

Table 4 Mean overall knowledge and performance scores of health care providers at pre-training and at initial and 6 months post-training (n = 23)

Topic	A	B	C	ANOVA P-value	Significant post-hoc results ^a
	Pre-training	Initial post-training	6 months post-training		
	Mean (SD)	Mean (SD)	Mean (SD)		
Knowledge					
Healthy nutrition (max. 12)	5.6 (1.6)	9.6 (1.1)	9.5 (1.0)	< 0.001	A–B; A–C
Reproductive health (max. 12)	4.8 (1.6)	8.6 (1.1)	9.4 (1.0)	< 0.001	A–B; A–C; B–C
Breastfeeding (max. 12)	2.9 (1.0)	7.0 (1.1)	6.7 (0.9)	< 0.001	A–B; A–C
Prevention of common infectious diseases (max. 12)	6.2 (1.0)	8.2 (1.4)	8.8 (1.8)	< 0.001	A–B; A–C
Performance					
Client–provider interaction skills (max. 11)	4.4 (1.2)	6.7 (1.1)	8.9 (1.0)	< 0.001	A–B; A–C; B–C

^aA–B: between mean pre-training and initial post-training scores; A– C: between mean pre-training and 6 months post-training scores; B–C: between mean initial and 6 months post-training scores.

SD = standard deviation.