

Interview guide for doctors

Personal details:

1. Age
2. Gender
3. Profession
4. Working experience in years
5. Smartphone owner? (Yes, No).
6. What is your smartphone brand?

Discussion Questions:

Black-question to be ask participants, Blue- possible probes and my idea that may explored further.

1. In your experience, how do your patients manage/self-manage their hypertension?
 - a. How do patients monitor their blood Pressure? (if applicable), provide details about the approach they use*
 - b. Do you encourage them to adopt other self-management strategies or skills to control their blood pressure (e.g., healthy diet... etc). Why?/Why not?*
2. In your experience do you know whether your patients have problems with any of the following: Self- monitoring your blood pressure, lack awareness/understanding of managing hypertension and its risk factors, taking medication, diet, exercise, remembering appointments, communication with your doctors? Provide details.
3. Could you please tell me about your **experience** of using smartphone applications ("apps")?
 - a. Have you ever recommended an app for your patients, for any purpose? For hypertension? Provide details.*
 - b. What were the reasons for recommending the hypertension app that you mentioned? If applicable*
4. What do you feel are the potential benefits for patients of using smartphone apps to support the self-management of their hypertension?
5. Do you think there are any limitations in or barriers to using smartphone apps to support the self-management of hypertension?

- a. *Are there any other limitations that need to be considered?*
- b. *Do you have any concerns you had about the use of smartphone apps in the self-management of hypertension?) please explain.*

The doctor will be given a demonstration of the five apps supporting the self-management of hypertension. The video will then demonstrate how each app works and its functionalities, such as self-monitoring blood pressure, reminders and feedback. The following questions will be asked for each app after stopping the video:

6. Could you describe in as much detail as possible how satisfied you would be for your patients to use the apps? Why? (Please provide reasons for your answer).
 - a. *Do you think it would be useful for patients? And why?*
 - b. *How easy or difficult it would be for patients to self-manage hypertension by using the app?*
 - c. *How confident do you feel that your patients could successfully self-manage their hypertension by using this app*
7. What are the potential benefits you might expect for your patients using this app in support the self-management of hypertension?
8. Do you think there are potential limitations in, or barriers to, using this app to support the self-management of hypertension?
 - a. *Do you have any concern about the use of smartphone apps in your home? And why?*
 - b. *How important is it for you to check the credibility of a smartphone app's information source (content source, who created it)?*
9. How likely do you think your patients would you be to use a smartphone app? Please explain your answer.
 - a. *Are there any other features that you think should be considered to increase patients' willingness to use a smartphone app? and how patients can effectively benefit from it?*
10. To what extend you are willing to recommend this app for your patients?
11. How likely patients may need training to use such a smartphone app? If so, please provide details.
12. Do you have any other questions about the app?
13. Please rate this app from 5 (very suitable) to 1 (not suitable) for self-managing hypertension.