

Table 5 Correlation between scores on readiness for change and level of knowledge among the study participants (n = 235)

Variables/test	Readiness for change				Knowledge level			
	Pre-intervention		Post-intervention		Pre-intervention		Post-intervention	
	r	P-value	r	P-value	r	P-value	r	P-value
Readiness for change								
Pre-intervention	1.00		0.73	< 0.01	-0.23	< 0.01	-0.04	0.58
Post-intervention	0.73	< 0.01	1.00		-0.29	< 0.01	-0.09	0.16
Knowledge level								
Pre-intervention	-0.23	< 0.01	-0.29	< 0.01	1.00		0.69	< 0.01
Post-intervention	-0.04	0.581	-0.09	0.16	0.69	< 0.01	1.00	

Pearson correlations, 2-tailed.