

Table 1. Characteristics of the 9 randomized controlled trials included in the study.

| Study | Country | Study population | Mode of intervention | Control | Intervention frequency | Number | | Age(Mean or median) | | Sex(Female,%) | | Δsystolic blood pressure(mmHg) | | | |
|----------------------------|----------------|--|-----------------------------------|-------------------|---------------------------------------|--------------|---------|---------------------|-------------|---------------|---------|--------------------------------|---------|-------|-------|
| | | | | | | Intervention | Control | Intervention | Control | Intervention | Control | Intervention | Control | | |
| ADIE et al, 2010 | United Kingdom | Hypertensive stroke or TIA ^a | Telephone | Usual care | 7–10 days, 1, 2 and 4 months | 29 | 27 | - | - | - | - | 0.0 | 19.5 | -3 | 15 |
| Hanley et al, 2015 | United Kingdom | Stroke or TIA | Telephone | Usual care | Daily | 40 | 15 | 69.9 (12.6) | 73.5 (11.7) | 32.5 | 60.0 | -10.2 | 12.3 | -3.8 | 13.6 |
| Kerry et al, 2013 | United Kingdom | Hypertensive stroke or TIA | Telephone support | Usual care | Daily for the first week, then weekly | 168 | 169 | 71.1(12.6) | 72.6 (11.4) | 40.6 | 44.3 | -1.8 | 21 | 0.9 | 20.5 |
| Lakshminarayan et al, 2018 | United States | Ischemic stroke or intraparenchymal hemorrhage | Smart phone | Usual care | Daily | 26 | 24 | 63.1 (9.7) | 68.3 (10.0) | 23.1 | 32.0 | -10.9 | 14.2 | -5.1 | 16.2 |
| MacKenzie et al, 2013 | United States | Stroke or TIA | Telephone calls | Usual care | Monthly | 29 | 27 | - | - | 32.1 | | 7.2 | 165 | -16.8 | 20 |
| Sarfo et al, 2018 | Ghana | Stroke | Smart phone | Standardized care | - | 30 | 30 | 54.3(11.9) | 55.9(13.7) | 40 | 30 | -4.0 | 27 | -4.3 | 24.7 |
| Wan et al, 2018 | China | Hypertensive ischemic stroke | Telephone, short-message services | Usual care | Weekly | 80 | 78 | - | - | 36.2 | 33.3 | -9.86 | 15.18 | -1.38 | 20.77 |
| Wang et al, 2020 | China | Hypertensive stroke | Telephone, short-message services | Usual care | Weekly | 76 | 75 | - | - | 34.2 | 33.3 | -10.8 | 12.7 | -1.3 | 16.5 |
| Ögren et al, 2018 | Sweden | Stroke or TIA | Telephone | Usual care | 4 weeks | 320 | 340 | 69.9 | 69.3 | 40.6 | 40.9 | -8.8 | 19.5 | -3 | 20.8 |

^aTIA: transient ischemic attack.