

Results

Thirty students participated equally distributed for the control and experimental group. However, two participants were excluded (one for each group) since they did not comply with all the intervention sessions. The patient flow chart is presented in [Chart 1](#).

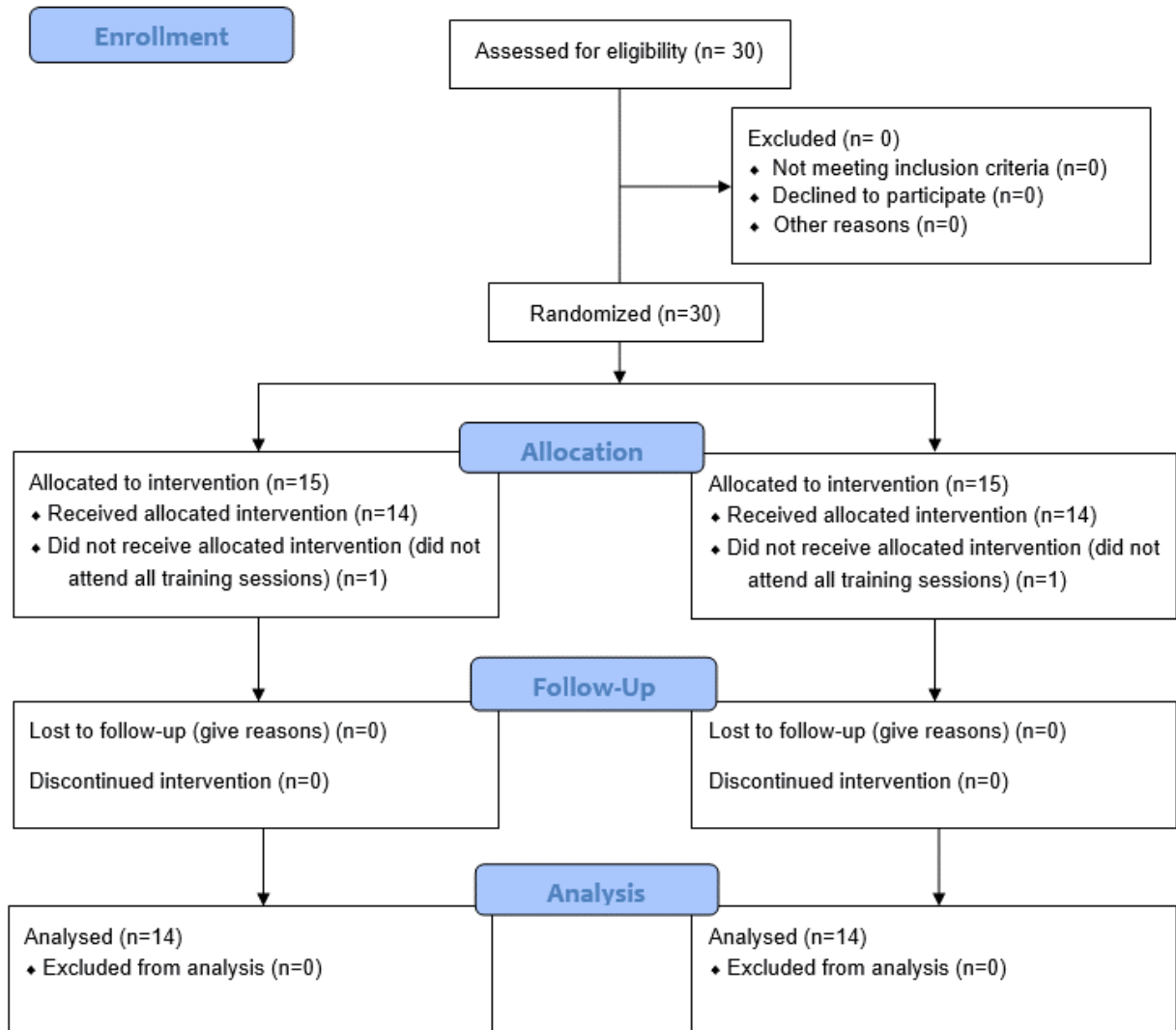


Chart 1. Flow diagram of patients.

Table 2. Changes in lipid profile and glucose after 20 intervention sessions

Variables	Control group	P	Experimental group	P
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	Pretest (n:14)	Posttest (n:14)		Pretest (n:14)	Posttest (n:14)	
VLDL	21.75+/-7.59	22.25+/-7.71	.78	19.50+/-8.91	19.90+/-9.05	.53
HDL	44.12+/-6.33	45.25+/-6.20	.16	42.30+/-9.29	44.20+/-9.11	.00
LDL	110.00+/- 25.80	109.75+/- 29.50	.09	92.50+/-20.81	87.00+/-21.37	.08
Triglycerides	114.71+/- 40.71	109.00+/- 38.20	.12	105.50+/- 47.60	100.30+/- 45.26	.72
Glucose	97.37+/-8.20	97.10+/-7.46	.04	101.37+/-3.90	97.40+/-5.30	.00

Table 2 shows a statistically significant relationship in the HDL value of the control and experimental group ($p = 0.004$). However, the two groups presented decreases in LDL and triglyceride values after applying 20 intervention sessions (see graph 2). Regarding the Glucose values, were found statistically significant relationships in the experimental group ($p = 0.001$).

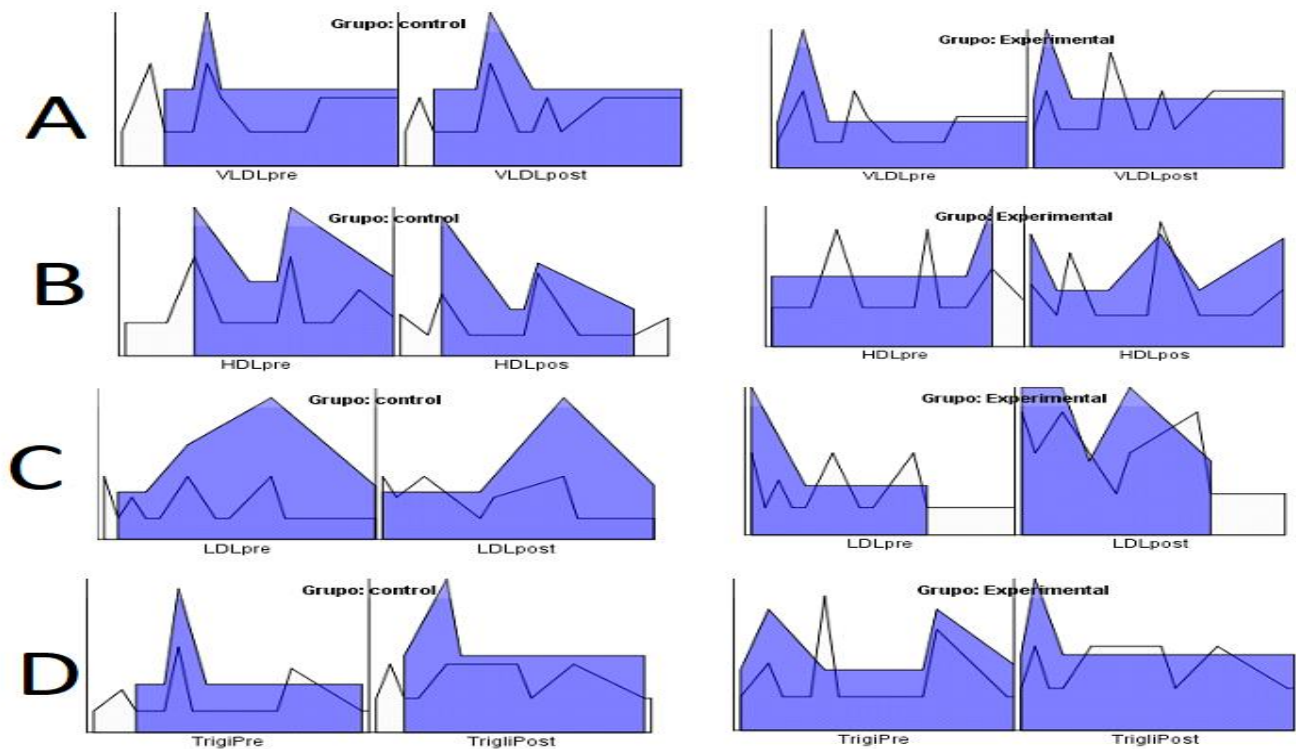


Chart 2. Comparison of variable lipid profile in control and experimental groups.

The median and interquartile ranges show better results in the variables HDL, LDL, and Triglycerides in the experimental group and less variability concerning the control group in the pretest and post-test (Chart 2 and 3).

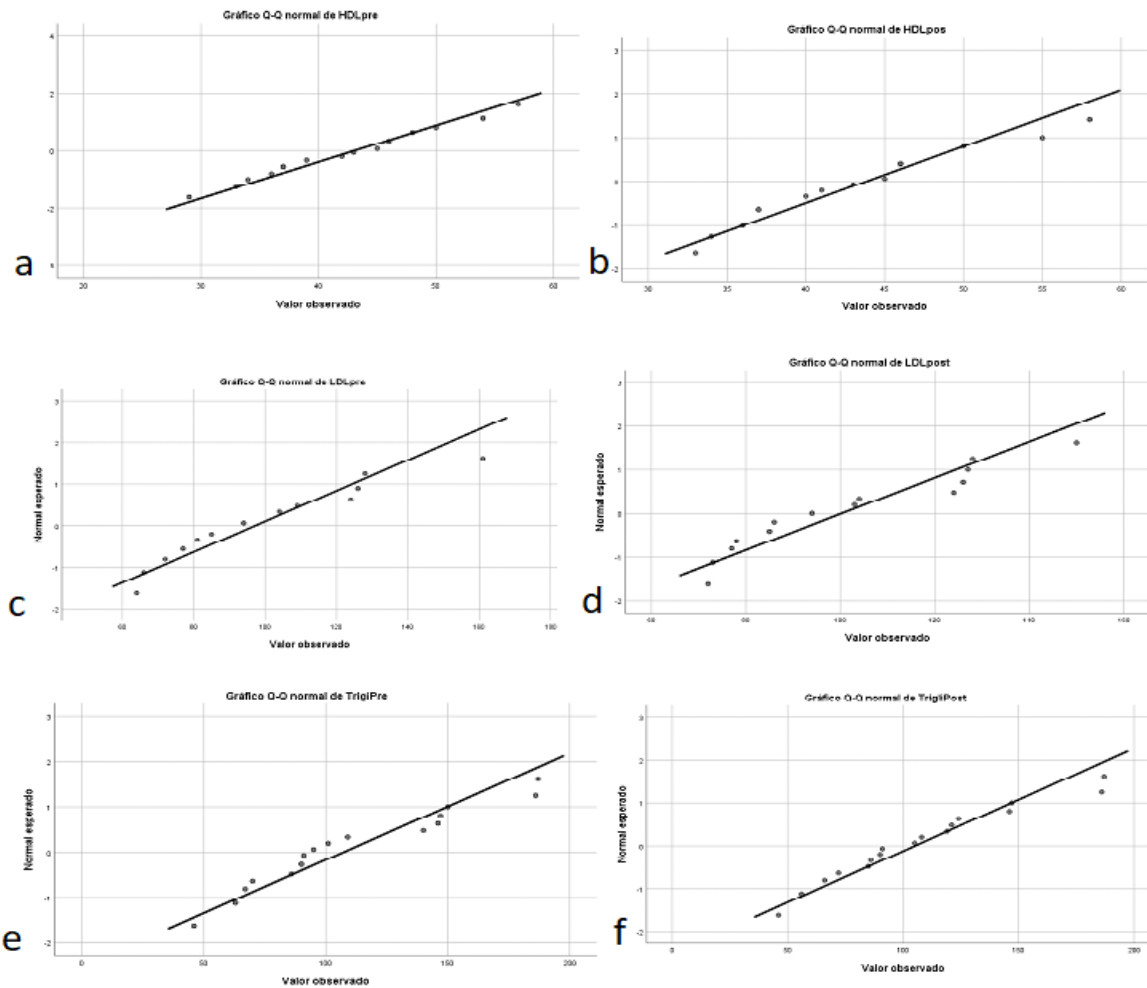


Chart 3. Distribution of the lipid profile variables before and after the intervention.

(a): HDL pretest distribution. (b): Posttest HDL distribution. (c): Pretest LDL distribution. (d): Post-test LDL distribution. (e): Pretest Triglycerides distribution. (f): Post-test triglycerides distribution.