

Table 1. Descriptive characteristics of the parents (n = 77)

Characteristics			Intervention group		Control group		Total		Analysis*
			n	%	n	%	n	%	
Age group									
20-29 age			13	35.1	7	17.5	20	26.0	$\chi^2=3.145$ p=.208
30-39 age			18	48.6	24	60.0	42	54.5	
40-49 age			6	16.2	9	22.5	15	19.5	
Gender									
Female			32	86.5	28	70.0	60	77.9	$\chi^2=3.037$ p=.103
Male			5	13.5	12	30.0	17	22.1	
Education level									
Primary education			7	18.9	0	0	7	9.1	$\chi^2=2.214$ p=.137
High school			6	16.2	8	20.0	14	18.2	
University			18	48.7	22	55.0	40	51.9	
Postgraduate			6	16.2	10	25.0	16	20.8	
Working during the pandemic									
No			22	59.5	15	37.5	37	48.1	$\chi^2=3.713$ p=.054
Yes			15	40.5	25	62.5	40	51.9	
Income									
Low			1	2.7	0	0	1	1.3	$\chi^2=.023$ p=.866
Middle			21	56.8	24	60.0	45	58.4	
High			15	40.5	16	40.0	31	40.3	
Chronic disease									

Yes	2	5.4	5	12.5	7	9.1	$\chi^2=1.171$ p=.433
No	35	94.6	35	87.5	70	90.9	
Total	37	100	40	100	77	100	

p<0.05

*Chisquare test

Table 2. Data on views and behaviours of parents during the pandemic period (n = 77)

Variables	n	%
Information access		
TV	34	44.2
Social media	29	37.8
Official institutions website	12	15.5
All of them	2	2.5
Life area effected by the pandemic*		
Family life	51	66.2
Work life	43	55.8
Economic status	42	54.5
Social life	72	93.5
Sexual life	12	15.6
Coping behaviours		
Spent time with their family / activities / hobbies	18	23.4
Doing nothing / tried not to think	16	20.8
Busy with cleaning and other measures	14	18.2
Spent time watching TV and using smart phone	7	9.1
Praying	6	7.8
Focusing to work	3	3.9
Predictions about the pandemic		
It will decrease over time	15	19.5
It won't decrease	12	15.5
Continue to take precautions even if it decreases	26	33.8

There will be new pandemics

25

31.2

Table 3. A comparison of total pre test and post test STAI-S and STAI-T scores mean for parents in the intervention group and the control group.

Scales		Intervention Group (95% CI)	Control Group (95%CI)
		M± SD	M± SD
STAI-S	Pre-test	56.10±10.14 (53.02-59.43)	51.00±7.25 (48.82-53.14)
	Post-test	43.51±9.22 (40.48-46.51)	50.45±8.29 (47.97-53.02)
	t ^a (p value)	5.933 (.000)	.506 (.616)
STAI-T	Pre-test	50.08±9.10 (47.13-53.05)	43.30±7.28 (41.20-45.32)
	Post-test	47.54±4.57 (46.13-48.97)	43.60±7.65 (41.45-45.82)
	t ^a (p value)	1.474 (.149)	-.233 (.817)

^a Paired *t* test.