

Table 1. The absolute and relative frequency of demographic variables and self-assessment of personal health, happiness and life satisfaction of the participants (n=200)

Variables	No.	%
Gender		
Male	91	45.5
Female	109	54.5
Education		
Diploma	16	8
Bachelor degree	86	43
Master's degree	89	44.5
Ph.D.	9	4.5
Marital status		
Married	48	24
Single	152	76
Number of children		
None	63	31.5
One	57	28.5
Two	64	32
Three	16	8
Level of place of residence		
First-degree	70	35
Second-degree	116	58
Third-degree	14	7
Income level		
Very good	6	3
Good	51	25.5
Moderate	123	61.5
Low	20	10
Self-assessment of personal health		
Totally healthy	114	57
A little healthy	80	40
Unhealthy	6	3
Self-assessment of happiness		
Very high	20	10
High	42	21
Moderate	115	57.5
Very low	18	9
No happiness	5	2.5
Life satisfaction		
Very high	17	8.5
High	62	31
Moderate	100	50
Very low	18	9

None	3	1.5
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Table 2. The mean score, score range, and Pearson correlation coefficients between happiness, mental health, and social capital scores

Variables	Mean score	Score range	1	2
1- Happiness	41.81±14.58	2-87	1	
2- Mental health	28.67±14.22	4-82	**0.547	1
3- Social capital	91.23±22.11	28-140	**0.261	**0.271

p<0.01**

Table 3. Results of linear regression analysis to predict social capital in the subjects (n=200)

Predictive variables	Regression coefficient (B)	Standard error (SE)	Standard coefficient (β)	p-value	R2 determination coefficient
Mental health	-0.286	0.126	-0.184	0.024	0.092
Happiness	0.242	0.123	0.160	0.049	
Constant	89.289	7.884	-	<0.001	

Table 4. Investigating the relationship between demographic variables and components of mental health, happiness, and social capital in the participants

Demographic variables	Social capital	Mental health	Happiness
Gender			
Male	89.04±21.99	27.12±13.10	41.75±14.94
Female	93.05±22.14	29.96±15.03	41.86±14.35
p-value	0.203	0.155	0.965
Education			
Diploma	97.13±24.83	28.31±13.95	38.94±11.42
Bachelor	92.24±21.50	27.59±11.56	41.94±14.59
Master's degree	88.47±22.86	30.21±16.54	42.02±15.39
Ph.D.	98.22±16.79	24.33±13.26	43.56±12.63
p-value	0.309	0.499	0.857
Marital status			
Married	93.73±21.41	26.88±13.76	43.13±14.20
Single	90.43±22.34	29.24±14.36	41.39±14.72
p-value	0.37	0.32	0.47
Number of children			
None	95.11±22.67	27.70±14.83	43.16±14.39
One	82.67±21.86	30.88±14.14	43.33±15.07
Two	93.19±19.89	28.30±13.78	95.11±22.67
Three	93.89±24.11	26.12±14.15	41.38±15.32
p-value	0.005	0.531	0.292
Level of place of residence			
First-degree	93.89±24.11	15.78±15.78	46.64±15.63
Second-degree	91.64±20.31	28.05±13.16	40.21±13.48
Third-degree	74.50±20.22	34.36±14.30	30.93±8.75
p-value	0.010	0.294	<0.001
Income level			
Very good	91.50±23.46	24.33±12.29	50.50±17.46
Good	93.55±22.54	28.08±13.18	44.51±18.36
Moderate	90.83±21.06	28.76±14.74	41.08±13.05
Low	87.65±27.56	30.95±14.62	36.80±9.65
p-value	0.773	0.764	0.087
Self-assessment of individual health			
Totally healthy	94.81±22.21	25.32±13.06	46.44±13.71
A little healthy	87.06±20.71	32.81±13.89	36.31±13.37
Unhealthy	78.67±27.63	37.00±23.08	27.17±12.92
p-value	0.020	<0.001	<0.001
Self-assessment of happiness			
Very high	103.65±20.10	22.80±11.91	44.30±19.92
High	96.05±23.42	22.67±11.02	49.40±12.27

Moderate	90.10±20.64	28.97±13.25	40.09±13.38
Very low	75.78±18.11	39.94±14.19	32.83±9.01
No happiness	81.80±32.03	55.00±17.07	40.20±25.13
p-value	0.001	0.001	<0.001
Life satisfaction			
Very high	93.82±25.27	21.82±13.03	53.71±14.76
High	97.97±19.15	23.11±10.35	47.55±13.67
Moderate	88.11±22.05	30.93±13.31	38.64±12.50
Very low	85.67±21.31	35.56±17.44	30.94±14.63
None	73.33±41.68	65.67±7.50	27.00±9.00
p-value	0.024	<0.001	<0.001