

Category	Phase	Sample Size	Retention Rate	Dropout Rate	Completion Rate	Mean Score	Standard Deviation	Significance (p-value)	
Participant Characteristics	Age (years)	21.5	1.2	0.8	98.0	1.5	0.3	<0.001	
	Gender (Male/Female)	105/95	50/45	55/40	50/45	1.0/1.0	0.0	0.15	
	Education Level	High School	150	100	100	100	0.0	0.001	
	Income Level	Low	120	80	80	80	0.0	0.001	
	Employment Status	Unemployed	180	120	120	120	0.0	0.001	
	Marital Status	Single	200	150	150	150	0.0	0.001	
	Religion	Christian	150	100	100	100	0.0	0.001	
	Health Status	Good	180	130	130	130	0.0	0.001	
	Smoking Status	Non-smoker	150	100	100	100	0.0	0.001	
	Alcohol Consumption	None	150	100	100	100	0.0	0.001	
Intervention Details	Duration (weeks)	12	100%	0%	100%	12	0	0.001	
	Frequency (times/week)	3	100%	0%	100%	3	0	0.001	
	Intensity (minutes/session)	45	100%	0%	100%	45	0	0.001	
	Mode (Online/Offline)	Online	150	100%	0%	100%	150	0	0.001
	Facilitator (Number)	5	100%	0%	100%	5	0	0.001	
	Materials (Number)	10	100%	0%	100%	10	0	0.001	
	Cost (USD)	500	100%	0%	100%	500	0	0.001	
	Effectiveness (Score)	85	100%	0%	100%	85	0	0.001	
	Satisfaction (Score)	90	100%	0%	100%	90	0	0.001	
	Retention (Score)	95	100%	0%	100%	95	0	0.001	
Outcome Measures	Knowledge (Score)	75	100%	0%	100%	75	0	0.001	
	Attitude (Score)	80	100%	0%	100%	80	0	0.001	
	Behavior (Score)	85	100%	0%	100%	85	0	0.001	
	Self-efficacy (Score)	90	100%	0%	100%	90	0	0.001	
	Quality of Life (Score)	95	100%	0%	100%	95	0	0.001	
	Health Status (Score)	100	100%	0%	100%	100	0	0.001	
	Life Satisfaction (Score)	105	100%	0%	100%	105	0	0.001	
	Overall Well-being (Score)	110	100%	0%	100%	110	0	0.001	
	Adherence (Score)	115	100%	0%	100%	115	0	0.001	
	Retention (Score)	120	100%	0%	100%	120	0	0.001	

Table 1. Summary of the study design and results. The table is organized into columns representing different stages and metrics of the study.