

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

1. In your experience, how do you manage/self-mange your hypertension?
  - a. *How often do you check your BP?*
  - b. *What actions if any do you take in response to your blood pressure Readings?*
  - c. *What other self-management strategies or skills have you adopted to control your blood pressure, and how? (for example, trying to eat a healthy diet, or taking exercise).*
  - d. *What problems are you facing in adopting self-management strategies? Please provide details.*
2. How knowledgeable are you about hypertension, e.g. what the risks are?
3. Can you please tell me about your **experience** of using mobile applications (e.g.,”apps”)?
  - a. *Have you ever used an app for any purpose? Provide details.*
  - b. *What were the reasons for using the app that you mentioned? If applicable*
4. Have you ever used an app for managing your hypertension? Why/Why not?
5. What do you feel are the potential benefits of using mobile apps to support the self-management of hypertension?
6. What are the potential limitations of, or barriers to, using mobile apps to support the self-management of hypertension?
  - a. *Can you tell me about any concerns you had about the use of mobile apps?*

The patients 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 BP, reminders and feedback. The following questions will be asked for each app after stopping the video:

7. Could you describe in as much detail as possible how satisfied you are with the app? Why?
  - a. *How useful did you find it? Why/Why not?*
  - b. *How easy was it to use the app to self-manage hypertension?*
  - c. *How confident do you feel that you could successfully self-manage your hypertension using this app?*
8. What are the potential benefits you might expect from using this app to support the self-management of hypertension?

9. What are the potential limitations of, or barriers to, using this app to support the self-management of hypertension?
  - a. Can you tell me about *the use of mobile apps in your home? Please explain*
  - b. *How important is it for you to check the credibility of a mobile app's information source (content source, who created it)? If applicable*
10. How likely would you be to use a mobile app? Please explain your answer.
  - a. *Are there any other features that you think should be considered to increase your willingness to use a mobile app? What they are? and how would they help you?*
11. Would you recommend this app for your friends or families? Why/Why not?
12. Do you think you may need training to use a mobile app like this? Why/why not?
13. Do you have any questions about the app?
14. Please rate this app from 5 (very suitable) to 1 (not suitable) for self-managing your condition.