

Table 1) Absolute and relative frequency of the participants' education and income

Variable	Variable Levels	Control Group (n=60)		Intervention Group (n=60)		Significance Level
		Number	Percent	Number	Percent	
Education	Primary school	3	5	2	3.3	0.917
	Junior high school	7	11.6	9	15	
	Senior high school and diploma	28	46.7	26	43.3	
	University Education	22	36.7	23	38.4	
Family income (Tomans)	<500000	15	25	8	13.3	0.325
	500000-1000000	32	53.3	30	50	
	1000000-1500000	8	13.3	14	23.3	
	1500000-2000000	4	6.7	7	11.7	
	>2000000	1	1.7	1	1.7	

Table 2) The comparison to mean and standard deviation in terms of anxiety between the two groups before and after the intervention

Studied Variables		Control Group (n=60)		Intervention Group (n=60)		Significance Level
		Mean	SD	Mean	SD	
State Anxiety	Before Intervention	44.37	11.01	44.22	9.22	0.927
	After Intervention	52	7.81	33.48	9.10	<0.001
	Significance Level	<0.001		<0.001		
Trait Anxiety	Before Intervention	42.83	10.21	43.15	8.43	0.572
	After Intervention	49.15	8.13	33.33	7.52	<0.001
	Significance Level	<0.001		<0.001		