

Table 1) Distribution of social support and adherence to the diet therapy in patients with hypertension (n =130)

Variables	Classification of the Scores		
	Weak Number (Percentage)	Moderate Number (Percentage)	Good Number (Percentage)
Social Support	53(40.8)	66(50.8)	11(8.4)
Adherence to Diet Therapy	12(9.2)	111(85.4)	7(5.4)

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Table 2) The correlation coefficient between social support components and adherence to diet therapy (All cases were significant at $p < 0.05$)

Variables	1	2	3	Mean (\pm SD)
Adherence to Diet Therapy	1			14.2(\pm 5.2)
Friends Support	0.255	1		16.5(\pm 5.8)
Others Support	0.187	0.286	1	14.8(\pm 6.4)
Family Support	0.125	0.481	0.388	15.3(\pm 6.1)

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Table 3) The relationship between demographic variables, social support and adherence to diet therapy (n=130)

Demographic Variables	Number	Social Support		Adherence to Diet Therapy	
		Mean(\pm SD)	Significance Level	Mean(\pm SD)	Significance Level
Age	30-40	20	8.1(\pm 2.6)	0.561	10.2(\pm 2.9)
	41-50	77	10.4(\pm 1.9)		
	51-60	82	9.6(\pm 1.3)		
	61-70	21	8.9(\pm 2.2)		
Education	Illiterate	28	3.7(\pm 0.9)	0.002	4.8(\pm 2.7)
	Primary School	38	4.1(\pm 1.1)		
	Junior High School	6	3.9(\pm 1.6)		
	Senior High School	33	2.5(\pm 1.2)		
	University	25	2.3(\pm 1.4)		
Occupation	Housewife/House Husband	44	1.2(\pm 0.9)	0.004	2.1(\pm 0.5)
	Employed	34	2.1(\pm 1.7)		
	Self-Employed	23	1.5(\pm 0.8)		
	Unemployed	9	2.4(\pm 1.2)		
	Retired	20	2.3(\pm 1.6)		
Marital Status	Married	84	3.3(\pm 2.2)	0.001	3.1(\pm 1.7)
	Single	2	1.7(\pm 0.6)		
	Widow/Widower	44	2.6(\pm 1.5)		

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