

**Table 1)** Absolute and relative frequency of some demographic characteristics of the participants in two control and motivational interviewing group (n=30 in each group)

<b>Parameter</b>	<b>Control Group</b>	<b>Motivational Interviewing Group</b>
<b>Occupational Status</b>		
Employed	17(56.7)	20(66.7)
Unemployed	8(26.7)	7(23.3)
Others	5(16.7)	3(10.0)
<b>Educational Level</b>		
Junior High School	7(23.3)	4(13.3)
Senior High School	8(26.7)	10(33.3)
University Degree	15(50.0)	16(53.3)
<b>Marital Status</b>		
Single	6(20.0)	5(16.7)
Married	24(80.0)	25(83.3)

**Table 2)** Mean comparison of protection motivation theory, intention and attitude of physical activity and anthropometric indices and motivational interviewing values in control group and motivational interviewing before the intervention and 2 and 6 months after the intervention

Parameter	Before Intervention	2 months after the intervention	6 months after the intervention
<b>Perceived Susceptibility</b>			
Control Group	91.78±12.10*	90.28±9.90	81.96±9.90
Motivational Interviewing Group	90.86±14.71*	109.07±11.14**	108.38±10.77
<b>Perceived Severity</b>			
Control Group	93.46±12.69*	93.71±12.22**	85.35±11.94
Motivational Interviewing Group	93.55±15.08*	114.72±10.51**	112.41±12.44
<b>Perceived Self-Efficacy</b>			
Control Group	17.21±5.15*	23.57±6.11**	23.00±3.35
Motivational Interviewing Group	17.03±4.85*	30.51±5.36**	30.48±3.51
<b>Intention for Physical Activity</b>			
Control Group	4.00±1.40*	6.17±1.80**	5.85±1.50
Motivational Interviewing Group	4.37±1.65*	8.37±1.14**	8.75±0.98
<b>Attitude for Physical Activity</b>			
Control Group	21.78±5.24*	21.83±4.81**	26.96±6.45
Motivational Interviewing Group	21.13±5.30*	23.15±4.27**	39.75±5.79
<b>Weight (kg)</b>			
Control Group	74.70±7.35	72.98±6.58	72.75±6.53
Motivational Interviewing Group	76.22±7.06	73.89±6.54	72.96±5.92
<b>Body Mass Index (kg/m<sup>2</sup>)</b>			
Control Group	28.39±2.35	27.74±2.21	27.60±2.11
Motivational Interviewing Group	28.58±1.84	27.75±1.72	27.52±1.71

\*A Significant Difference between Pre-intervention and Intervention 2 and 6 Months after the Intervention;

\*\*A Significant Difference between Two Intervention Steps Including 2 Months and 6 Months after the Intervention