

Table 1) Frequency of the elderlies' demographic variables in the study

Demographic Variables		Interventional (n=80)		Control (n=80)		Significance Level
		Number	Percent	Number	Percent	
Gender	Female	49	61.25	46	57.5	0.629
	Male	31	38.75	34	42.5	
Age	60-64	34	42.5	31	38.75	0.643
	65-69	28	35	29	36.25	
	70-74	12	15	15	18.75	
	75-79	5	6.25	3	3.75	
	80-84	1	1.25	2	2.5	
Education Level	Illiterate	32	40	30	37.5	0.825
	Primary School	29	36.25	32	40	
	Junior High School	12	15	9	11.25	
	Senior High School	2	2.5	2	2.5	
	Diploma	2	2.5	3	3.75	
Marital Status	Associate	3	3.75	4	5	0.614
	Married	52	65	55	68.75	
	Widow/Widower	28	35	25	31.25	
BMI	Thin	3	3.75	1	1.25	0.668
	Normal Weight	21	26.5	22	27.5	
	Over Weight	41	51.25	45	56.25	
Smoking	Fat	16	20	12	15	0.677
	Yes	15	18.75	13	16.25	
	No	65	81.25	67	83.75	

Table 2) Comparing the eight dimensions of life quality in the control and interventional groups before the intervention

Life Quality Dimensions	Interventional (n=80)		Control (n=80)		Significance Level
	Mean	SD	Mean	SD	
Physical Operation	55.69	26.30	53.81	26.48	0.654
Role limitation due to physical problems	56.25	33.87	53.19	34.14	0.570
Physical Pain	56.73	19.78	58.70	22.97	0.561
General Health	46.94	14.51	49.86	13.62	0.191
Mean of physical dimensions	52.90	17.10	53.50	20.12	0.892
Psychological Health	66.19	16.79	63.55	12.95	0.160
Role limitations due to psychological problems	54.21	39.06	58.48	35.55	0.426
Social Operation	60.20	17.15	63.88	20.74	0.303
Vitality	55.99	16.94	57.88	14.38	0.281
Mean of Psychological Health Dimensions	59.15	17.88	60.94	16.63	0.511
Total Score of Life Quality	56.52	15.10	57.22	17.04	0.784

Table 3) Comparing the eight dimensions of life quality in the control and interventional groups after the intervention

Life Quality Dimensions	Interventional (n=80)		Control (n=80)		Significance Level
	Mean	SD	Mean	SD	
Physical Operation	68.44	19.19	54.31	26.83	<0.001
Role limitation due to physical problems	67.81	31.62	54.69	32.82	<0.011
Physical Pain	71.96	16.25	59.06	22.25	<0.001
General Health	58.53	8.14	51.25	11.51	<0.001
Mean of physical dimensions	66.68	14.49	54.83	18.85	<0.001
Psychological Health	77.98	8.34	65.50	12.38	<0.001
Role Limitations due to psychological Problems	65.55	33.99	54.14	34.07	0.035
Social Operation	72.38	16.36	64.28	20.53	<0.001
Vitality	68.19	9.08	59.00	13.79	<0.001
Mean of Psychological Health Dimensions	71.02	13.59	60.73	15.64	<0.001
Total Score of Life Quality	68.85	13.15	57.78	15.75	<0.001

Table 4) The mean comparison of eight dimensions of life quality in the control and interventional group before intervention (BI) and after intervention (AI)

Life Quality Dimensions	Interventional (n=80)			Control (n=80)		
	BI	AI	Significance Level	BI	AI	Significance Level
Physical Operation	55.69	68.44	<0.001	53.81	54.31	0.906
Role limitation due to physical problems	56.25	67.81	<0.027	53.19	54.69	0.777
Physical Pain	56.73	71.96	<0.0001	58.70	59.06	0.919
General Health	46.94	58.53	<0.0001	49.86	51.25	0.488
Mean of physical dimensions	52.90	66.68	<0.0001	53.50	54.83	0.667
Psychological Health	66.19	77.98	<0.0001	63.55	65.50	0.332
Role Limitations due to psychological Problems	54.21	65.55	<0.043	58.48	54.14	0.432
Social Operation	60.20	72.38	<0.0001	63.88	64.28	0.903
Vitality	55.99	68.19	<0.0001	57.88	59.00	0.614
Mean of Psychological Health Dimensions	59.15	71.02	<0.0001	60.94	60.73	0.933
Total Score of Life Quality	56.52	68.85	0.0001	57.22	57.78	0.809