

Table 3 Comparison of MI and control groups about anthropometric characteristics before and after intervention

Constructs	Group	Pre-intervention		2-mo follow-up		6-mo follow-up		P
		Mean	SD	Mean	SD	Mean	SD	
BMI	Control	28.39	2.35	27.74	2.21	27.60	2.11	0.938*
	MI	28.58	1.84	27.75	1.72	27.52	1.71	
	Total	28.49	2.09	27.75	1.96	27.56	1.90	
Weight	Control	74.70	7.35	72.98	6.58	72.75	6.53	0.001*
	MI	76.22	7.06	73.89	6.54	72.96	5.92	
	Total	75.47	7.18	73.44	6.51	72.86	6.17	
Waist circumference	Control	79.79	7.21	77.82	6.35	77.39	6.36	0.001*
	MI	84.24	9.32	82.00	8.78	77.96	17.10	
	Total	82.05	8.58	79.95	7.90	77.68	12.88	
WHR	Control	0.823	0.046	0.812	0.042	0.809	0.042	0.001*
	MI	0.800	0.045	0.781	0.045	0.774	0.047	
	Total	0.811	0.046	0.796	0.046	0.791	0.047	

*Repeated measures analysis of variance.

BMI = body mass index; MI = motivational interviewing; WHR = waist-to-hip ratio.