

Table 1) Comparison between the Relative and Absolute Frequency of Demographic Characteristics of Participants in the Groups

Variables	Control Group	Experimental Group	P Value
Gender			
Male	14 (%56)	16 (%64)	0.56
Female	11 (%44)	9 (%36)	
Occupation			
Self-employed	8 (%32)	13 (%52)	0.06
Employee	4 (%16)	7 (%28)	
Unemployed	13 (%52)	5 (%20)	
Educational Level			
Illiterate	15 (%60)	10 (%40)	0.26
Under Diploma	5 (%20)	10 (%40)	
Diploma and Higher	5 (%20)	5 (%20)	
Age (Year)			
35-50	4 (%16)	6 (%24)	0.35
51-65	17 (%68)	12 (%48)	
66-80	4 (%16)	7 (%28)	
Number of Hospitalization			
1	23 (%92)	24 (%96)	1.00
2	2 (%8)	1 (%4)	

Table 2) Comparison between the Mean Difference of Pretest and Posttest Scores of Total Anxiety, Trait Anxiety, and State Anxiety in Control and Experimental Groups (n=25 per group)

Variables	Pretest Mean Scores	Posttest Mean Scores	Mean Difference	P Value
Total Anxiety				
Experimental Group	80.12±14.37	62.64±19.41	-17.48±13.82	0.047
Control Group	81.16±17.60	71.80±13.84	-9.36±14.40	
Trait Anxiety				
Experimental Group	37.04±6.19	29.20±9.56	-7.84±8.69	0.025
Control Group	37.60±10.71	34.92±9.75	-2.68±7.04	
State Anxiety				
Experimental Group	43.08±10.28	33.44±11.02	-9.64±6.93	0.23
Control Group	43.56±9.92	36.88±9.18	-6.68±9.98	