<b>Spiritual growth</b>	2.48±0.57	2.63±0.66	13-52
<b>Interpersonal relationships</b>	2.71±0.54	2.72±0.57	7-28
<b>Stress management</b>	2.15±0.41	2.31±0.54	7-28

**Table 2.** Multivariate analysis of variance to determine the effect size in the HIV-positive and HIV-negative people on the lifestyle

Source of change	Dependent variable	Average squares	Degree of freedom	F	P value	Effect size
Group	Health responsibility	15.48	1-245	42.44	0.001	0.018
	Physical activity	4.18	1-245	6.3	0.049	0.003
	Diet	0.34	1-245	1.2	0.273	0.006
	Spiritual growth	0.90	1-245	2.19	0.142	0.011
	Interpersonal relationships	0.023	1-245	0.07	0.787	0.001
	Stress management	0.82	1-245	3.12	0.071	0.016