| **Study** | **Participants** | **Intervention(s)** | **IntakeStatus Ascertainment** | **Findings - Outcomes and Comparison** |
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| Xie, 1998101Location: ChinaSetting: CommunityDesign: Cluster RCT ParallelNumber of Sites:Study Years: unclear | Study of: AdultsN: 169Intervention 1:% Male: 80Mean Age/Range/Age at Baseline: mean 60 (SD 6)Race: NRSystolic BP: 161.86Diastolic BP: 96.47Magnesium: NRCalcium: NROther Minerals: NRMean 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: NRComparator:% Male: 62.3Mean Age/Range/Age at Baseline: mean 55 (SD 6)Race: NRSystolic BP: 168.79Diastolic BP: 100.41Magnesium: NRCalcium: NROther Minerals: NRMean BMI: 26% with Hypertension: 100% with history of CVD: NR% with Type 2 diabetes: NR% with Kidney disease: NR% with history of Kidney stones: NRInclusion: persistently elevated DBP of >= 95 mmHg and/or SBP >= 160 mmHg | Intervention Type(s):Intervention 1: NRDescription: 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: NRDose: NRNa/K ratio: NRMagnesium: NRCalcium: NROther Minerals: NRComparator: Other: Usual careDescription: NRForm of Administration: Usual dietDose: NRNa/K ratio: NRMagnesium: NRCalcium: NROther Minerals: NRDuration: 36 monthsExposure to Follow Up Time: NR | Sodium measure: Single 24-hour urinary analysis without reported quality control measureBest sodium measure recorded: 3 times over 3 yearsSodium Status Intervention 1: 98.24 mmol/24hHow was blood pressure measured? unclearCVD, CHD, stroke, kidney stones/disease Outcomes-Method of ascertainment: Unclear | Subgroup: ChineseDiastolic BP-NSFollow-Up Time: 2 yearsComparison: Intervention 1 vs ComparatorMD 0.50 (95% CI: -1.96 - 2.96)Left ventricular hypertrophy-PWT (cm)Follow-Up Time: 2 yearsComparison: Intervention 1 vs ComparatorMD 0.11 (95% CI: -0.60 - 0.82)Percent under controlFollow-Up Time: 2 yearsComparison: Intervention 1 vs ComparatorRR 1.31 (95% CI: 1.04 - 1.65)Systolic BP-NSFollow-Up Time: 2 yearsComparison: Intervention 1 vs ComparatorMD 2.60 (95% CI: -1.99 - 7.19) |