

Additional File 3: Method used to assess the quality of included studies

“Quality Assessment tool for Quantitative Studies”

(<http://www.nccmt.ca/registry/view/eng/14.html>) was developed by the Effective Public Health Practice Project (EPHPP) to the assessment of studies on public health interventions.

We simplified this tool and used the following checklist to assess the quality of included studies in this review:

- Study design: RCT, CT, quasi-experimental
- Participant representativeness: Are study participants likely to be representative of the target population? (very likely; somewhat likely; not likely; can't tell)
- Comparability between groups within a study: Were there between group differences for important confounders reported in the paper? (Yes, No, Can't tell)
- Blinding: Was the outcome assessor blinded to the intervention status? (Yes, No, Not reported, Not applicable)
- Withdrawal/drop outs: rate of withdrawals /drop-outs during study period; or Not Reported, NA.
- Sample size: Sample size or power calculation? (Yes, Partially, No)
- Intervention contamination: Control participants also received some interventions? (Very likely, somewhat likely, unlikely; not applicable)
- Completeness of outcomes measured/reported: BP outcome (yes/no), Treatment compliance outcome (Yes/no), Hypertension control outcome (Yes/no), CVD outcome (yes/no)