

Table 1 Comparison of mean scores of knowledge, evaluation of behavioural outcomes, attitude towards behaviour, enabling factors before and immediately and 1 and 3 months after educational intervention

Variables	Groups	Before	After	After	1 month	1 month	3 months
		intervention	intervention	intervention	later	later	later
		Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)	Mean (SD)
Knowledge	Intervention	58.1 (14.4)	97.2 (4.3)	97.2 (4.3)	94.1 (5.1)	94.1 (5.1)	91.8 (6.5)
	P		< 0.001		< 0.001		< 0.001
	Control	55.7 (14.4)	61.1 (14.0)	61.1 (14)	58.1 (14.3)	58.1 (14.3)	57.4 (14.7)
	P		0.063		0.09		0.16
Evaluation of behavioural outcomes	Intervention	64.8 (22)	97.2 (8.1)	97.2 (8.1)	88.4 (21)	88.4 (21)	90 (21.5)
	P		< 0.001		0.004		0.399
	Control	63.6 (13.2)	64.4 (13.6)	64.4 (13.6)	62.8 (22.5)	62.8 (22.5)	80.4 (24.4)
	P		0.159		0.598		< 0.001
Attitude towards the behaviour	Intervention	3.1 (0.4)	3.3 (0.4)	3.3 (0.4)	3.3 (0.3)	3.3 (0.3)	3.3 (0.3)
	P		< 0.001		0.380		0.5
	Control	3.1 (0.42)	3.09 (0.4)	3.1(0.4)	3.1 (0.4)	3.1 (0.3)	3.04 (0.3)
	P		0.827		0.601		0.04
Enabling Factors	Intervention	31.2 (23.3)	96.3 (7.5)	96.3 (7.5)	94 (8.7)	94 (8.7)	95.2 (8.0)
	P		< 0.001		0.018		0.159
	Control	30.9 (21)	35.6 (20.6)	35. 6 (20.6)	39.1 (19.8)	39.1 (19.8)	41 (20.4)
	P		0.019		0.003		0.013