Table D-24. Quality of life: SMBP plus additional support versus usual care

| **Author Year**  **PMID** | **Baseline BP[[1]](#endnote-1), mmHg** | **Timepoint**  **(Longest)** | **Outcome Definition** | **Intervention** | **No. Analyzed** | **Baseline (SD)** | **Change (Final)** | **Net Diff**  **(Diff of final)** | **95% CI** | **P Btw** | **Study Quality** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Green 200861  18577730 | 151/89 | 12 mo | SF-12 General Health score (score 1-100, higher score better) | SMBP + Counsel + Web training | 237 | 67.1 (20.4) | -0.5 | -0.1 | ‑4.0, 3.8 | NS | A |
| Usual care | 247 | 67.1 (20.4) | -0.4 |  |  |  |
| SF-12 General Health score (score 1-100, higher score better) | SMBP + Web training | 246 | 67.1 (20.4) | -0.5 | -0.1 | ‑4.0, 3.7 | NS |
| Usual care | 247 | 67.1 (20.4) | -0.4 |  |  |  |
| SF-12 Physical Health score (score 1-100, higher score better) | SMBP + Counsel + Web training | 237 | 80.6 (27) | 0.4 | 2.8 | ‑2.3, 8.0 | NS |
| Usual care | 247 | 80.6 (27) | -2.7 |  |  |  |
| SF-12 Physical Health score (score 1-100, higher score better) | SMBP + Web training | 246 | 80.6 (27) | -2.9 | -0.4 | ‑5.6, 4.7 | NS |
| Usual care | 247 | 80.6 (27) | -2.7 |  |  |  |
| SF-12 Emotional Health score (score 1-100, higher score better) | SMBP + Counsel + Web training | 237 | 71.6 (16.8) | 0.1 | 0.1 | ‑3.2, 3.4 | NS |
| Usual care | 247 | 71.6 (16.8) | -0.1 |  |  |  |
| SF-12 Emotional Health score (score 1-100, higher score better) | SMBP + Web training | 246 | 71.6 (16.8) | 0.5 | 0.5 | ‑3.2, 3.4 | NS |
| Usual care | 247 | 71.6 (16.8) | -0.1 |  |  |  |
| Consumer Assessment of Healthcare Providers and Systems (CAHPS) score (score 1-10) | SMBP + Counsel + Web training | 237 | 7.9 (1.5) | 0.4 | 0.2 | ‑0.1, 0.5 | NS |
| Usual care | 247 | 7.9 (1.5) | 0.2 |  |  |  |
| Consumer Assessment of Healthcare Providers and Systems (CAHPS) score (score 1-10) | SMBP + Web training | 237 | 7.9 (1.5) | 0.2 | 0.2 | ‑0.0, 0.5 | NS |
| Usual care | 247 | 7.9 (1.5) | 0.2 |  |  |  |
| McManus 201070  19220913 | 152/85 | 12 mo (12 mo) | Anxiety score (six item scale of the State Trait Anxiety Inventory, scale ranges from 6 to 24, with higher scores indicating greater anxiety) | SMBP + alert + self-titration | 234 | 10.1 (3.3) | 0.6 | -0.1 |  | NS | A |
| Usual care | 246 | 9.7 (3.1) | 0.7 |  |  |  |
| EQ5D (Euro QoL Group 5-Dimension Self Report Questionnaire score, with higher scores indicating better health) | SMBP + alert + self-titration | 234 | 0.809 (nd) | 0.024 | 0.028 | 0.01, 0.06 | nd |
| Usual care | 246 | 0.847 (nd) | ‑0.004 |  |  |  |
| EQ5D (Euro QoL Group 5-Dimension Self Report Questionnaire score, with higher scores indicating better health)[[2]](#endnote-2) | SMBP + alert + self-titration | 234 | 0.801 | 0.024 | 0.027 | 0.004, 0.065 | nd |
| Usual care | 246 | 0.841 | ‑0.003 |  |  |  |
| Parati 200975  19145785 | 149/89 | 24 wk (24 wk) | Quality of Life (SF-12 survey, higher score better) | SMBP + Reminder | 187 | 37.7 (4.8) | 0.7 | 0.6 |  | NS | C |
| Usual care | 111 | 38.2 (4.5) | 0.1 |  |  |  |

BP = blood pressure; CI = confidence Interval; nd = no data; NS = not significant; P Btw = P-value between groups; SD = standard deviation; SMBP = self-measured blood pressure.

1. Mean clinic blood pressure control arm, unless otherwise indicated. [↑](#endnote-ref-1)
2. Adjusted for sex, general practice, baseline systolic BP>150 mmHg, diabetes and chronic kidney disease. [↑](#endnote-ref-2)