

**Table 2.** The absolute and relative frequency of demographic characteristics in two groups (each group: 54 subjects; the numbers in parentheses are percentages)

<b>Demographic features</b>	<b>Experimental group</b>	<b>Control group</b>
<b>Marital status</b>		
Single	7 (13.0)	8 (14.8)
Married	47 (87.0)	46 (85.2)
<b>Number of children</b>		
None	7 (13.0)	8 (14.8)
One	4 (7.4)	7 (13.0)
Two	10 (18.5)	10 (18.5)
Three or more	33 (61.1)	29 (53.7)
<b>Spouse's education</b>		
Primary	22 (40.7)	25 (46.3)
Secondary school	19 (35.2)	13 (24.1)
High school	12 (22.2)	11 (20.4)
University	1 (1.8)	5 (9.3)
<b>Wife's education</b>		
Primary	18 (33.3)	14 (25.9)
Secondary school	17 (31.5)	14 (25.9)
High school	14 (25.9)	17 (31.5)
University	5 (9.3)	9 (16.7)
<b>Spouse's education</b>		
Housewife	52 (96.3)	50 (92.6)
Employed	2 (3.7)	4 (7.4)
<b>Spouse's occupation</b>		
Non-governmental	48 (88.9)	45 (83.3)
Employed	6 (11.1)	9 (16.7)
<b>Income (Toman)</b>		
<1	17 (31.5)	18 (33.3)
1-1.5	26 (48.1)	24 (44.5)
>2	11 (20.4)	12 (22.2)

**Table 3.** Comparison of the mean scores of the transtheoretical model constructs in the nutritional behavior in the subjects

<b>Variables</b>	<b>Before intervention</b>	<b>2 months after intervention</b>	<b>P value</b>
<b>Perceived benefits</b>			
Experimental group	18.50±1.87	19.46±0.92	0.001
Control group	18.09±2.07	18.44±1.55	0.104
P value	0.23	<0.001	-
<b>Perceived barriers</b>			
Experimental group	9.79±4.21	8.64±2.70	0.018
Control group	10.55±5.08	10.48±4.68	0.324
P value	0.609	0.099	-
<b>Self-efficacy</b>			
Experimental group	19.18±4.83	20.92±3.43	0.010
Control group	18.74±4.58	18.81±4.75	0.647
P value	0.538	0.018	-
<b>Nutrition behavior</b>			
Experimental group	51.48±7.24	54.18±4.99	<0.001
Control group	51.38±7.45	51.81±6.75	0.309
P value	0.629	0.029	-