

Association of Knowledge and Adherence to Preventing Hypertension Complications with Hypertension Status in Primary Health Care Settings: A Short Report from Serang City, Indonesia

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Table S1: Hypertension complication prevention knowledge questionnaire.

Research Instructions: Please provide your honest opinion regarding your knowledge about hypertension complication prevention by ticking (√) the appropriate answer. Select “True” if you agree with the statement, “False” if the statement is incorrect, or “Don’t Know” if you are unsure whether it is true or false.

No	Question Items	Answer			Score
		True	False	Don’t Know	
1	High systolic (maximum) or diastolic (minimum) blood pressure indicates increased blood pressure				
2	High (minimum) diastolic blood pressure also indicates increased blood pressure				
3	High blood pressure is caused by aging (age factor), so it does not require treatment (medication)				
4	If medication for high blood pressure can control blood pressure values, then there is no need to change lifestyle				
5	If people with high blood pressure change their lifestyle, there is no need to take medication				
6	People with high blood pressure should take medication because it is the best way				
7	High blood pressure medication must be taken every day				
8	People take high blood pressure medication when they feel bad or sick				
9	People with high blood pressure must take medication for the rest of their lives				
10	People with high blood pressure, cooking by frying is the best way to prepare food				
11	People with high blood pressure, cooking by baking or boiling is the best way to prepare food				
12	People with high blood pressure do not need to control the amount of salt in their food, as long as they take their medication regularly				
13	People with high blood pressure should regularly eat fruits and vegetables				
14	One of the foods high in animal protein is red meat, which is the best food for people with high blood pressure				
15	One of the foods high in animal protein is white meat, which is the best food for people with high blood pressure				
16	People with high blood pressure should not smoke				
17	People with high blood pressure can drink alcohol.				
18	If high blood pressure is not treated, it can lead to stroke				

No	Question Items	Answer			Score
		True	False	Don't Know	
19	If high blood pressure is not treated, it can lead to a heart attack				
20	If high blood pressure is not treated, it can lead to premature death				
21	If high blood pressure is not treated, it can lead to kidney failure				
22	If high blood pressure is not treated, it can cause eye damage				

Table S2: Hypertension compliance prevention questionnaire.

Research Instructions: Please provide your honest opinion regarding your compliance behavior by checking the appropriate box. Select “Yes” if you do and “No” if you do not.

No	Question Items	Answer		Score
		Yes	No	
1	Do you reduce your salt consumption, such as eating salty foods (salted fish, salted eggs, etc.) to less than 1 teaspoon per day?			
2	Do you exercise regularly every day, at least 30 minutes?			
3	Do you regularly take hypertension medication every day?			
4	Do you reduce eating fried or oily foods to ≤ 3 times a week?			
5	Do you reduce eating high-fat foods such as (coconut milk, offal) ≤ 3 times a week?			
6	Do you consume fruits such as (star fruit, papaya, orange, mango, apple, watermelon, banana) at least once a day?			
7	Do you consume vegetables such as (tomatoes, kale, bean sprouts, green beans, carrots, cucumbers, mustard greens) every day?			
8	Did you stop or not smoke while suffering from hypertension?			
9	Do you check your blood pressure every week?			
10	Do you limit or not consume alcohol while suffering from hypertension?			
11	To avoid stress, do you try to divert your attention to positive and enjoyable things such as praying, going on holiday, exercising or talking to close relatives?			

Table S3: Health service access questionnaire.

Research Instructions: We kindly ask you to express your honest opinion regarding access to health services by ticking (✓) the appropriate answer.

No	Question Items	Answer				Score
		Strongly Disagree	Disagree	Agree	Strongly agree	
1	The location of the Community Health Center is near my house					
2	Service times are easily accessible					
3	The cost of obtaining medical services is relatively expensive					
4	The doctors at the Community Health Center are easy to communicate with					

No	Question Items	Answer				Score
		Strongly Disagree	Disagree	Agree	Strongly agree	
5	The service at the Community Health Center is in accordance with my beliefs					
6	Complicated service procedures					
7	I trust that the doctors at the Community Health Center will protect my privacy during treatment					
8	If I seek treatment at the Community Health Center, the doctor answers all my questions clearly and completely					
9	I feel uncomfortable getting treatment at the Community Health Center if the doctor is of a different gender					
10	I believe the service at the Community Health Center is satisfactory					