| **Study** | **Participants** | **Intervention(s)** | **Intake Status Ascertainment** | **Findings - Outcomes and Comparison** |
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| Xie, 1998101  Location: China  Setting: Community  Design: Cluster RCT Parallel  Number of Sites:  Study Years: unclear | Study of: Adults N: 169  Intervention 1: % Male: 80 Mean Age/Range/Age at Baseline: mean 60 (SD 6) Race: NR Systolic BP: 161.86 Diastolic BP: 96.47 Magnesium: NR Calcium: NR Other Minerals: NR Mean BMI: 25.9 % with Hypertension: 100 % with history of CVD: NR % with Type 2 diabetes: NR % with Kidney disease: NR % with history of Kidney stones: NR  Comparator: % Male: 62.3 Mean Age/Range/Age at Baseline: mean 55 (SD 6) Race: NR Systolic BP: 168.79 Diastolic BP: 100.41 Magnesium: NR Calcium: NR Other Minerals: NR Mean BMI: 26 % with Hypertension: 100 % with history of CVD: NR % with Type 2 diabetes: NR % with Kidney disease: NR % with history of Kidney stones: NR  Inclusion: persistently elevated DBP of >= 95 mmHg and/or SBP >= 160 mmHg | Intervention Type(s):  Intervention 1: NR Description: The education included counselling on nonpharmacological treatment (weight reduction, salt moderation, physical exercise, alcohol moderation, and psychological relaxing assisted by biofeedback instrument), medication compliance, monitoring of progress toward target BP, self-measurement of BP, other risk reduction (smoking, lipids), and the keeping of appointments. Form of Administration: Dietary Modification: NR Dose: NR Na/K ratio: NR Magnesium: NR Calcium: NR Other Minerals: NR  Comparator: Other: Usual care Description: NR Form of Administration: Usual diet Dose: NR Na/K ratio: NR Magnesium: NR Calcium: NR Other Minerals: NR  Duration: 36 months Exposure to Follow Up Time: NR | Sodium measure: Single 24-hour urinary analysis without reported quality control measure Best sodium measure recorded: 3 times over 3 years Sodium Status Intervention 1: 98.24 mmol/24h  How was blood pressure measured? unclear CVD, CHD, stroke, kidney stones/disease Outcomes-Method of ascertainment: Unclear | Subgroup: Chinese Diastolic BP-NS Follow-Up Time: 2 years Comparison: Intervention 1 vs Comparator MD 0.50 (95% CI: -1.96 - 2.96) Left ventricular hypertrophy-PWT (cm) Follow-Up Time: 2 years Comparison: Intervention 1 vs Comparator MD 0.11 (95% CI: -0.60 - 0.82) Percent under control Follow-Up Time: 2 years Comparison: Intervention 1 vs Comparator RR 1.31 (95% CI: 1.04 - 1.65) Systolic BP-NS Follow-Up Time: 2 years Comparison: Intervention 1 vs Comparator MD 2.60 (95% CI: -1.99 - 7.19) |