

**Table 1)** Relative and absolute frequency (numbers in the parenthesis are percent) of the demographic variables in the two group (n=30 each group)

Parameter	Experimental Group	Control Group
<b>Gender</b>		
Male	16(53.3)	15(53.3)
Female	14(46.7)	14(46.7)
<b>Numbers of Hospitalization</b>		
Less than 2 times	20(66.7)	19(63.3)
More than 2 times	10(33.3)	11(36.7)
<b>Status of Occupation</b>		
Employed	21(70.0)	18(60.0)
Unemployed	6(20.0)	7(23.3)
Retired	3(10.0)	5(16.7)
<b>Educational Level</b>		
Less than diploma	7(23.3)	9(30)
Diploma	12(40.0)	12(40.0)
University Degree	11(36.7)	9(30.0)
<b>Income Level (Tomons)</b>		
Less than a million	5(16.7)	6(20.0)
One to two million	14(46.7)	17(56.7)
More than two million	11(36.7)	7(23.3)
<b>Marital Status</b>		
Single	2(6.7)	2(6.7)
Married	28(93.3)	28(93.3)
<b>Exercise Level</b>		
<b>Very low</b>	22(73.3)	18(60.0)
Low	7(23.3)	7(23.3)
High	1(3.3)	5(16.7)
<b>Smoking</b>		
Not taking	17(56.7)	17(56.7)
Less than a half of a box	4(13.3)	6(20.0)
More than a half of a box	9(30.0)	7(23.3)

**Table 2)** Comparison of self-concept mean score in patients with diabetes type II before and after intervention in the two groups

<b>Phases of the Study</b>	<b>Control Group (n=30)</b>	<b>Experimental Group (n=30)</b>	<b>Significance Level</b>
<b>Before Intervention</b>	58.26±7.90	57.03±7.47	0.537
<b>After Intervention</b>	56.89±6.82	73.37±8.81	0.001
<b>Significance Level</b>	0.066	0.001	-