

Table 1 Demographic characteristics and anthropometric indices of women with overweight and obesity

Variables	Motivational interviewing group (n = 30) Mean (SD)	Control group (n = 30) Mean (SD)	P
Age, yr	37.20 (8.08)	39.03 (9.25)	0.425**
Body mass index, kg/m ²	28.59 (1.81)	28.50 (2.32)	0.873**
Weight, kg	76.05 (6.99)	74.93 (7.16)	0.543**
Waist circumference, cm	84.47 (9.24)	79.97 (7.01)	0.038**
Waist-to-hip ratio	0.79 (0.04)	0.82 (0.04)	0.045**
Education	n (%)	n (%)	
Elementary and middle school	4 (13.3)	7 (23.3)	
High school	10 (33.4)	8 (26.7)	0.706*
Academic	16 (53.3)	15 (50)	
Job	n (%)	n (%)	
Housewife	-	-	
Employed	20 (66.7)	17 (56.7)	0.783*
Unemployed	6 (20)	6 (20)	
Other	4 (13.3)	7 (23.3)	
Marital status	n (%)	n (%)	
Single	5 (16.7)	6 (20)	0.739*
Married	25 (83.3)	24 (80)	

* χ^2 test.

**Independent t test.