

Multimedia Appendix 3

Hypertension SMS campaign

Exit questionnaire

1. Consent signed?

- a) Yes

2. What is your folder nr?.....

3. 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

4. What is normal blood pressure?

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

5. 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

6. 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.

7. 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

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

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

9: Can high blood pressure be cured?

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

10. 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

11. 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

12. 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

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

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

14. 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

15. 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 2, women 1
- d) Don't know.

16. 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

17. 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

18. 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

19. Is it better to cook with?

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

20. 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

21. 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

22. Are vegetables and fruit good for a person with high blood pressure?

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

Behaviour change

23. Have you stopped smoking? Choose one answer.

- a) Yes
- b) No
- c) N/A (for non-smokers)

24. Have you lost weight or are you trying to? Choose one answer.

- a) Yes
- b) No
- c) N/A (for people who are not overweight)

25. Have you stopped drinking or reduced your alcohol intake? Choose one answer.

- a) Yes
- b) No
- c) N/A (for non-drinkers)

26. Have you started exercising? Choose one answer.

- a) Yes
- b) No
- c) N/A (for people already physically active)

27. Are you managing your stress better? Choose one answer.

- a) Yes
- b) No
- c) Don't know
- d) Don't feel it is important
- e) N/A – Does not feel stressed

28. Have you changed your diet? Choose one answer.

- a) Yes
- b) No
- c) N/A (already followed a healthy diet)

29. Have you changed from cooking with butter to oil or Fora/Rama margarine?

- a) Yes
- b) No
- c) N/A (already cooked with oil or rama/flora margarine)

30. Have you cut down on salt in your food?

- a) Yes
- b) No
- c) N/A (already ate little salt)

31. Are you cutting down on red meat? Choose one answer.

- a) Yes
- b) No
- c) N/A (don't eat a lot of red meat)

32. Are you eating more fruit, vegetable, beans and lentils? Choose one answer.

- a) Yes
- b) No
- c) N/A (already eat a lot of these foods)

SMSes

33. Did you receive the SMS?

- a) Yes
- b) No

34. If yes, you did receive the SMSs – how did you find it

- a) Useful
- b) A waste of time
- c) Don't know

35. Would you recommend Health Department to introduce the SMS campaign permanently

- a) Yes
- b) No
- c) Not sure