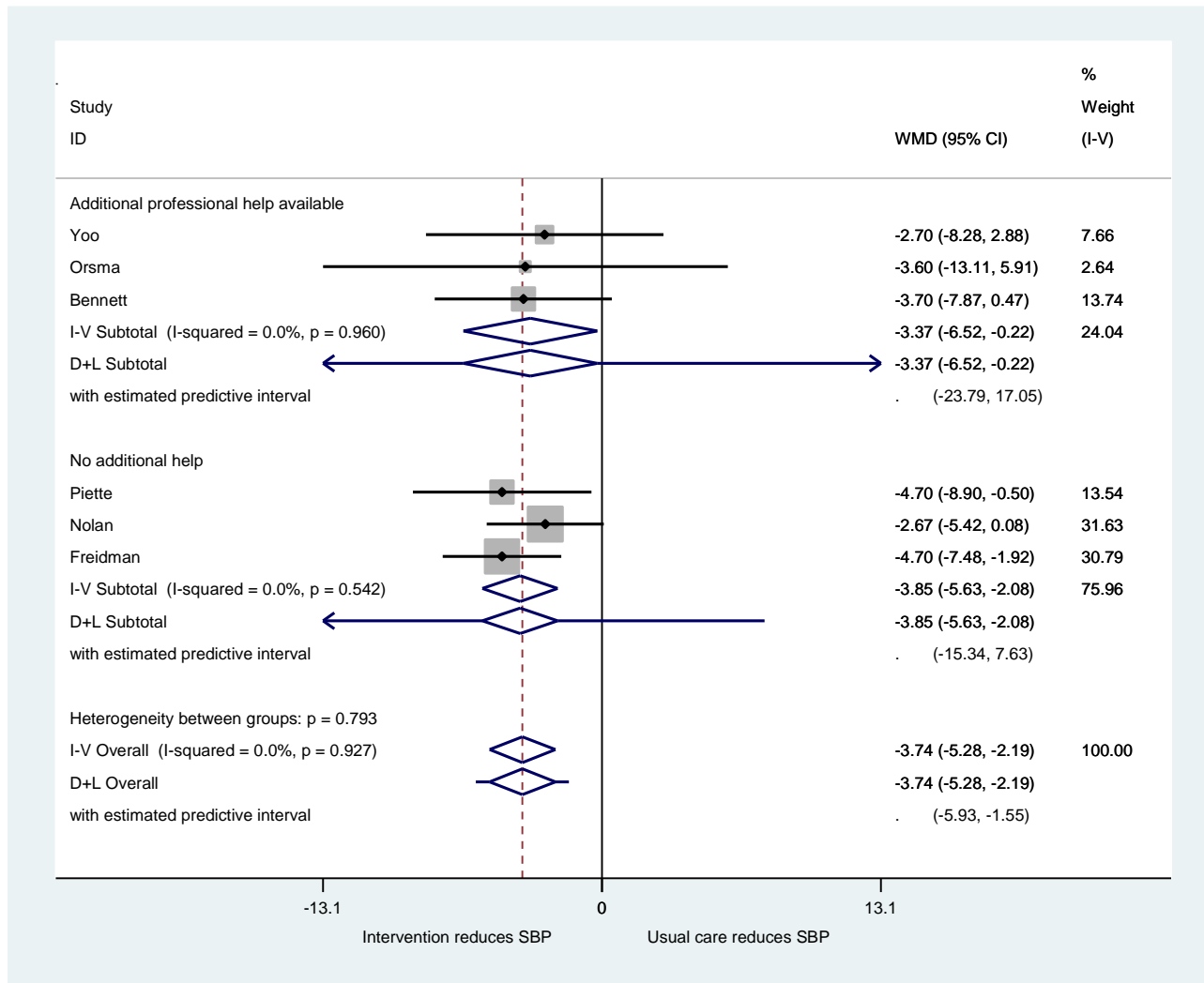
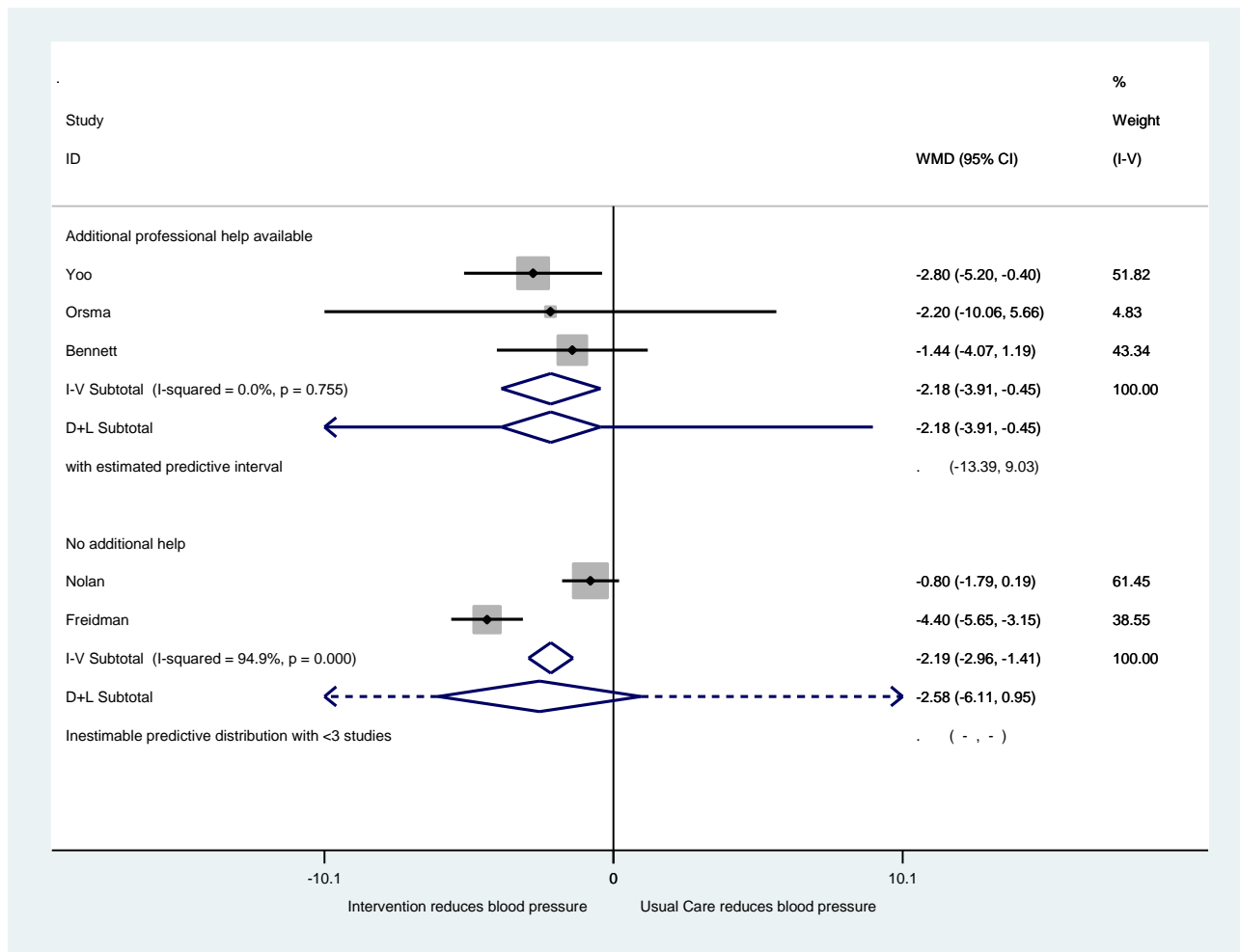


**Supplementary figure 1 Forest plot of the effect of digital intervention, comparing studies (with additional professional help available compared to those without for SBP.)**



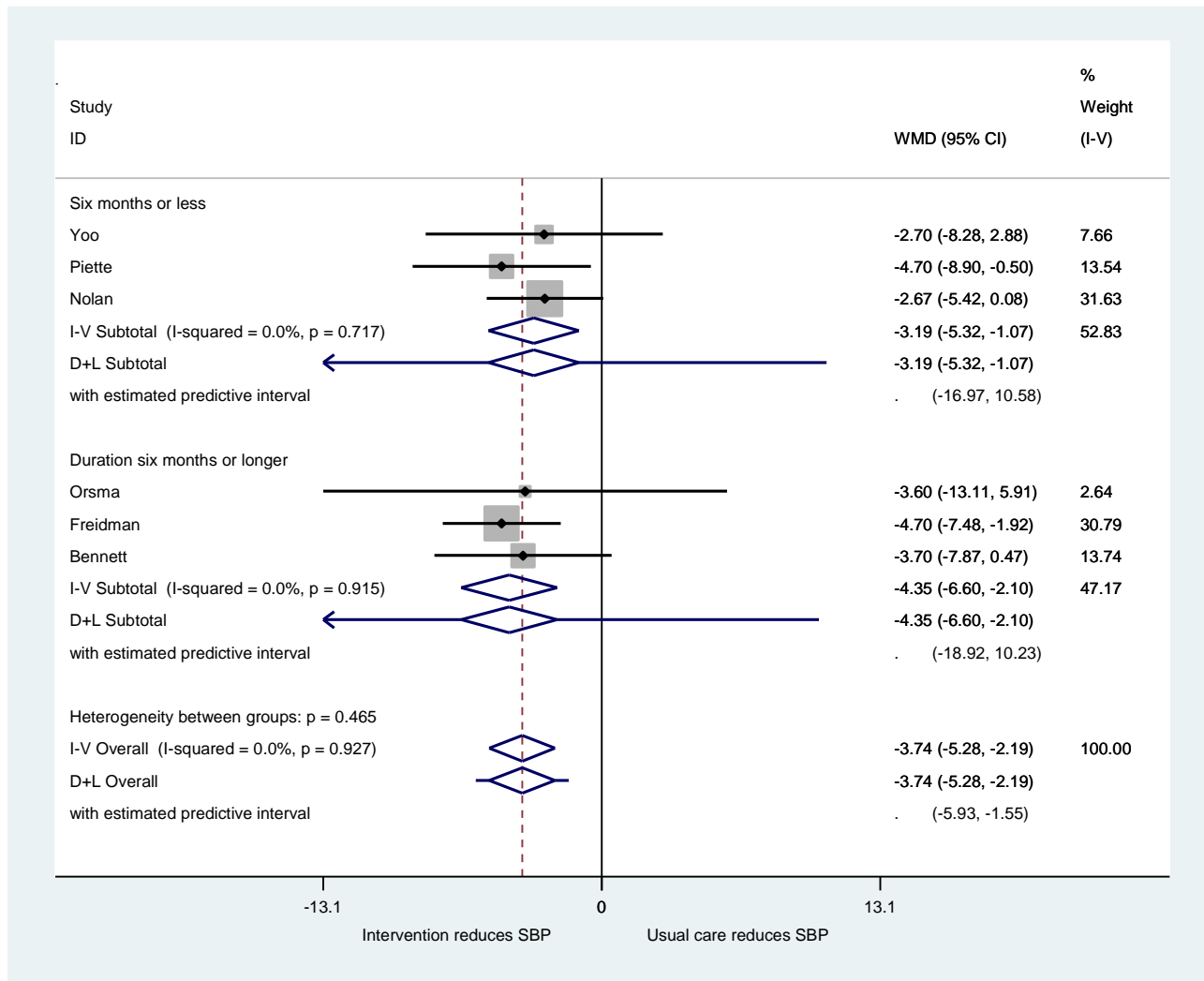
**(Squares) indicate the effect size with 95% confidence interval (CI) of a study; (Diamonds) indicate the overall effect size of all studies combined.**

**Supplementary figure 2 Forest plot of the effect of digital intervention by studies with additional professional help available compared to those without for DBP**



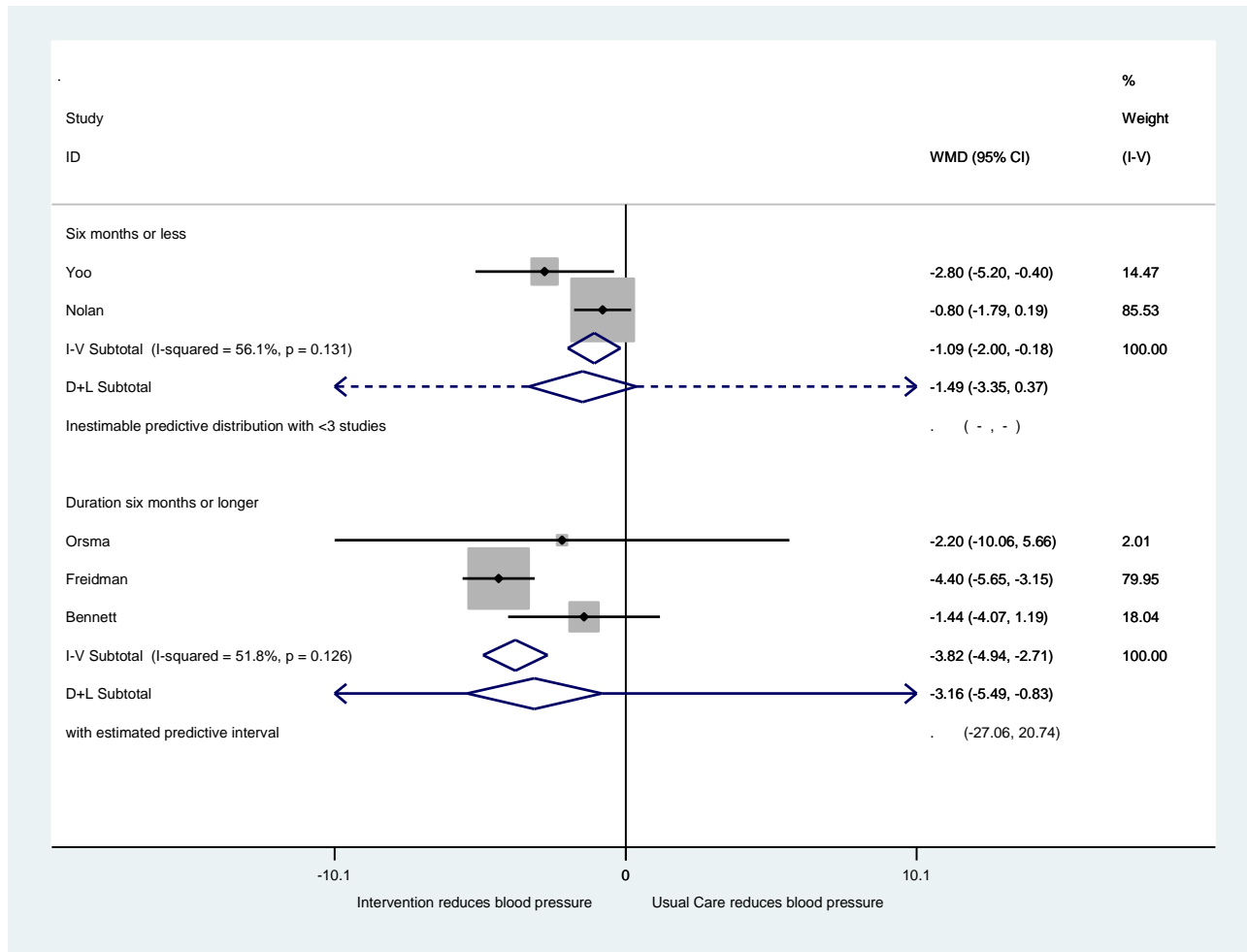
**(Squares)** indicate the effect size with 95% confidence interval (CI) of a study; **(Diamonds)** indicate the overall effect size of all studies combined.

**Supplementary figure 3 Forest plot of the effect of digital intervention by duration of intervention (six months or more) compared to those less than six months for SBP.**



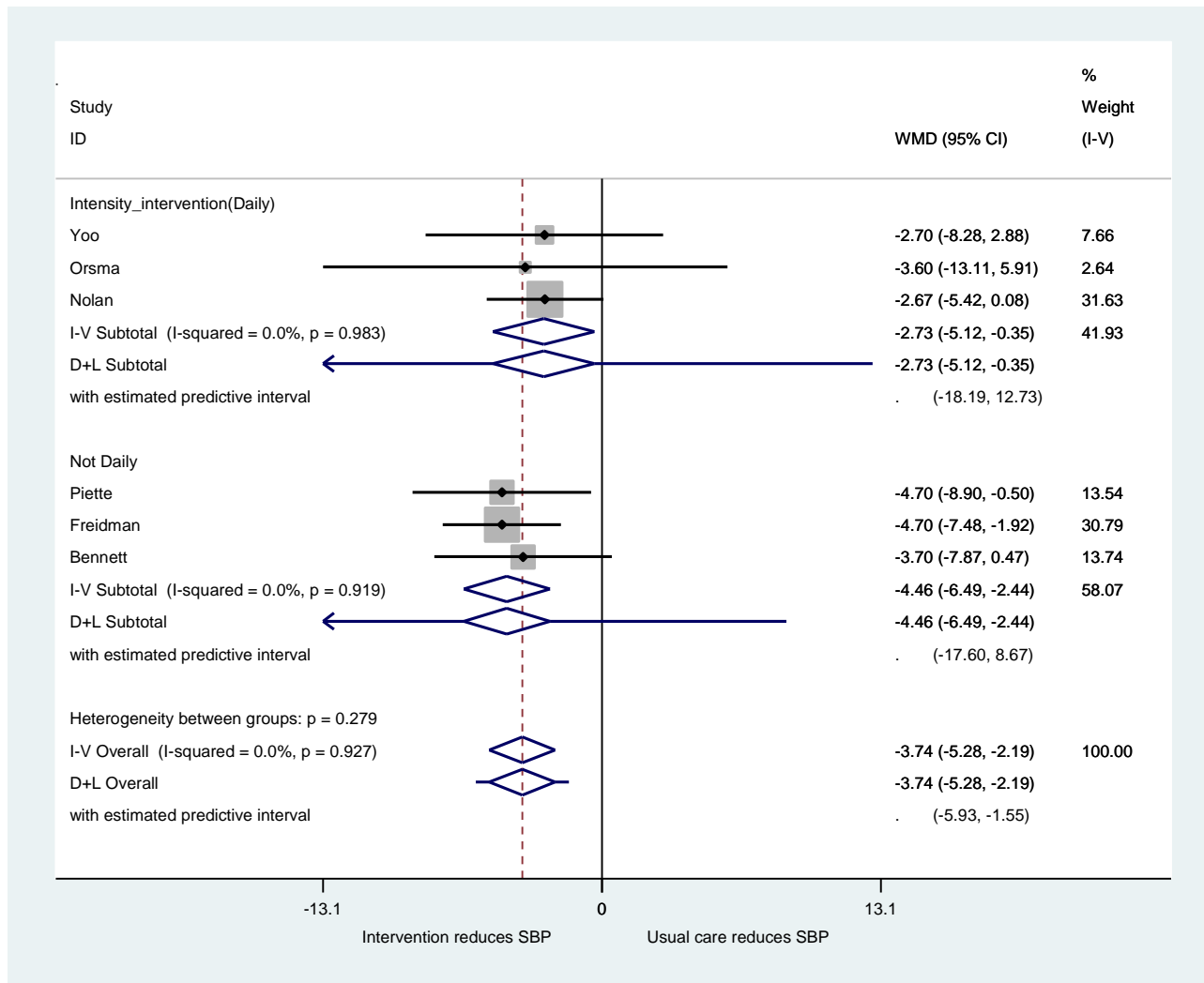
**(Squares) indicate the effect size with 95% confidence interval (CI) of a study; (Diamonds) indicate the overall effect size of all studies combined.**

**Supplementary figure 4 Forest plot of the effect of digital intervention by duration of intervention (six months or more) compared to those less than six months for DBP.**



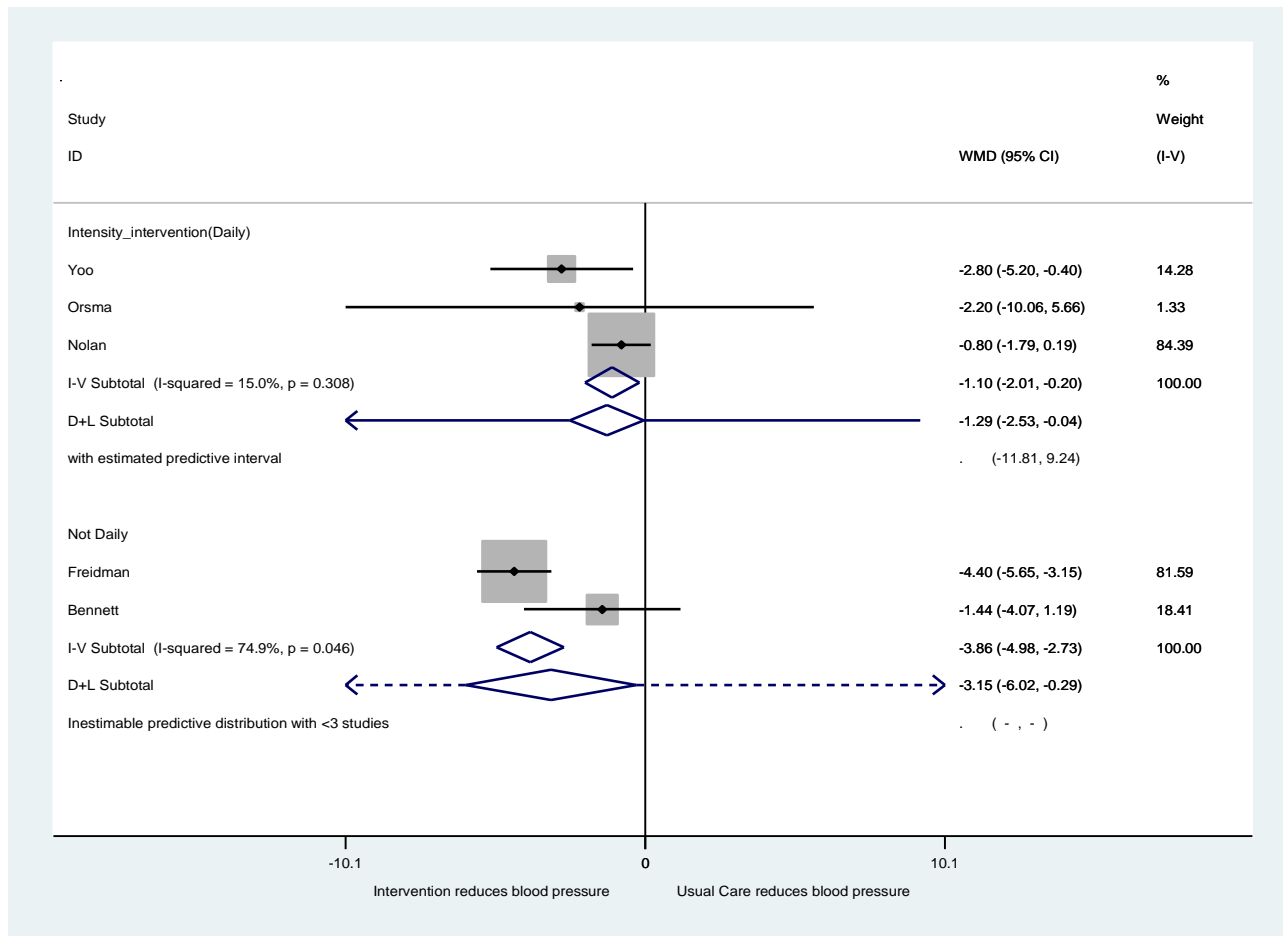
**(Squares) indicate the effect size with 95% confidence interval (CI) of a study; (Diamonds) indicate the overall effect size of all studies combined.**

**Supplementary figure 5. Forest plot of the effect of digital intervention by intensity of intervention (daily) compared to those without daily intervention for SBP.**



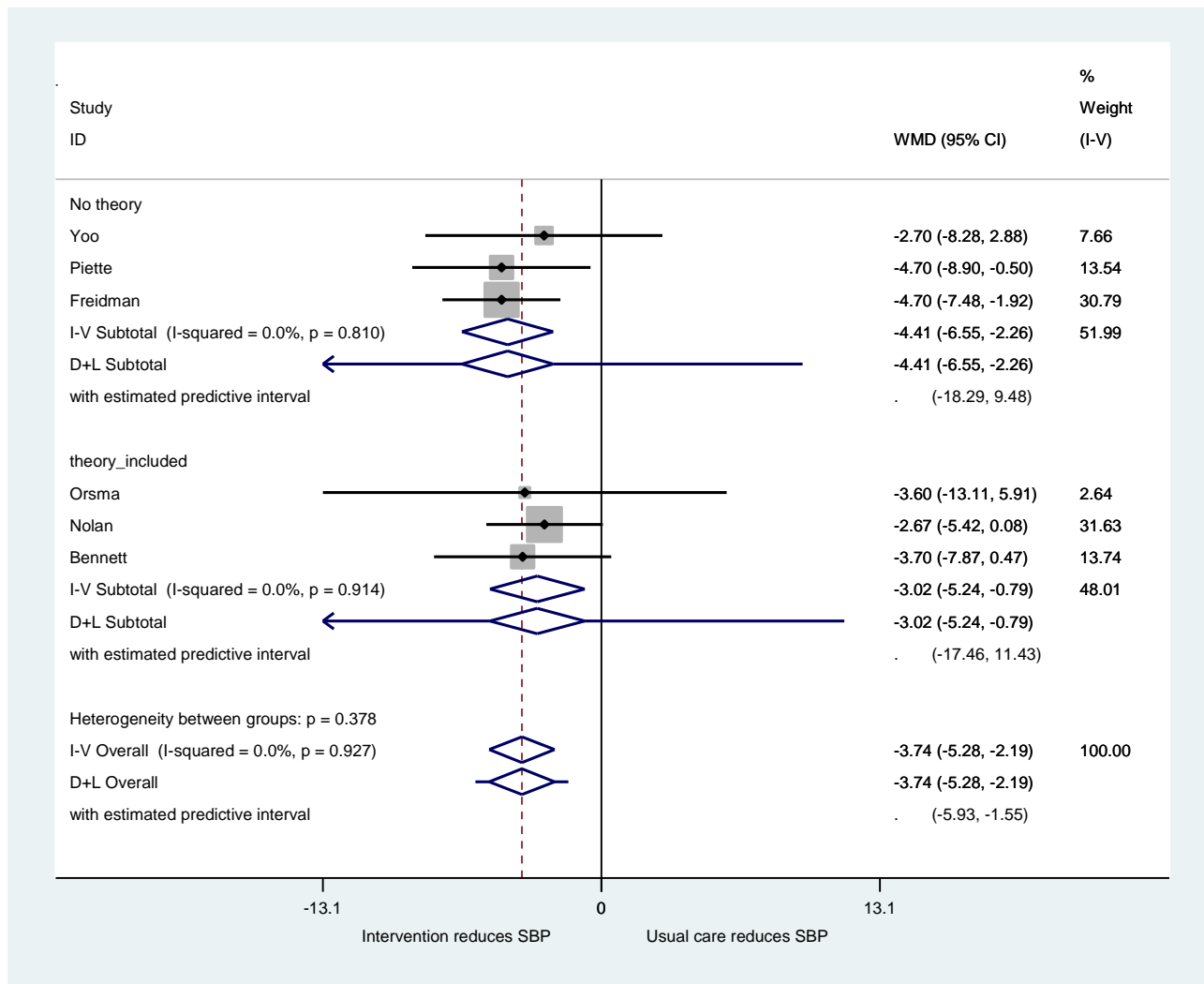
**(Squares) indicate the effect size with 95% confidence interval (CI) of a study; (Diamonds) indicate the overall effect size of all studies combined.**

**Supplementary figure 6. Forest plot of the effect of digital intervention by intensity of intervention (daily) compared to those without daily intervention for DBP.**



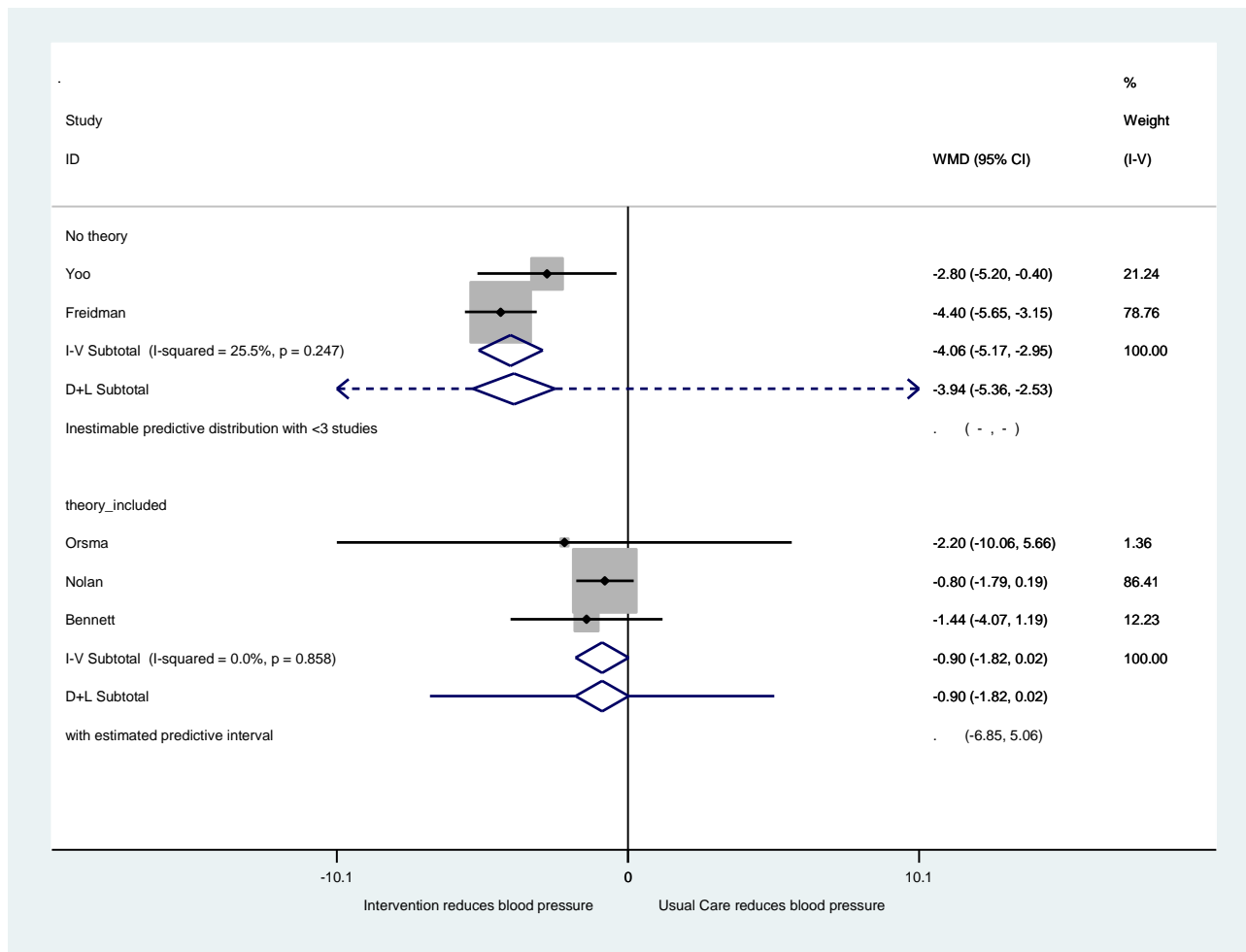
**(Squares) indicate the effect size with 95% confidence interval (CI) of a study; (Diamonds) indicate the overall effect size of all studies combined.**

**Supplementary figure 7 Forest plot of the effect of digital intervention by whether study includes theoretical basis compared to those without for SBP.**



**(Squares)** indicate the effect size with 95% confidence interval (CI) of a study; **(Diamonds)** indicate the overall effect size of all studies combined.

**Supplementary figure 8. Forest plot of the effect of digital intervention by whether study includes theoretical basis compared to those without for DBP**



**(Squares)** indicate the effect size with 95% confidence interval (CI) of a study; **(Diamonds)** indicate the overall effect size of all studies combined.



### Example of Search strategy for Ovid MEDLINE(R) In-Process & Other Non-Indexed Citations and Ovid MEDLINE(R) 1946 to Present

```

1 exp Hypertension/ 208543
2 exp Blood Pressure Determination/ 23969
3 Blood Pressure Monitors/ 1955
4 (hypertens$ or antihypertens$).ti,ab,kf. 330797
5 ((high$ or rais$ or elevat$ or increas$ or low or lower$ or decreas$ or reduc$) adj3 (blood pressure$
or bloodpressure$)).ti,ab,kf. 82620
6 ((blood pressure$ or bloodpressure$) adj3 (above or below)).ti,ab,kf. 1689
7 ((blood pressure$ or bloodpressure$) adj3 (more than or less than)).ti,ab,kf. 2846
8 ((high$ or rais$ or elevat$ or increas$ or low or lower$ or decreas$ or reduc$) adj3 (systolic or
diastolic or arterial or pulse) adj3 pressur$).ti,ab,kf. 42566
9 ((systolic or diastolic or arterial or pulse) adj3 pressur$ adj3 (above or below)).ti,ab,kf. 1508
10 ((systolic or diastolic or arterial or pulse) adj3 pressur$ adj3 (more than or less than)).ti,ab,kf.
2898
11 or/1-10 440954
12 (computer or computers).hw. 440776
13 exp computers/ 68798
14 exp Computer Systems/ 135702
15 Online Systems/ 7030
16 Medical Informatics/ 7980
17 Medical Informatics Applications/ 1989
18 Decision Support Techniques/ 11938
19 Educational Technology/ 1084
20 Electronics, Medical/ 6126
21 Audiovisual Aids/ 6146
22 Telecommunications/ 4247
23 Multimedia/ 1451
24 Hypermedia/ 391
25 Video Games/ 2049
26 Electronic Health Records/ 5851
27 exp Cellular Phone/ 4532
28 Social Networking/ 681
29 exp Telemedicine/ 15288
30 Telenursing/ 111
31 Telephone/ 9062
32 Information Systems/ 17933
33 Ambulatory Care Information Systems/ 1160
34 Software/ 77046
35 Mobile Applications/ 52
36 Wireless Technology/ 844
37 Electronic Mail/ 1809
38 (computer$ or microcomputer$ or pc or pcs or mac or macs).ti,ab,kf. 293392
39 (phone$1 or mobile$1 or smartphone$ or handset$ or hand-set$ or handheld$ or hand-held$).ti,ab,kf.
73464
40 ((electronic$ or digital$ or device$) adj2 tablet$).ti,ab,kf. 124
41 ((digital$ or electronic$ or communicat$) adj2 device$).ti,ab,kf. 4676
42 device-based.ti,ab,kf. 1352
43 (device$ adj2 technolog$).ti,ab,kf. 1068
44 (PDA or PDAs or personal digital).ti,ab,kf. 6424
45 mp3-player$.ti,ab,kf. 77
46 (online or on-line or internet or www or web or website$ or webpage$ or local area network$ or
broadband or broad-band).ti,ab,kf. 137944
47 (wireless or wire-less or wifi or wi-fi or GPS or global positioning system$ or bluetooth$).ti,ab,kf.
21149

```

48	(text messag\$ or texting or texter\$1 or texted or SMS or short messag\$ or multimedia messag\$ or multi-media messag\$ or mms or instant messag\$).ti,ab,kf.	7423
49	(social media\$ or facebook or twitter or tweet or tweets).ti,ab,kf.	1860
50	(webcast\$ or webinar\$ or podcast\$ or wiki or wikis or youtube or you tube or vimeo).ti,ab,kf.	1225
51	(app or apps).ti,ab,kf.	13007
52	((electronic\$ or digital\$ or device\$) adj2 application\$).ti,ab,kf.	2727
53	(iphone\$ or i-phone\$ or ipad\$ or i-pad\$ or ipod\$ or i-pod\$ or palm os or palm pre classic\$).ti,ab,kf.	961
54	(android\$ or ios or s40 or symbian\$ or windows).ti,ab,kf.	13383
55	(samsung or nokia or apple\$ or zte or lg or huawei or tcl communication\$ or lenovo or sony or motorola or audiovox or utstarcom or siemens or blackberry\$ or casio or cect or coolpad or fujitsu or htc or just5 or kyocera or lumigon or micromax or mitsubishi or modu or nec or neonode or openmoko or panasonic or pantech or philips or qualcomm or sagem or sanyo or sierra or sk teletech or soutec or trium or toshiba or vidalco).ti,ab,kf.	29212
56	(video\$ or dvd or dvds).ti,ab,kf.	74489
57	(email\$ or e-mail\$ or electronic mail\$).ti,ab,kf.	7987
58	(chat room\$1 or chatroom\$1).ti,ab,kf.	249
59	(blog\$1 or blogging or blogger\$ or weblog\$1).ti,ab,kf.	699
60	(bulletin board\$1 or bulletinboard\$1 or messageboard\$1 or message board\$1).ti,ab,kf.	401
61	(software\$ or soft-ware\$).ti,ab,kf.	82939
62	(interactiv\$ or inter-activ\$).ti,ab,kf.	32872
63	(ehealth\$ or e-health\$ or mhealth\$ or m-health\$ or m-learning).ti,ab,kf.	2131
64	(electronic learn\$ or e-learn\$).ti,ab,kf.	1174
65	tele\$.ti,ab,kf.	106768
66	((digital\$ or electronic\$ or communicat\$ or information\$) adj2 technolog\$).ti,ab,kf.	11988
67	((digital\$ or electronic\$) adj (intervention\$ or therap\$ or treatment\$ or medicine or medical\$ or health\$)).ti,ab,kf.	11916
68	(ICT or ICTs).ti,ab,kf.	2744
69	medical informatics.ti,ab,kf.	1817
70	(remot\$ adj3 (care or caring or cared or manag\$ or consult\$ or monitor\$ or measur\$)).ti,ab,kf.	2887
71	or/12-70	1202822
72	11 and 71	16303
73	randomized controlled trial.pt.	369805
74	controlled clinical trial.pt.	88072
75	randomi?ed.ab.	346978
76	placebo.ab.	152616
77	clinical trials as topic.sh.	169178
78	randomly.ab.	210034
79	trial.ti,ab.	357257
80	or/73-79	1016989
81	72 and 80	2277
82	exp animals/ not humans/	3917953
83	((editorial or news or case reports) not randomized controlled trial).pt.	2179678
84	case report.ti.	156948
85	81 not (82 or 83 or 84)	2136
86	remove duplicates from 85	2058
87	limit 86 to english language	1916

**Key to Ovid symbols and commands:**

\$	truncation symbol
?	wildcard symbol
ti,ab,kf,	searches are restricted to the Title, Abstract, Keyword Heading Word fields
/	searches are restricted to the subject heading field
sh	searches are restricted to the Subject Heading Word field
exp	the subject heading is exploded
*	the subject heading is searched as a major descriptor only
pt.	search is restricted to the publication type field

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ab. /freq=2  
or/1-3

search is restricted to records where the terms occur twice in the abstract  
combine sets 1 to 3 using OR