

Table 4 Mean pre–post-test intervention scores among the study participants (n = 235) on knowledge about chronic diseases of lifestyle (CDL)

Knowledge section/item	Drivers' scores	
	Pre-intervention	Post-intervention
	Mean (SD)	Mean (SD)
Knowledge about healthy lifestyles		
Nutrition (proper diet, weight management and keeping cholesterol normal level)	6.1 (4.9)	49.1 (3.3)
Physical exercises and fitness	3.1 (3.3)	26.3 (1.4)
Tobacco	3.4 (3.8)	32.4 (1.5)
Alcohol consumption	0.2 (0.5)	4.0 (0.0)
Sexually transmitted diseases prevention	3.4 (2.3)	31.8 (0.6)
Sleep	0.8 (1.0)	7.0 (0.0)
Accident and injuries prevention	5.0 (3.5)	41.0 (0.0)
Personal and general hygiene	2.2 (1.9)	2.2 (1.9)
Stress management	0.7 (0.7)	4.9 (0.4)
Periodical self-examination	0.4 (0.8)	4.9 (0.3)
Total mean of healthy lifestyle items	25.3 (17.7)	203.7 (4.7)
Knowledge about chronic diseases		
Stroke prevention	0.4 (0.6)	4.0 (0.0)
Diabetes mellitus prevention	1.3 (1.2)	10.9 (0.5)
Cancer prevention	2.6 (2.2)	25.1 (2.4)
Heart disease prevention	1.2 (1.4)	15.0 (1.9)
Bronchial asthma prevention	0.6 (0.8)	8.7 (0.96)
Total mean of chronic diseases items	6.0 (5.1)	63.7 (4.0)
Total mean of CDL knowledge items	31.3 (21.8)	209.7 (7.8)

Paired t test: $t = 158.0$, $P \leq 0.001$.

SD = standard deviation.