Table D-29. Categorical BP: SMBP plus additional support versus SMBP alone (or other additional support)

| **Author Year**  **PMID** | **Baseline BP[[1]](#endnote-1), mmHg** | **Timepoint (Longest)** | **Outcome Definition** | **Intervention** | **n Events** | | | **N Total** | **Outcome Metric** | **Result[[2]](#endnote-2)** | **95% CI** | **P Btw** | **Study Quality** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Bosworth 200944  19920269 | 126/72 | 12 mo | BP <140/90 mmHg, <130/80 mmHg if DM | SMBP + Counsel | 99[[3]](#endnote-3) | | | 122 | RR | 1.03 | 0.91, 1.17 | nd | B |
| SMBP | 93[[4]](#endnote-4) | | | 118 |  |  |  |  |
| Bosworth  201145  21747013 | 129/77 | 18 mo | BP ≤140/90 mmHg (≤130/80 DM) | SMBP + Medication management[[5]](#endnote-5) + Behavioral managemente | 87 | | | 122 | RD | 8.0%[[6]](#endnote-6) | nd | nd | A |
| SMBP + Medication managemente | 79 | | | 126 |  |  |  |  |
| SMBP + Medication managemente + Behavioral managemente | 87 | | | 122 | RD | 11%f | nd | nd |
| SMBP + Behavioral managemente | 79 | | | 131 |  |  |  |  |
| SMBP + Medication managemente | 79 | | | 126 | RD | 2.6%f | nd | nd |
| SMBP + Behavioral managemente | 79 | | | 131 |  |  |  |  |
| Brennan 201046  20415618 | 133/84 | Mean  13 mo | BP <120/80 mmHg  Adjusted[[7]](#endnote-7) | SMBP + Counsel | 83 | | | 320 | OR | 1.50 | 0.99, 2.27 | 0.05 | B |
| SMBP | 70 | | | 318 |  |  |  |  |
| Carrasco 200849  15564986 | 147/87 | 6 mo | BP ≤140/90 mmHg  (per protocol analysis) | SMBP Telemedicine + Counsel | 97 | | | 127 | RR[[8]](#endnote-8) | 1.10 | 0.94, 1.27 | nd | B |
| SMBP | 92 | | | 132 |  |  |  |  |
| Green 200861  18577730 | 152/89 | 12 mo | BP <140/90 mmHg Adjusted[[9]](#endnote-9) | SMBP + Counsel+ Web training | 132[[10]](#endnote-10) | | | 237 | nd | nd | nd | <0.001 | A |
| SMBP + Web training | 88 or 89[[11]](#endnote-11) | | | 246 |  |  |  |  |
| Marquez-Contreras 200969  19482378 | 153/90 | 6 mo | BP <140/90 mmHg (<130/80 mmHg if DM) | SMBP + Education+ Rx monitor | 144 | | | 221 | RR | 1.19 | 1.02, 1.38 | nd | C |
| SMBP + Education | 126 | | | 230 |  |  |  |  |
| SMBP + Education+ Rx monitor | 144 | | | 221 | RR | 1.09 | 0.94, 1.26 | nd |
| SMBP + Rx monitor | 129 | | | 215 |  |  |  |  |
| SMBP + Rx monitor | 129 | | | 215 | RR | 1.10 | 0.93, 1.29 | nd |
| SMBP + Education | 126 | | | 230 |  |  |  |  |
| Neuman 201174 21228822 | 145/85[[12]](#endnote-12) | 3 mo | 24h ABPM <130/80 mmHg, <125/75 mmHg if DM or CKD) | SMBP Telemonitoring | 15[[13]](#endnote-13) | | | 28 | nd | nd | nd | nd | C |
| SMBP | 10[[14]](#endnote-14) | | | 29 |  |  |  |  |
| Pierce 198477  6377291 | 184/106 | 6 mo | SBP reduction mmHg | mmHg | >40 | 10‑40 | <10 |  | RR | 1.04[[15]](#endnote-15) | 0.81, 1.34 | nd | C |
| SMBP + Education | 12 | 13 | 5 | 30 |
| SMBP | 11 | 9 | 5 | 25 |  |  |  |  |
| DBP reduction mmHg |  | >25 | 10-25 | <10 |  | RR | 1.20[[16]](#endnote-16) | 0.91, 1.60 | nd |
| SMBP + Education | 11 | 15 | 4 | 30 |
| SMBP | 6 | 12 | 7 | 25 |  |  |  |  |

BP = blood pressure; CI = confidence Interval; CKD = Chronic Kidney Disease; DBP = diastolic blood pressure; DM = diabetes mellitus; nd = no data; OR = odds ratio; P Btw = P-value between groups; RR = relative risk; SBP = systolic blood pressure; SMBP = self-measured blood pressure.

1. Mean clinic blood pressure in control group, unless otherwise indicated. [↑](#endnote-ref-1)
2. Top row intervention vs. bottom row intervention. [↑](#endnote-ref-2)
3. N estimated from reported 81%. [↑](#endnote-ref-3)
4. N estimated from reported 79%. [↑](#endnote-ref-4)
5. Additional intervention only instituted whenever mean BP exceeds threshold over a period of 2 weeks. [↑](#endnote-ref-5)
6. Estimated from logistic mixed-effects regression model. [↑](#endnote-ref-6)
7. Adjusted for education level, ≥2 drug classes at baseline, BP <120/80 at baseline. [↑](#endnote-ref-7)
8. Study reported OR for BP >140/90. [↑](#endnote-ref-8)
9. Adjusted for BMI, sex, already having a home BP monitor before trial, baseline BP, clinic. [↑](#endnote-ref-9)
10. N estimated from reported 56%. [↑](#endnote-ref-10)
11. N estimated from reported 36%. [↑](#endnote-ref-11)
12. mean daytime BP on ABP. [↑](#endnote-ref-12)
13. N estimated from reported 54%. [↑](#endnote-ref-13)
14. N estimated from reported 34%. [↑](#endnote-ref-14)
15. SBP reduction ≥ 10 vs <10 mmHg. [↑](#endnote-ref-15)
16. DBP reduction ≥ 10 vs <10 mmHg. [↑](#endnote-ref-16)