

Multimedia Appendix 2

Hypertension SMS campaign Baseline questionnaire

1: Consent signed?

- a) Yes

2: Identify group

- a) Intervention
- b) Control

3: About yourself

- a) What is your cell nr?.....
- b) What is your folder nr?.....
- c) What is your language of choice?

4: What is your marital status?

- a) Married
- b) Single living with partner
- c) Single living with family
- d) Single living with people - not family
- e) Widow
- f) Divorced

5: What is your highest level of schooling/education?

- a) Below grade 7/standard 5.
- b) Between grade 7/standard 5, and 12/standard 10
- c) Passed Matric
- d) No matric but diploma
- e) Have post-matric qualification.

6: What is your employment status?

- a) Employed
- b) Unemployed
- c) Pension
- d) Not looking for employment
- e) Never worked

7: Your monthly income?

- a) None
- b) Pension/social grant
- c) Less than R4000
- d) Between R4000 and R 10,000
- e) More than 10,000

8: What is high blood pressure? Choose one answer.

- a) Fat covering the arteries
- b) The force of blood flowing through the arteries
- c) Too many white blood cells
- d) Don't know

9: What is normal blood pressure?

- a) 120/80
- b) 130/80
- c) 90/70
- d) 140/100
- e) Don't know

10: What puts you at risk of developing high blood pressure?

- a) Smoking
- b) Drinking
- c) Unhealthy diet
- d) Too little exercise.
- e) Too much exercise.
- f) Eating too little
- g) Having unprotected sex.

- h) Stress.
- i) Being overweight.
- j) Being underweight.
- k) Too little sleep.
- l) Don't know

11: Does everybody who has high blood pressure have symptoms?

- a) Yes, you will always have symptoms
- b) No, you can have no symptoms and still have high blood pressure
- c) Don't know.

12: What complications may you prevent by managing your high blood pressure?

- a) Stroke
- b) Cancer
- c) HIV
- d) Heart attack
- e) Epilepsy
- f) Kidney damage
- g) Diabetes
- h) Don't know

13: Can you stop taking your medication without asking your doctor?

- a) Yes
- b) No
- c) Don't know

14: Can high blood pressure be cured?

- a) Yes
- b) No
- c) Don't know

15: When you leave Cape Town, which one of the following is right?

- a) Stop taking your medication
- b) Go to the clinic to get enough medication for the time you will be away

- c) Get medication from a clinic where you are going
- d) Don't know

16: If you have high blood pressure, contact the clinic if you have which of the following symptoms?

- a) Persistent headache
- b) Feel nausea
- c) Chest pain
- d) Loose stools
- e) Stomach cramps
- f) Tiredness
- g) Ear ache
- h) Don't know

17: Can you reduce your blood pressure?

- a) No there is nothing you can do
- b) Yes, changing your lifestyle helps to control high blood pressure
- c) Don't know

18. Is smoking good or bad if you have high blood pressure?

- a) Good
- b) Bad
- c) Neither good/nor bad
- d) Don't know

19: Is keeping a normal weight important if you have high blood pressure?

- a) Yes
- b) No
- c) Your weight does not matter as long as you take your medication
- d) Don't know

20: How much should you drink, if at all, when you have high blood pressure?

- a) Men can drink 3 drinks daily, women 2
- b) As much as you like. It does not affect blood pressure

- c) Men can drink two, women one
- d) Don't know.

21: How much should you exercise at least three days a week?

- a) 2 hours
- b) It does not matter
- c) 30 minutes
- d) 1 hour
- e) You should not exercise at all
- f) Don't know

22: What are the best ways to manage your stress?

- a) You can't manage your stress
- b) Eat better
- c) Exercise
- d) Talk about your problems
- e) Drink more alcohol

23: Do eating habits affect blood pressure?

- a) No, not at all
- b) Yes, a healthy diet helps control high blood pressure
- c) Very little can be done to control high blood pressure
- d) Don't know

24: Is it better to cook with?

- a) Oil/Margarine (Flora or Rama)
- b) Butter
- c) It does not matter
- d) Don't know

25: Is salt good or bad for a person with high blood pressure?

- a) Too much salt is bad
- b) People with high blood pressure need more salt
- c) People with high blood pressure should have no salt

- d) Neither good/nor bad
- e) Don't know

26: What should you cut down on if you have high blood pressure?

- a) Fish
- b) Red meat
- c) Chicken
- d) Vegetables
- e) Don't know

27: Are vegetables and fruit good for a person with high blood pressure?

- a) Yes
- b) No
- c) Maybe
- d) Don't know