

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

Characteristics	Intervention group		Control group		Total		Analysis*
	n	%	n	%	n	%	
<b>Age group</b>							
20-29 age	13	35.1	7	17.5	20	26.0	$\chi^2=3.145$ p=.208
30-39 age	18	48.6	2 4	60.0	42	54.5	
40-49 age	6	16.2	9	22.5	15	19.5	
<b>Gender</b>							
Female	32	86.5	2 8	70.0	60	77.9	$\chi^2=3.037$ p=.103
Male	5	13.5	1 2	30.0	17	22.1	
<b>Education level</b>							
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	2 2	55.0	40	51.9	
Postgraduate	6	16.2	1 0	25.0	16	20.8	
<b>Working during the pandemic</b>							
No	22	59.5	1 5	37.5	37	48.1	$\chi^2=3.713$ p=.054
Yes	15	40.5	2 5	62.5	40	51.9	
<b>Income</b>							
Low	1	2.7	0	0	1	1.3	$\chi^2=.023$ p=.866
Middle	21	56.8	2 4	60.0	45	58.4	
High	15	40.5	1 6	40.0	31	40.3	
<b>Chronic disease</b>							

Yes	2	5.4	5	12.5	7	9.1	$\chi^2=1.171$ p=.433
No	35	94.6	3	87.5	70	90.9	
<b>Total</b>	37	100	4	100	77	100	

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p<0.05

\*Chisquare test

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

<b>Variables</b>	<b>n</b>	<b>%</b>
<b>Information access</b>		
TV	34	44.2
Social media	29	37.8
Official institutions website	12	15.5
All of them	2	2.5
<b>Life area effected by the pandemic*</b>		
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
<b>Coping behaviours</b>		
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
<b>Predictions about the pandemic</b>		
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

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**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
<b>STAI-S</b>	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 <sup>a</sup> (p value)	<b>5.933 (.000)</b>	.506 (.616)
<b>STAI-T</b>	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 <sup>a</sup> (p value)	1.474 (.149)	-.233 (.817)

<sup>a</sup> Paired *t* test.