Table D-12. Continuous medication adherence: SMBP alone 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** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Marquez-Contreras 20066816331115 | 156/91 | 6 mo (6 mo) | Percentage of days on which antihypertensives were taken correctly | SMBP | 100 | - | (89.4) | (5.7) | 2.87, 8.71 | 0.0001 | C |
| Usual care | 100 | - | (83.7) |  |  |  |
| Mehos 20007111079287 | 154/90 | 6 mo (6 mo) | Percentage compliance= number of tablets or capsule refilled divided by the amount prescribed during the study | SMBP | 18 | - | (82%) | (-7%) |  | 0.29 | B |
| Usual care | 18 | - | (89%) |  |  |  |
| Van Onzenoort 20108619952780 | 169/99 | 12 mo | Percentage of days adherent to treatment (measured with electronic pill box monitoring system) | SMBP | 114 | - | (92.3)[[2]](#endnote-2) | (1.4)[[3]](#endnote-3) |  | 0.04 | B |
| Usual care | 114 | - | (90.9) |  |  |  |
| Zarnke 1997889008249 | 100.4[[4]](#endnote-4) | 8 wk | Number of drug doses missed | SMBP | 20 | - | (0.05) | -0.15 | -0.4, 0.1[[5]](#endnote-5) | NS | B |
| Usual care | 10 | - | (0.2) |  |  |  |

BP = blood pressure; CI = confidence Interval; 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. Median for both arms. [↑](#endnote-ref-2)
3. Difference in medians. [↑](#endnote-ref-3)
4. MAP, by daytime ABPM. [↑](#endnote-ref-4)
5. Calculated from reported data. [↑](#endnote-ref-5)