

Variables	Group	Before intervention		After intervention		P value Pair T test*	Effect size (Cohen's d)
		Mean	Standard Deviation	Mean	Standard Deviation		
Self_efficacy	Intervention	20/58	2/97	22/30	2/37	0/001	0/185
	Control	20/24	3/00	20/58	2/80	0/55	
	p-value**	0/586		0/002			
future image	Intervention	21/00	3/67	21/52	2/32	0/368	0/038
	Control	20/97	3/34	21/10	3/28	0/851	
	p-value**	0/46		0/021			
Self_esteem	Intervention	21/34	2/28	22/10	1/77	0/05	0/131
	Control	21/69	2/97	21/89	2/47	0/512	
	p-value**	0/531		0/037			
support and assurance from others	Intervention	16/91	2/72	17/50	1/64	0/197	0/167
	Control	15/93	3/02	15/80	2/91	0/842	
	p-value**	0/106		0/001			
joy of an addition to the family	Intervention	18/19	2/10	18/39	1/66	0/565	0/012
	Control	17/10	2/53	17/15	2/22	0/934	
	p-value**	0/485		0/002			
	**Independent Samples t-test      * Paired Samples t-test						

Table 3: Comparison of the mean scores of empowerment subscales within and between groups in the intervention and control groups of pregnant women, before and after the intervention.