APPENDIX A – Results of the sensitivity analyses for the primary outcome

Table A1 Per protocol analyses including intervention participants who attended both the first and follow-up consultation (N=151)

	Overall effect		T1		T2		T3	
	Difference (95% CI)	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*
MARS-5 sum score								
crude [a]	0.08 (-0.38 to 0.54)	0.747	-0.18 (-0.73 to 0.37)	0.518	0.26 (-0.30 to 0.81)	0.365	0.20 (-0.40 to 0.76)	0.502
adjusted [b]	0.09 (-0.37 to 0.54)	0.706	-0.17 (-0.72 to 0.37)	0.537	0.27 (-0.28 to 0.82)	0.332	0.21 (-0.36 to 0.78)	0.473
	OR (95% CI)	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*
MARS-5 (<25)								
crude	1.05 (0.96 to 1.15)	0.317	1.05 (0.93 to 1.18)	0.418	0.99 (0.88 to 1.12)	0.878	1.12 (0.99 to 1.27)	0.071
adjusted	1.05 (0.95 to 1.15)	0.358	1.05 (0.93 to 1.18)	0.451	0.99 (0.88 to 1.11)	0.824	1.12 (099 to 1.27)	0.081

Abbreviation CI: confidence interval, MARS-5: Medication Adherence Report Scale
[a] *Corrected for baseline value of the particular outcome*
[b] *Additionally corrected for possible confounders age, gender and education level*

Table A2 Subgroup analyses to stratify for gender

	Overall effect				T1				T2				T3			
	Male gender		Female gender		Male gender		Female gender		Male gender		Female gender		Male gender		Female gender	
	Difference (95% CI)	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*
MARS-5 sum score																
crude [a]	0.29 (-0.28 to 0.86)	0.316	0.19 (-0.50 to 0.87)	0.596	0.16 (-0.54 to 0.87)	0.651	-0.12 (-0.90 to 0.66)	0.764	0.55 (-0.17 to 1.26)	0.132	0.28 (-0.52 to 1.07)	0.498	0.16 (-0.58 to 0.89)	0.678	0.54 (-0.29 to 1.36)	0.202
adjusted [b]	0.23 (-0.33 to 0.79)	0.417	0.24 (-0.46 to 0.94)	0.498	0.10 (-0.60 to 0.80)	0.780	-0.06 (-0.85 to 0.73)	0.874	0.49 (-0.22 to 1.19)	0.175	0.34 (-0.47 to 1.14)	0.412	0.10 (-0.63 to 0.83)	0.790	0.59 (-0.24 to 1.42)	0.164
	OR (95% CI)	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*
MARS-5 (<25)																
crude	1.00 (0.87 to 1.14)	0.953	1.07 (0.95 to 1.22)	0.276	1.06 (0.91 to 1.23)	0.473	1.02 (0.86 to 1.20)	0.842	0.92 (0.78 to 1.09)	0.352	1.05 (0.91 to 1.22)	0.507	1.01 (0.84 to 1.21)	0.900	1.18 (0.99 to 1.40)	0.066
adjusted	1.00 (0.88 to 1.14)	0.955	1.06 (0.94 to 1.20)	0.349	1.07 (0.92 to 1.24)	0.413	1.01 (0.85 to 1.19)	0.940	0.93 (0.79 to 1.10)	0.392	1.04 (0.90 to 1.20)	0.601	1.02 (0.85 to 1.22)	0.831	1.17 (0.98 to 1.38)	0.084

Abbreviation *CI: confidence interval, MARS-5: Medication Adherence Report Scale*

[a] Corrected for baseline value of the particular outcome

[b] Additionally corrected for possible confounders age, gender and education level

Table A3 Subgroup analyses to stratify for age

	Overall effect				T1				T2				T3			
	Younger (45-55)		Older (56-75)		Younger (45-55)		Older (56-75)		Younger (45-55)		Older (56-75)		Younger (45-55)		Older (56-75)	
	Difference (95% CI)	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*
MARS-5 sum score																
crude [a]	0.24 (-0.84 to 1.32)	0.657	0.22 (-0.22 to 0.66)	0.324	-0.27 (-1.47 to 0.92)	0.653	0.09 (-0.46 to 0.64)	0.751	0.98 (-0.22 to 2.18)	0.110	0.24 (-0.32 to 0.79)	0.409	0.07 (-1.15 to 1.29)	0.910	0.41 (-0.18 to 1.00)	0.173
adjusted [b]	0.30 (-0.74 to 1.34)	0.570	0.21 (-0.21 to 0.64)	0.332	-0.27 (-1.45 to 0.91)	0.658	0.07 (-0.46 to 0.61)	0.787	0.98 (-0.21 to 2.17)	0.107	0.21 (-0.33 to 0.76)	0.445	0.07 (-1.14 to 1.29)	0.906	0.38 (-0.20 to 0.96)	0.195
	OR (95% CI)	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*
MARS-5 (<25)																
crude	1.00 (0.89 to 1.13)	0.977	1.03 (0.92 to 1.16)	0.573	1.00 (0.82 to 1.21)	0.965	1.04 (0.91 to 1.20)	0.529	0.94 (0.80 to 1.11)	0.487	0.99 (0.86 to 1.14)	0.904	1.07 (0.95 to 1.21)	0.294	1.06 (0.90 to 1.25)	0.473
adjusted	1.00 (0.91 to 1.12)	0.891	1.04 (0.92 to 1.17)	0.533	1.02 (0.86 to 1.22)	0.798	1.05 (0.91 to 1.21)	0.490	0.97 (0.84 to 1.12)	0.653	1.00 (0.87 to 1.15)	0.976	1.10 (0.97 to 1.24)	0.141	1.07 (0.91 to 1.26)	0.428

Abbreviation CI: confidence interval, MARS-5: Medication Adherence Report Scale
[a] Corrected for baseline value of the particular outcome
[b] Additionally corrected for possible confounders age, gender and education level

Table A4 Subgroup analyses to stratify for blood pressure

	Overall effect				T1				T2				T3			
	Normal BP		High BP [c]		Normal BP		High BP		Normal BP		High BP		Normal BP		High BP	
	Difference (95% CI)	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*
MARS-5 sum score																
crude [a]	-0.36 (-0.98 to 0.26)	0.250	0.27 (-0.27 to 0.81)	0.324	-0.24 (-0.96 to 0.49)	0.522	-0.11 (-0.80 to 0.58)	0.757	-0.33 (-1.05 to 0.39)	0.370	0.62 (-0.08 to 1.32)	0.081	-0.51 (-1.26 to 0.23)	0.178	0.35 (-0.39 to 1.08)	0.351
adjusted [b]	-0.32 (-0.94 to 0.32)	0.327	0.23 (-0.30 to 0.76)	0.397	-0.19 (-0.92 to 0.54)	0.611	-0.15 (-0.84 to 0.53)	0.658	-0.28 (-1.01 to 0.45)	0.447	0.59 (-0.10 to 0.89)	0.092	-0.46 (-1.22 to 0.30)	0.232	0.32 (-0.41 to 1.05)	0.394
	OR (95% CI)	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*
MARS-5 (<25)																
crude	1.15 (1.01 to 1.32)	0.039	0.99 (0.87 to 1.14)	0.939	1.05 (0.88 to 1.25)	0.612	1.09 (0.91 to 1.30)	0.359	1.12 (0.95 to 1.33)	0.188	0.93 (0.78 to 1.10)	0.392	1.33 (1.11 to 1.60)	0.003	0.97 (0.82 to 1.15)	0.722
adjusted	1.14 (0.99 to 1.30)	0.069	1.01 (0.88 to 1.15)	0.881	1.03 (0.86 to 1.23)	0.742	1.11 (0.93 to 1.32)	0.262	1.10 (0.94 to 1.30)	0.233	0.94 (0.80 to 1.11)	0.475	1.30 (1.08 to 1.58)	0.006	0.99 (0.82 to 1.18)	0.871

Abbreviation CI: confidence interval, MARS-5: Medication Adherence Report Scale

[a] Corrected for baseline value of the particular outcome

[b] Additionally corrected for possible confounders age, gender and education level

[c] High blood pressure is defined as an elevated blood pressure exceeding 140 mm Hg in systolic phase and or 90 mm Hg in diastolic phase

Table A5 Subgroup analyses including intervention participants with ≥3 barriers identified with the QBS during the first consultation (N=108)

	Overall effect		T1		T2		T3	
	Difference (95% CI)	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*
MARS-5 sum score								
crude [a]	0.56 (-0.08 to 1.19)	0.087	0.19 (-0.57 to 0.96)	0.624	0.74 (-0.03 to 1.52)	0.060	0.84 (0.02 to 1.67)	0.044*
adjusted [b]	0.55 (-0.08 to 1.18)	0.086	0.17 (-0.58 to 0.93)	0.654	0.74 (-0.02 to 1.51)	0.058	0.84 (0.03 to 1.65)	0.042*
	OR (95% CI)	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*
MARS-5 (<25)								
crude	1.09 (0.98 to 1.21)	0.133	1.13 (1.00 to 1.28)	0.038*	1.00 (0.86 to 1.19)	0.921	1.12 (0.94 to 1.33)	0.198
adjusted	1.09 (0.98 to 1.22)	0.130	1.14 (1.00 to 1.30)	0.048*	1.01 (0.85 to 1.19)	0.903	1.12 (0.95 to 1.33)	0.180

Abbreviation CI: confidence interval, MARS-5: Medication Adherence Report Scale, QBS: Quick Barrier Scan
[a] *Corrected for baseline value of the particular outcome*
[b] *Additionally corrected for possible confounders age, gender and education level*
* *Statistically significant*

Table A6 Subgroup analyses including participants with a MARS-5 score of ≤23 at baseline (N=102)

	Overall effect		T1		T2		T3	
	Difference (95% CI)	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*	*Difference (95% CI)*	*p-value*
MARS-5 sum score								
crude [a]	0.35 (-0.39 to 1.09)	0.355	0.02 (-0.85 to 0.89)	0.966	0.52 (-0.36 to 1.40)	0.245	0.61 (-0.30 to 1.52)	0.187
adjusted [b]	0.43 (-0.30 to 1.15	0.252	0.09 (-0.76 to 0.95)	0.829	0.59 (-0.27 to 1.46)	0.179	0.68 (-0.21 to 1.58)	0.135
	OR (95% CI)	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*	*OR (95% CI)*	*p-value*
MARS-5 (≤23)								
crude	0.98 (0.85 to 1.14)	0.816	1.10 (0.91 to 1.32)	0.314	0.91 (0.75 to 1.11)	0.364	0.93 (0.77 to 1.13)	0.483
adjusted	0.99 (0.85 to 1.14)	0.835	1.10 (0.91 to 1.33)	0.316	0.92 (0.76 to 1.11)	0.376	0.93 (0.77 to 1.13)	0.484

Abbreviation CI: confidence interval, MARS-5: Medication Adherence Report Scale
[a] *Corrected for baseline value of the particular outcome*
[b] *Additionally corrected for possible confounders age, gender and education level*