

Supplementary material

Appendix 1

Search strategy

1. Main concept: educational intervention; hypertensive patients; self-management behaviours
2. These concepts will be combined the concepts using Boolean operators (AND, OR) and parentheses for grouping:

(educational intervention* OR health education OR patient education) AND (hypertensive patient* OR hypertension OR high blood pressure) AND (self-management behavior* OR self-care OR self-management OR lifestyle changes)

2a. Medline/Pubmed: ("educational intervention"[Title/Abstract] OR "health education"[Title/Abstract] OR "patient education"[Title/Abstract]) AND ("hypertensive patient"[Title/Abstract] OR "hypertension"[Title/Abstract] OR "high blood pressure"[Title/Abstract]) AND ("self-management behavior"[Title/Abstract] OR "self-care"[Title/Abstract] OR "self-management"[Title/Abstract] OR "lifestyle changes"[Title/Abstract])

2b. Embase: ('educational intervention'/exp OR 'health education'/exp OR 'patient education'/exp) AND ('hypertensive patient'/exp OR 'hypertension'/exp OR 'high blood pressure'/exp) AND ('self-management behavior'/exp OR 'self-care'/exp OR 'self-management'/exp OR 'lifestyle changes'/exp)

2c. PsycINFO: (educational intervention OR health education OR patient education) AND (hypertensive patient OR hypertension OR "high blood pressure") AND (self-management behavior OR self-care OR "self-management" OR "lifestyle changes")

2d. CINAHL: (educational intervention OR health education OR patient education) AND (hypertensive patient OR hypertension OR "high blood pressure") AND (self-management behavior OR self-care OR "self-management" OR "lifestyle changes")

2e. Web of Science Core Collection: ("educational intervention" OR "health education" OR "patient education") AND ("hypertensive patient" OR "hypertension" OR "high blood

pressure") AND ("self-management behavior" OR "self-care" OR "self-management" OR "lifestyle changes")

2f. Google Scholar: "educational intervention" OR "health education" OR "patient education" AND "hypertensive patient" OR "hypertension" OR "high blood pressure" AND "self-management behavior" OR "self-care" OR "self-management" OR "lifestyle changes"

Appendix 2: Screening tool based on the eligibility criteria.

1. Name of author and year of publication
2. Name of journal
3. Title
4. Initials of the reviewer
5. Design: Is the review a systematic review or meta-analysis? Yes or No
6. Language: Is the review published in English? Yes or No
7. Review type: a) Is the review an effectiveness review that takes quantitative evidence into account? Yes or No b) If a mixed-methods review, does the review include quantitative data focusing on the effectiveness of educational interventions whether used independently or in conjunction with other interventions? Yes or No
8. Participants: Is the review limited to adults aged 18 and up who have been diagnosed with hypertension? Yes or No
9. Intervention: Is the intervention of interest to the study objective? Yes or No
10. Outcome: Does the review report on any of the following outcomes? Effectiveness of educational intervention, alone or in combination with other interventions on hypertension self-management practices (medication adherence, low salt diet,

weight management practices, physical activity, alcohol consumption, smoking cessation) OR effectiveness of educational interventions, alone or in combination with other interventions on blood pressure control OR Effectiveness of educational intervention, alone or combined with other interventions on her health-related quality of life. Yes or No
If you answered ‘Yes’ to questions 5-10, please include the study. If you have not answered ‘Yes’ to questions 5-10, please exclude the study

Appendix 3: JBI Critical Appraisal Checklist for Systematic Reviews and Research

Syntheses

Reviewer:				
Date:				
Author:				
Year:				
1. Is the review question clearly and explicitly stated?	Yes	No	Unclear	Not applicable
2. Were the inclusion criteria appropriate for the review question?				
3. Was the search strategy appropriate?				
4. Were the sources and resources used to search for studies adequate?				

5. Were the criteria for appraising studies appropriate?				
6. Was critical appraisal conducted by two or more reviewers independently?				
7. Were there methods to minimize errors in data extraction?				
8. Were the methods used to combine studies appropriate?				
9. Was the likelihood of publication bias assessed?				
10. Were recommendations for policy and/or practice supported by the reported data?				
11. Were the specific directives for new research appropriate?				
Overall appraisal: Include	Exclude	Seek further information		
Comments (include the reason for exclusion)				

Appendix 4: JBI Data Extraction Form for Review for Systematic Reviews and Research Syntheses

Study Details	
Author/year	
Objectives	
Participants (characteristics/total	

number)	
Setting/context	
Description of Interventions/ phenomena of interest	
Search Details	
Sources searched	
Range (years) of included studies	
The number of studies included	
Types of studies included	
Country of origin of incl. studies	
Appraisal	
Appraisal instruments used	
Appraisal rating	
Analysis	
Method of analysis	
Outcome assessed	
Results/Findings	
Significance/direction	
Heterogeneity	
Comments	