

**Table 2)** Comparison of frequency distribution of demographic characteristics of test and control groups

Variable	Test group (n=50)		Control group (n=50)		P-value	
	Number	Percent	Number	Percent		
<b>Women's training</b>	Diploma	14	28	18	36	0.225
	College education	36	72	32	64	
<b>Training of spouses</b>	High school	6	12	5	10	0.120
	Diploma	10	20	12	24	
<b>Employment statues of spouses</b>	College education	34	68	33	66	0.178
	Employed	42	84	40	80	
<b>Diet training history</b>	Unemployed	8	16	10	20	0.324
	Yes	5	10	7	14	
<b>Cancer history of family</b>	No	45	90	43	86	0.136
	Yes	3	6	4	8	
	No	47	94	46	92	

**Table 3)** Comparison of the scores of the Health Belief Model constructs in the test and control groups before, 3, and 6 months after the training intervention (in terms of mean±standard deviation)

Variable	Group	Before intervention	3 months after intervention	6 months after intervention	P-value
<b>Awareness</b>	Test group	20.8±76.54	50.8±65.69	78.8±23.65	0.001
	Control group	22.8±55.08	23.8±36.12	24.8±20.10	0.253
	P-value	0.138	0.001	0.001	-
<b>Perceived sensitivity</b>	Test group	18.9±78.52	57.9±24.20	77.9±68.54	0.001
	Control group	20.9±12.17	22.9±11.03	23.9±56.17	0.415
	P-value	0.528	0.001	0.001	-
<b>Perceived Intensity</b>	Test group	20.8±22.70	60.8±16.52	80.8±14.66	0.001
	Control group	21.8±12.54	23.8±17.03	24.8±21.10	0.197
	P-value	0.188	0.001	0.001	-
<b>Perceived benefits</b>	Test group	24.10±35.19	53.10±68.77	74.10±16.13	0.001
	Control group	23.10±26.65	24.10±16.08	25.10±25.11	0.252
	P-value	0.230	0.001	0.001	-
<b>Perceived obstacles</b>	Test group	79.8±57.24	43.7±22.56	20.7±35.89	0.001
	Control group	78.8±83.31	75.8±98.64	73.8±19.78	0.268
	P-value	0.251	0.001	0.001	-
<b>Perceived self-efficacy</b>	Test group	26.8±45.69	8±60.65	79.8±14.56	0.001
	Control group	27.8±58.37	28.8±17.62	29.8±38.45	0.127
	P-value	0.180	0.001	0.001	-
<b>Performance</b>	Test group	32.7±26.60	57.7±88.58	74.7±73.45	0.001
	Control group	33.7±16.52	35.7±10.18	7±36.02	0.292
	P-value	0.126	0.001	0.001	-