

**Translation of self-management scale for patients with hypertension**

<b>Self-management Scale for Patients with Hypertension</b>						
		<b>Never</b>	<b>Occasionally</b>	<b>Sometimes</b>	<b>Frequently (Often)</b>	<b>Always</b>
	<b>Treatment Management</b>					
1	Check your blood pressure					
2	Visiting a doctor when the blood pressure fluctuates too much					
3	Take medications as prescribed					
4	Use a method to help you remember to take your medications on time (e.g., use a pill box or other reminders)					
5	Keep doctor or nurse appointments					
6	Adjusting antihypertensive medications yourself at home based on the level of blood pressure					

7	Forget to take antihypertensive medications					
8	Buy and take antihypertensive medications from recommendation of friends or advertising					
	<b>Diet Management</b>					
9	Eat your meals on time and eat a balanced meal.					
10	Eat a low-salt diet (eat 6 grams or less than 6 grams of salt daily)					
	<b>Physical Exercise Management</b>					
11	Choose an appropriate exercise (e.g., jogging, Tai Chi, etc.)					
12	Exercise more than 3 days per week, longer than 30 minutes each time					
13	Exercise at least 30 minutes after your meal					
	<b>Lifestyle Management</b>					
14	Get adequate sleep					
15	Maintain a healthy bowel regime (i.e., maintain regular bowel habits)					

	or normal bowel movements)					
16	Engage in social activities					
17	Try to lose weight or control body weight					
18	Keep your mood stable					
	<b>Risk Factor Management</b>					
19	Smoking					
20	Drinking (daily amount of alcohol intake more than 25 grams)					
21	Overstrained or excessive pressure at work					