

Table 3 Comparison of difference in mean scores pre- and post-intervention on health locus of control (HLOC) and self-efficacy of the experimental and control groups of women

Variable	Experimental group	Control group	Statistics		
	Change in mean score (SD)	Change in mean score (SD)	<i>t</i> -value	<i>df</i>	<i>P</i> -value
Internal HLOC	6.3 (5.5)	0.1 (0.5)	4.94	107	< 0.001
External HLOC	0.7 (2.6)	0.3 (1.3)	-3.094	102	0.003
Exercise self-efficacy	10.3 (4.1)	2.1 (5.4)	-25.917	107	< 0.001

SD = standard deviation; *df* = degrees of freedom.