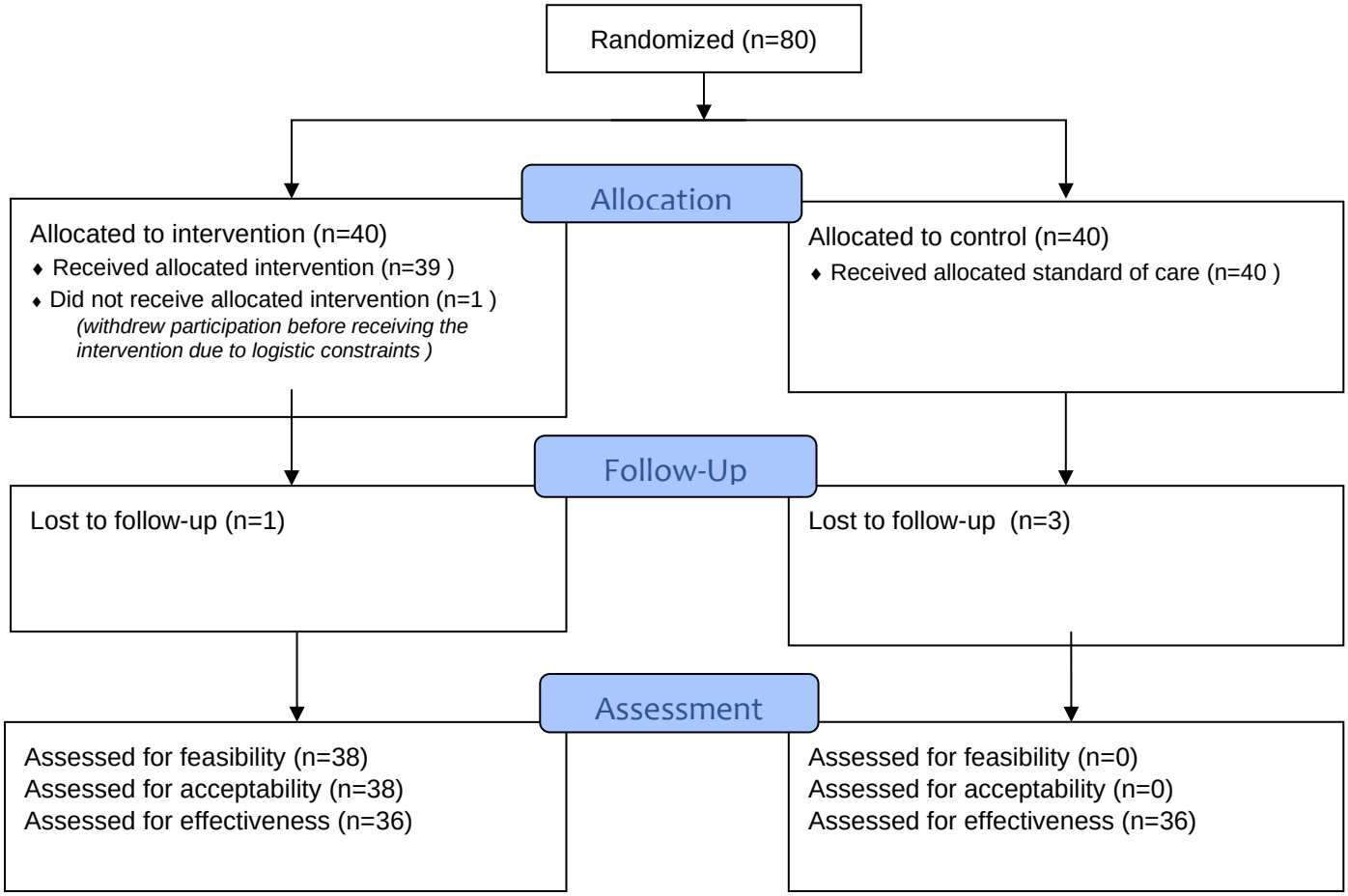
Results

Participant flow



Baseline characteristics

Characteristics of the study sample at baseline (n=79)

Study sample †	**Total sample (n=79)**	**Standard of care (n=40)**	**Self-monitoring (n=39)**
		n(%)§	
Socio-demographic characteristics			
Age (year) *mean ± SD*	60.2 ±9.7	58.4 ±10.2	62.2±8.8
Gender : Female	39 (49.4)	20 (50.0)	19 (48.7)
Hypertension medical history			
SBP (mmHg) *mean ± SD* ǂ	139.0 ± 18.0	144.8 ± 17.11	132.8 ± 17.08*
DBP (mmHg) *mean ± SD* ǂ	81.3 ± 12.6	85.6 ± 13.11	76.7 ±10.74*
Duration of hypertension (year) *median ± IQR* §	7 (2.5 to 15)	5 (2 to 15)	8 (3.5 to 16)
Number of anti-hypertensive medications			
1 medication /day	31(39.2)	17(42.5)	14(35.9)
2 medications /day	30(38.0)	13(32.5)	17(43.6)
≥ 3 medications /day	18(22.8)	10(25.0)	8(20.5)
Hypertension knowledge score *mean ± SD*	10.2 ± 2.2	10.5 ± 2.1	9.9 ± 2.3
Monitoring of blood pressure			
Own a home blood pressure device	43(54.4)	26(65.0)	17(43.6)
Have a blood pressure target to reach	39(49.4)	22(55.0)	17(43.6)
Monitor blood pressure at least once every 2 weeks	43 (54.4)	22 (55.0)	21 (53.8)
Usually worry when monitoring blood pressure	15(19.0)	9(22.5)	6(15.4)

Abbreviations:; SBP: systolic blood pressure; SD: standard deviation.

† *Data are expressed as mean and standard deviation (SD) for continuous variables following a normal distribution; as medians and interquartile ranges (IQR) for continuous skewed variables; and as frequencies (%) for categorical variables.*

ǂ *Results are presented including outliers; results did not change when excluding outliers*

§ *Column total may be different because of missing data*

**Significant at p<0.05 (using from independent t-tests (two tailed) for continuous variables following a normal distribution, the Mann-Whitney test for continuous skewed variables, and chi-square tests for categorical variables).*

Outcomes measures

Table 1: Systolic and diastolic blood pressure, and knowledge score at baseline and 6 weeks¶.

			Mean Difference Between groups†
	Baseline mean(SD)	**Endline mean(SD)**	**Unadjusted mean differences [95% CI]**
SBP (mmHg)			
Standard of Care (n=36)	146.1 (17.2)	141.8(18.8)	1.9 [-4.79; 8.58]
Self-monitoring (n=36)	131.6 (15.9)	129.3 (12.6)	
DBP (mmHg)			
Standard of Care (n=36)	85.3 (13.7)	82.7 (13.3)	1.3 [-2.92; 5.59]
Self-monitoring (n=36)	76.5 (10.8)	75.2(11.1)	
Knowledge score			
Standard of Care (n=37)	10.4 (2.2)	10.6 (2.4)	1.4 [0.26; 2.58]*
Self-monitoring (n=36)	10.1 (2.3)	11.7 (2.9)	

Abbreviations: CI: Confidence interval; DBP: diastolic blood pressure; mmHg: millimeters of mercury; SBP: systolic blood pressure; SD: standard deviation.

¶ Two participants with very high baseline blood pressure measurements were excluded as outliers

† Negative values indicate a fall from baseline (i.e. endline – baseline); Unadjusted mean difference comparing self-monitoring group – standard of care group.

**Significant at p<0.05*

Adverse events

There were no adverse events related to study participation.