

Tables

Table 1: The average of several variables in the experimental and control groups

		Age	Pregnan cy week	Pregnan cy number	Prenatal control number	Number of children living	Numbe r of meal	Number of fruit consump tion	Pre- pregnan cy BMI
Experime ntal group	M	29.72	30.22	1.66	13.72	0.11	4.27	2.27	27.11
	SD	4.26	3.84	0.97	17.29	0.32	1.36	0.89	4.77
	M	30.50	31.66	2.91	16.00	0.45	3.41	2.25	27.58
Control group	SD	4.27	4.33	2.15	10.43	0.52	0.79	0.62	5.68

Table 2: Descriptive characteristics of the experimental and control groups

Group	experimental		Control	
Pregnancy week	Number	%	Number	%
23-27	7	22.2	4	16.7
28-32	12	50.0	9	41.7
33-36	9	27.8	9	41.6
Education				
Elementary-Middle School	10	43.4	5	25.0
High school	8	27.8	4	17.7
University	8	27.8	12	58.3
Having had preeclampsia in previous pregnancy				
Yes	12	41.7	6	22.2
No	16	58.3	16	78.8
Number of meal				
2-3	11	38.9	16	75.0
4-6	18	61.1	6	25.0
Diet				
Mainly vegetables	12	50.0	12	50.0
Meat products are mainly	5	11.1	6	33.3
Mixed	11	38.9	4	16.7
fruit consumption				
One a day	5	16.7	3	8.3
Twice a day	13	50.0	11	58.3
three times a day	6	22.2	8	33.4
None	4	11.1	0	0.0
Delivery type				
Vaginal	11	38.88	8	33.33
Caesarean	17	61.12	14	66.67
Total	28	100.0	22	100.0

Table 3: Some characteristics of the patients in the experimental and control groups

	Group	N	Mean	SD	SE	t	P value
*SBP [†] (mmHg)	Experimental	28	135.83	10.60	2.50	0.19	0.85
	Control	22	130.00	12.64	3.64		
†DBP [†] (mmHg)	Experimental	28	85.44	8.55	2.01	0.22	0.38
	Control	22	81.75	7.92	2.22		
Delivery week	Experimental	28	36.60	5.34	2.71	0.24	0.45
	Control	22	37.45	4.56	2.34		
Birth weight	Experimental	28	2836.67	551.23	124.23	0.34	0.56
	Control	22	2623.56	456.23	145.34		

* SBP: Systolic Blood Pressure

† DBP: Diastolic Blood Pressure,

Table 4: Comparison of pre-training TOS-TAS measurements in the experimental and control groups

	Group	N	Mean	SD	SE	t	*P value
TOS Measurement (Imol H₂O₂ equ./L)	Experimental	28	1.55	0.03	0.00	-0.33	0.74
	Control	22	1.56	0.04	0.01		
TAS Measurement(mmol trolox equ./L)	Experimental	28	1.53	0.05	0.01	-1.22	0.57
	Control	22	1.55	0.05	0.01		

*Significant at $P < 0.05$

Table 5: The comparison of pre-training and post-training TOS-TAS measurements and State-Trait Anxiety Inventory in the experimental groups

TOS-TAS measurements						
	Mean	N	SD	SE	t	*P value
Before the training TAS(mmol trolox equ./L)	1.53	28	0.05	0.01	-9.71	0.001
After the training TAS(mmol trolox equ./L)	1.56	28	0.04	0.01		
Before the training TOS (lmol H ₂ O ₂ equ./L)	1.55	28	0.03	0.00	6.56	0.001
After the training TOS(lmol H ₂ O ₂ equ./L)	1.52	28	0.04	0.01		
State Anxiety Inventory measurement Before the training	44.72	28	14.57	3.43	3.64	0.001
State Anxiety Inventory measurement After the training	36.16	28	7.83	1.84		

*Significant at $P < 0.05$

Table 6: Comparison of State-Trait Anxiety Inventory in pre-training experimental and control groups

Comparison of State-Trait Anxiety Inventory in pre-training experimental and control groups							
		Mean	N	SD	SE	t	*P value
State Anxiety Inventory measurement	Experimental	44.72	28	14.57	3.43	-0.05	0.06
	Control	45.00	22	9.55	2.75		
Trait Anxiety Inventory Measurement	Experimental	44.44	28	8.51	2.00	0.14	0.14
	Control	44.00	22	7.69	2.22		

*Significant at $P < 0.05$

