Table D-32. Quality of life: 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** | **No. Analyzed** | **Baseline (SD)** | **Change (Final)** | **Net Diff**  **(Diff of final)** | **95% CI** | **P Btw** | **Study Quality** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Carrasco 200849  15564986 | 147/87 | 6 mo  (6 mo) | SF-36 physical component  (score 0-100) | SMBP + Telemedicine + Counsel | 131 | 47.3 (7.5) | 0.2 | 1.2 | nd | 0.25 | B |
| SMBP | 142 | 45.5 (8.1) | ‑1.0 |  |  |  |
| SF-36 mental component | SMBP + Telemedicine + Counsel | 131 | 49.3 (8.6) | ‑0.4 | ‑1.1 | nd | 0.52 |
| SMBP | 142 | 48.3(10.6) | 0.7 |  |  |  |
| Mental health questionnaire-STAI (state anxiety) | SMBP Telemedicine + Counsel | 131 | 19.3 (10.6) | ‑1.1 | ‑2.0 | nd | 0.38 |
| SMBP | 142 | 20.7(9.6) | 0.9 |  |  |  |
| Mental health questionnaire-STAI (trait anxiety) | SMBP + Telemedicine + Counsel | 131 | 21.3(9.9) | 0.9 | 0.2 | nd | 0.76 |
| SMBP | 142 | 23.4(9.2) | ‑1.1 |  |  |  |
| Green 200861  18577730 | 152/89 | 1 yr  (1 yr) | General health, SF12 mean (SD) | SMBP + Counsel+ Web training | 237 | 67.1 (20.4) | ‑0.5 | 0 | −3.9, 3.9[[2]](#endnote-2) | NS | A |
| SMBP + Web training | 246 | 67.1 (20.4) | ‑0.5 |  |  |  |
| Physical health, SF12 mean (SD) | SMBP + Counsel+ Web training | 237 | 80.6 (27) | 0.4 | 3.3 | ‑1.9, 8.5b | NS |
| SMBP + Web training | 246 | 80.6 (27) | ‑2.9 |  |  |  |
| Emotional health, mean (SD) | SMBP + Counsel+ Web training | 237 | 71.6 (16.8) | 0.1 | ‑0.4 | −3.7, 2.9b | NS |
| SMBP + Web training | 246 | 71.6 (16.8) | 0.5 |  |  |  |

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. Calculated from reported data. [↑](#endnote-ref-2)