

Variables	Group	Before intervention		After intervention		P value Pair T test*	Effect size (Cohen's d)
		Mean	Standard Deviation	Mean	Standard Deviation		
Perceived Benefits	Intervention	24/91	2/59	28/19	1/54	<0/001	0/301
	Control	25/67	2/44	26/56	1/96	0/496	
	p-value**	0/152		<0/001			
Perceived Barriers	Intervention	18/47	6/22	15/91	3/74	0/019	0/219
	Control	20/17	6/53	19/50	6/72	0/65	
	p-value**	0/20		0/002			
commitment to a plan of action	Intervention	38/54	5/81	42/65	2/86	<0/001	0/441
	Control	41/00	5/30	41/50	5/11	0/557	
	p-value**	0/06		0/007			
Interpersonal influences	Intervention	26/91	2/81	27/39	2/08	0/288	0/109
	Control	25/65	3/30	25/76	2/99	0/872	
	p-value**	0/052		0/017			
Self_care Behaviour	Intervention	17/50	3/95	22/36	4/14	<0/001	0/489
	Control	15/52	4/50	16/10	4/56	0/512	
	p-value**	0/652		<0/001			
	**Independent Samples t-test      * Paired Samples t-test						

Table 2: Comparison of the mean values of the constructs of Pender's health promotion model within and between the intervention and control groups of pregnant women before and after the intervention