

Table 1) Demographic characteristics of the participants

Variables		Number	Percent
Gender	Male	127	52.9
	Female	113	47.1
Educational Level	illiterate	43	18.1
	Primary School	73	30.5
	Junior High School	55	22.3
	Diploma	48	20.2
	University Degree	21	8.9
Marital Status	Single	8	3.3
	Married	175	72.9
	Widow/Widower	56	23.4
	Divorced	1	0.4
Home Ownership	Personal	164	68.8
	Rental	35	16.3
	Family Members	25	8.3
	Organizational	1	0.3
	Other	15	6.3

Table 2) The comparison of mean and standard deviation of quality life functions in two control and interventional groups

Functions	Intervention Group		Control Group		Significance Level
	Mean	SD	Mean	SD	
Physical Dimension	68.39	16.59	26877	11.14	0.161
Role Function	65.43	23.98	83.97	15.29	0.002
Emotional Function	45.98	30.51	59.29	21.25	0.722
Cognitive function	71.6	26.88	85.89	19.25	0.033
Social Function	63.58	29.24	69.87	23.57	0.392
Physical Image	58.64	27.78	64.1	25.36	0.451
Sexual Function	88.88	28.11	89.1	24.9	0.971
Sexual Pleasure	83.95	35.04	87.17	28.4	0.711
Looking to the Future	18.51	32.46	26.92	13.23	0.285

Table 3) Comparing the mean and standard deviation of the functional domains of quality of life in both intervention and control groups after intervention

Functional Domains	Intervention Group		Control Group		Significance Level
	Mean	SD	Mean	SD	
Physical Function	87.65	8.41	78.71	8.84	<0.001
Role Function	94.44	8	91.02	10.78	0.111
Emotional Function	81.48	15.56	63.78	19.42	0.001
Cognitive Function	91.35	14.14	91.66	11.78	0.441
Social Function	83.95	14.96	80.76	18.06	0.482
Physical Image	87.03	14.85	73.39	17.95	0.004
Sexual Function	80.24	31.7	80.76	27.76	0.943
Sexual Pleasure	76.54	36.76	76.92	29.46	0.964
Looking to the Future	56.79	28.96	42.3	34.71	0.112