Table 1) Frequency distribution of students characteristics in intervention and control groups before intervention (n=60 in each group)

Variable	Intervention group Number (%)	Control group Number (%)	p-value (Chi-square test)
Age			
13	18 (30)	24 (40)	
14	29 (48.3)	22 (36.7)	0.396
15	13 (21.7)	14 (23.3)	
Father education			
High school	28 (46.6)	31 (51.7)	
Diploma	22 (36.7)	23 (38.3)	0.556
Higher education	10 (16.7)	6 (10)	
Mother education			
High school	22 (36.7)	30 (50)	
Diploma	26 (43.3)	22 (36.7)	0.307
Higher education	12 (20)	8 (13.3)	
Father occupation			
Worker	21 (35)	19 (31.7)	
Employee	9 (15)	7 (11.7)	0.821
Self-employed	23 (38.3)	28 (46.6)	
Other	7 (11.7)	6 (10)	
Mother occupation			
Housewife	42 (70)	45 (75)	
Employee	10 (16.7)	8 (13.3)	0.822
Self-employed	8 (13.3)	7 (11.7)	
Family income			
< 2 million Toman	24 (40)	32 (53.4)	
2-4 million Toman	36 (60)	28 (46.6)	0.143

Table 2) Comparison of the mean scores of the planned behavioral constructs, before and after the training intervention in the intervention and control groups (n=60 for each group)

Variable		Before intervention (Mean±standard deviation)	3 months after the intervention (Mean±standard deviation)	Significance level (Paired T test)
Awareness				
Physical activity	Intervention	0.0±68.72	2.0±83.48	<0.001
	Control	0.1±95.01	0.0±93.99	0.321
	Significance level (independent T-test)	0.394	<0.001	-
Healthy diet	Intervention	0.82±0.75	2.66±0.54	<0.001
	Control	0.81±0.75	0.82±0.75	0.833
	Significance level (independent T-test)	0.355	<0.001	-
Tobacco smoking	Intervention	2.1±23.26	4.0±38.88	<0.001
	Control	2.1±01.46	1.1±95.40	0.050
	Significance level (independent T-test)	0.438	<0.001	-
Attitude				
Physical activity	Intervention	16.3±91.51	21.2±95.04	<0.001
	Control	17.3±28.75	16.3±56.04	0.275
	Significance level (independent T-test)	0.582	<0.001	-
Healthy diet	Intervention	7.3±31.68	12.3±43.54	<0.001
	Control	7.3±36.97	7.3±53.58	0.822
	Significance level (independent T-test)	0.943	<0.001	-
Tobacco smoking	Intervention	14.5±95.09	20.3±12.61	<0.001
	Control	15.5±90.70	14.4±91.78	0.323
	(independent T-test)	0.338	<0.001	-
Mental norms				
Physical activity	Intervention	6.1±66.49	7.1±15.07	0.043
	Control	7.1±03.57	6.1±48.95	0.109
	Significance level (independent T-test)	0.338	0.022	-
Healthy diet	Intervention	11.2±01.26	13.1±00.76	<0.001
	Control	10.3±63.11	11.2±08.27	0.379
	Significance level (independent T-test)	0.443	<0.001	-
Tobacco smoking	Intervention	6.2±95.28	8.2±33.19	0.001
	Control	7.3±21.09	7.2±33.52	0.833
	Significance level (independent T-test)	0.592	0.022	-
Perceived behavior control				
Physical activity	Intervention	14.4±53.00	18.1±56.36	<0.001
	Control	14.4±78.20	15.3±36.55	0.426
	Significance level (independent T-test)	0.739	<0.001	-
Healthy diet	Intervention	8.2±70.36	10.1±18.70	<0.001
	Control	8.2±48.86	8.2±56.18	0.860
	Significance level (independent T-test)	0.653	<0.001	-
Tobacco smoking	Intervention	12.3±31.43	14.1±61.75	<0.001
	Control	11.3±50.69	11.3±61.40	0.853
	Significance level (independent T-test)	0.212	<0.001	-
Behavioral intention				
Physical activity	Intervention	3.0±31.93	3.0±96.18	<0.001
	Control	3.1±15.19	3.0±36.94	0.277
	Significance level	0.394	<0.001	-

	(independent T-test)			
Healthy diet	Intervention	9.2±03.09	10.1±88.10	<0.001
	Control	8.3±58.12	8.2±98.67	0.420
	Significance level (independent T-test)	0.653	<0.001	-
Tobacco smoking	Intervention	9.2±75.86	11.0±36.94	<0.001
	Control	9.3±28.65	9.2±93.71	0.267
	Significance level (independent T-test)	0.439	<0.001	-
Behavior				
Physical activity	Intervention	2.0±11.64	2.0±86.34	<0.001
	Control	1.0±98.98	2.0±15.68	0.261
	Significance level (independent T-test)	0.349	<0.001	-
Healthy diet	Intervention	10.1±01.90	13.1±16.22	<0.001
	Control	9.2±95.66	9.1±86.92	0.833
	Significance level (independent T-test)	0.875	<0.001	-
Tobacco smoking	Intervention	7.1±26.41	8.0±80.40	<0.001
	Control	7.1±58.45	7.1±78.49	0.425
	Significance level (independent T-test)	0.229	<0.001	-