

Table 1 Difference in pre- and post-intervention tests on the Exercise of Self-care Agency (ESCA) scale and the 6 subscales of the Health Promotion Lifestyle Profile II (HPLP-II) scale for university students (n = 41)

Variable	Pre-intervention		Post-intervention		Paired t-test	P-value
	Mean score	SD	Mean score	SD		
ESCA						
Total (35 items)	89.43	20.62	94.17	18.24	-2.17	0.03
HPLP-II						
Total (48 items)	114.12	18.52	125.00	20.50	-4.858	< 0.001
Health responsibility (10 items)	16.92	4.82	20.12	5.29	-3.992	< 0.001
Physical activity (5 items)	10.31	3.57	11.24	3.64	-2.256	0.03
Nutritional habits (6 items)	15.75	10.89	14.46	3.72	0.430	0.669
Spiritual growth (13 items)	35.92	5.75	39.14	5.99	-3.677	0.001
Interpersonal relations (7 items)	19.17	3.76	20.24	4.43	-1.797	0.080
Stress management (7 items)	17.58	3.54	19.12	4.25	-3.134	0.003

SD = standard deviation.