Q 2, 3, 4, &5. Adherence interventions according to 11 theoretical domain framework categories.

Question: Are the following interventions on adherence regarding pharmacologic or non-pharmacologic management of hypertension used in your practice or in your country?

| Responder | Institution | Country |
|-----------|-------------|---------|
|           | M J1 J2 J3 J4 Pa C I Ph Tw Ko J Mode | M J1 J2 J3 J4 Pa C I Ph Tw Ko J Mode |
| 2. SKILLS |             |         |
| • Swallowing training | 1 4 3 2 1 2 1 2 3 1 3 3 1 | 1 3 2 3 2 1 1 3 3 3 1 |
| • Easy-to-use packaging | 4 3 3 4 1 2 3 2 4 2 4 3 4 | 3 2 3 3 2 4 2 4 3 3 3 |
| • Physiotherapy | 4 3 3 2 3 1 2 3 2 1 1 3 1 | 2 2 2 3 1 4 3 2 1 2 2 |
| • Self-administration training | 4 4 3 2 4 1 2 2 3 1 2 4 2 | 1 3 2 3 1 2 2 3 2 3 2 |
| • Self-management skills | 4 4 3 3 1 3 3 2 3 1 3 3 3 | 1 3 2 3 2 3 1 3 3 3 3 |
| • Problem-solving training | 4 3 3 2 1 2 3 2 1 3 3 2 | 1 2 2 3 2 3 1 2 3 2 2 |
| • Inpatient self-medication programs | 1 3 3 3 3 1 2 3 3 2 1 3 1 | 1 2 2 3 1 2 2 3 1 2 1 |
| • Communication skills training | 3 3 3 1 4 1 2 3 2 1 1 3 3 | 1 2 1 3 1 2 3 2 1 2 1 |
| Mode | 4 3 3 2 1 1 2 2 3 1 3 3 1 | 1 2 2 3 2 2 1 3 3 3 3 |

3. SOCIAL/PROFESSIONAL ROLE AND Identity

| Contract | 4 4 3 3 1 1 3 3 1 1 1 3 1 | 2 3 3 2 1 2 1 1 2 3 2 |
| Improve relationship | 2 4 3 3 4 4 4 3 4 4 4 4 | 2 3 3 3 4 4 3 4 3 3 4 |
| consumer involvement | 4 4 3 2 4 4 4 3 3 4 4 4 4 | 2 3 2 1 3 4 3 3 2 2 2 |
| Encouraging doctor-patient co-operation | 3 4 2 3 4 3 4 3 3 3 2 4 3 | 2 3 3 3 3 4 3 3 2 3 3 |
| Patient-centeredness | 4 4 3 3 2 4 4 3 3 3 4 4 4 4 | 2 3 2 1 3 4 3 3 2 2 2 |
| Taking into account of spiritual and psychological dimensions which may be of primary importance to patients | 4 4 3 3 2 4 4 3 3 4 4 3 4 | 2 3 3 3 2 4 4 3 3 2 |
| Accurate recognition of the patient’s problems by the health care provider | 4 4 3 3 2 4 4 3 3 4 4 3 4 | 2 3 3 3 2 4 4 3 3 2 |
| Mode | 4 4 3 3 4 4 4 3 3 4 4 4 | 2 3 3 3 2 4 4 3 3 3 |
### 4. BELIEFS ABOUT CAPABILITIES

- Patient empowerment

| Mode | C | I | J | J1~4 | K | M | Pa | Ph | Tw |
|------|---|---|---|------|---|---|----|----|----|
| 1    |   |   |   |      |   |   |    |    |    |
| 2    |   |   |   |      |   |   |    |    |    |
| 3    |   |   |   |      |   |   |    |    |    |
| 4    |   |   |   |      |   |   |    |    |    |

### 5. BELIEFS ABOUT CONSEQUENCES

- Cognitive restructuring

| Mode | C | I | J | J1~4 | K | M | Pa | Ph | Tw |
|------|---|---|---|------|---|---|----|----|----|
| 3    |   |   |   |      |   |   |    |    |    |
| 4    |   |   |   |      |   |   |    |    |    |
| 3    |   |   |   |      |   |   |    |    |    |
| 2    |   |   |   |      |   |   |    |    |    |

- Cognitive behavioral therapy

| Mode | C | I | J | J1~4 | K | M | Pa | Ph | Tw |
|------|---|---|---|------|---|---|----|----|----|
| 3    |   |   |   |      |   |   |    |    |    |
| 4    |   |   |   |      |   |   |    |    |    |
| 3    |   |   |   |      |   |   |    |    |    |
| 2    |   |   |   |      |   |   |    |    |    |

- Discuss
  - **Beliefs**
    | Mode | C | I | J | J1~4 | K | M | Pa | Ph | Tw |
    | 4    |   |   |   |      |   |   |    |    |    |
    | 4    |   |   |   |      |   |   |    |    |    |
    | 3    |   |   |   |      |   |   |    |    |    |
    | 2    |   |   |   |      |   |   |    |    |    |
  - **Barriers**
    | Mode | C | I | J | J1~4 | K | M | Pa | Ph | Tw |
    | 4    |   |   |   |      |   |   |    |    |    |
    | 4    |   |   |   |      |   |   |    |    |    |
    | 3    |   |   |   |      |   |   |    |    |    |
    | 2    |   |   |   |      |   |   |    |    |    |
  - **Ambivalence to treatment**
    | Mode | C | I | J | J1~4 | K | M | Pa | Ph | Tw |
    | 4    |   |   |   |      |   |   |    |    |    |
    | 4    |   |   |   |      |   |   |    |    |    |
    | 3    |   |   |   |      |   |   |    |    |    |
    | 2    |   |   |   |      |   |   |    |    |    |
  - **Adherence**
    | Mode | C | I | J | J1~4 | K | M | Pa | Ph | Tw |
    | 4    |   |   |   |      |   |   |    |    |    |
    | 4    |   |   |   |      |   |   |    |    |    |
    | 3    |   |   |   |      |   |   |    |    |    |
    | 3    |   |   |   |      |   |   |    |    |    |
  - **Stigma**
    | Mode | C | I | J | J1~4 | K | M | Pa | Ph | Tw |
    | 4    |   |   |   |      |   |   |    |    |    |
    | 4    |   |   |   |      |   |   |    |    |    |
    | 3    |   |   |   |      |   |   |    |    |    |
    | 3    |   |   |   |      |   |   |    |    |    |

1, Never; 2, Seldom; 3, Sometimes; 4, Often.

C, China; I, Indonesia; J, Japan; J1~4, Japanese panel~4; K, South Korea; M, Malaysia; Pa, Pakistan; Ph, Philippines; Tw, Taiwan.
Q 6 & 7. Adherence interventions according to 11 theoretical domain framework categories.

Question: Are the following interventions on adherence regarding pharmacologic or non-pharmacologic management of hypertension are used in your practice or in your country?

| Responder | Institution | Country |
|-----------|-------------|---------|
|           | M | J1 | J2 | J3 | J4 | Pa | C | I | Ph | Tw | Ko | J | Mode |
| 6. INTENTIONS | | | | | | | | | | | | | |
| • Counseling about lifestyle | | | | | | | | | | | | | |
| ° Diet | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| ° Exercise | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| ° Smoking | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| Mode | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| • Rewards | | | | | | | | | | | | | |
| ° Material | 1 | 4 | 1 | 1 | 2 | 4 | 2 | 3 | 2 | 1 | 1 | 1 | 1 |
| ° Monetary | 1 | 4 | 1 | 1 | 3 | 2 | 1 | 3 | 1 | 1 | 1 | 1 | 1 |
| Mode | 1 | 4 | 1 | 1 | 3 | 3 | 2 | 3 | 2 | 1 | 1 | 1 | 1 |
| • Motivational interviewing | 1 | 4 | 2 | 3 | 2 | 1 | 3 | 4 | 2 | 3 | 4 | 2 | 1 |
| • Action plans | 4 | 3 | 2 | 2 | 2 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 4 |
| 7. MEMORY, ATTENTION, AND DECISION PROCESSES | | | | | | | | | | | | | |
| • Reminders | | | | | | | | | | | | | |
| ° Postcard | 1 | 3 | 1 | 1 | 3 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 1 |
| ° Mailings | 1 | 3 | 1 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 1 |
| ° Prescription refill | 1 | 4 | 2 | 2 | 3 | 1 | 4 | 2 | 4 | 2 | 1 | 2 | 1 |
| ° Telephone-linked computer system | 1 | 4 | 1 | 1 | 2 | 1 | 1 | 1 | 2 | 1 | 1 | 1 | 1 |
| ° Appointment | 4 | 4 | 1 | 1 | 2 | 1 | 4 | 2 | 4 | 3 | 4 | 1 | 4 |
| ° Phone call | 2 | 3 | 1 | 1 | 3 | 1 | 3 | 2 | 2 | 1 | 2 | 1 | 2 |
| ° Mobile text messages | 1 | 3 | 1 | 1 | 1 | 3 | 1 | 2 | 1 | 4 | 1 | 1 | 1 |
| ° Alarms | 1 | 3 | 1 | 1 | 1 | 2 | 1 | 1 | 2 | 4 | 1 | 1 | 1 |
| • Organizers | 1 | 4 | 3 | 1 | 1 | 1 | 3 | 2 | 2 | 2 | 2 | 1 | 2 |
| • Unit-of-use dispensing | 4 | 2 | 1 | 1 | 1 | 4 | 2 | 3 | 3 | 4 | 1 | 4 | 1 |
| • Automated dispenser | 1 | 2 | 1 | 1 | 1 | 3 | 1 | 1 | 4 | 1 | 1 | 1 | 1 |
| • Directly observed therapy | 2 | 2 | 2 | 1 | 1 | 1 | 2 | 2 | 3 | 1 | 2 | 2 | 2 |
| • Patient diary | 2 | 3 | 2 | 2 | 3 | 1 | 2 | 3 | 4 | 2 | 4 | 2 | 2 |
|                      | China | Indonesia | Japan | Japanese panel~4 | Korea | Malaysia | Pakistan | Philippines | Taiwan |
|----------------------|-------|-----------|-------|------------------|-------|----------|----------|-------------|--------|
| Reminder pill packaging | 1     | 2         | 2     | 1                | 1     | 1        | 1        | 2           | 2      |
| Disposing of excessive medication | 3     | 3         | 1     | 1                | 2     | 3        | 2        | 2           | 3      |
| Feedback on medication use | 4     | 4         | 1     | 3                | 3     | 4        | 3        | 4           | 4      |
| Mode                 | 1     | 3         | 1     | 1                | 1     | 3        | 2        | 2           | 1      |
8. ENVIRONMENTAL CONTEXT AND RESOURCES

Regimen
- Tailor treatment to daily habits
  - Institution: J1 J2 J3 J4 Pa C I Ph Tw Ko J Mode
  - Country: J1 J2 J3 J4 Pa C I Ph Tw Ko J Mode
- Simplified dosing regimens
  - Institution: J1 J2 J3 J4 Pa C I Ph Tw Ko J Mode
  - Country: J1 J2 J3 J4 Pa C I Ph Tw Ko J Mode
- Reducing the frequency of dosing
  - Institution: J1 J2 J3 J4 Pa C I Ph Tw Ko J Mode
  - Country: J1 J2 J3 J4 Pa C I Ph Tw Ko J Mode
- Combination pills
  - Institution: J1 J2 J3 J4 Pa C I Ph Tw Ko J Mode
  - Country: J1 J2 J3 J4 Pa C I Ph Tw Ko J Mode
- Changing the medication formulation
  - Institution: J1 J2 J3 J4 Pa C I Ph Tw Ko J Mode
  - Country: J1 J2 J3 J4 Pa C I Ph Tw Ko J Mode

Adverse events
- Counseling
  - Institution: J1 J2 J3 J4 Pa C I Ph Tw Ko J Mode
  - Country: J1 J2 J3 J4 Pa C I Ph Tw Ko J Mode
- Adverse events
  - Institution: J1 J2 J3 J4 Pa C I Ph Tw Ko J Mode
  - Country: J1 J2 J3 J4 Pa C I Ph Tw Ko J Mode

Mode
- Institution: J1 J2 J3 J4 Pa C I Ph Tw Ko J Mode
  - Country: J1 J2 J3 J4 Pa C I Ph Tw Ko J Mode

8. ADVERSE EVENTS

Question: Are the following interventions on adherence regarding pharmacologic or non-pharmacologic management of hypertension are used in your practice or in your country?
| Description                                       | China (C) | Indonesia (I) | Japan (J) | Japanese Panel 1 (J1) | Japanese Panel 2 (J2) | Japanese Panel 3 (J3) | Japanese Panel 4 (J4) | Malaysia (M) | Pakistan (Pa) | Philippines (Ph) | Taiwan (Tw) |
|--------------------------------------------------|-----------|----------------|----------|-----------------------|-----------------------|-----------------------|-----------------------|--------------|--------------|----------------|-------------|
| Clarify responsibility for administration of therapy | 4 4 3 1 3 3 4 1 4 3 4 3 4 1 3 1 3 2 4 1 4 4 3 4 |                    |          |                       |                       |                       |                       |              |              |                 |             |
| Increase the convenience of care                  |           |                |          |                       |                       |                       |                       |              |              |                 |             |
| ° Short waiting time                              | 4 4 3 3 3 4 3 4 3 3 3 4 3 4 1 4 3 3 3 3 4 4 3 3 |                    |          |                       |                       |                       |                       |              |              |                 |             |
| ° Short intervals between appointment              | 3 4 3 3 3 2 3 3 3 3 4 3 3 3 1 4 3 3 3 3 3 4 3 3 |                    |          |                       |                       |                       |                       |              |              |                 |             |
| Provision of therapy at worksite                  | 1 4 3 2 2 1 3 4 2 3 2 2 2 1 4 2 2 1 3 3 2 2 2 2 |                    |          |                       |                       |                       |                       |              |              |                 |             |
| Home visits                                       | 3 4 1 1 1 2 1 2 2 1 1 1 1 1 1 4 1 3 2 2 3 3 2 3 2 |                    |          |                       |                       |                       |                       |              |              |                 |             |
| Discharge planning                                |           |                |          |                       |                       |                       |                       |              |              |                 |             |
| ° (Post-discharge) Follow-up                      |           |                |          |                       |                       |                       |                       |              |              |                 |             |
| Periodic reinforcement                            | 4 4 2 2 3 4 3 4 3 3 3 3 2 3 1 4 2 3 4 3 3 3 2 3 3 |                    |          |                       |                       |                       |                       |              |              |                 |             |
| Mass mailings                                     | 1 3 1 1 3 1 1 1 1 2 1 3 1 1 1 3 1 3 1 2 1 2 3 3 1 |                    |          |                       |                       |                       |                       |              |              |                 |             |
| Remote internet-based treatment support           | 1 4 1 1 3 1 4 1 3 1 2 1 1 1 4 1 2 1 4 1 3 2 2 1 |                    |          |                       |                       |                       |                       |              |              |                 |             |
| Mode                                             | 4 4 3 1 3 4 4 4 4 3 3 3 4 1 4 1 3 2 4 3 3 4 3 3 |                    |          |                       |                       |                       |                       |              |              |                 |             |
| Financial aspects                                 |           |                |          |                       |                       |                       |                       |              |              |                 |             |
| Financial incentives                              | 1 3 1 1 2 1 1 1 1 3 1 1 1 1 1 2 1 2 1 2 1 3 1 2 1 |                    |          |                       |                       |                       |                       |              |              |                 |             |
| Co-payments                                       | 1 3 1 1 1 2 1 3 3 1 4 1 1 1 2 1 1 2 2 3 3 4 2 2 |                    |          |                       |                       |                       |                       |              |              |                 |             |
| Mode                                             | 1 3 1 1 2 2 1 2 3 1 3 3 1 1 1 2 1 2 2 2 2 3 3 2 2 |                    |          |                       |                       |                       |                       |              |              |                 |             |

1, Never; 2, Seldom; 3, Sometimes; 4, Often.
C, China; I, Indonesia; J, Japan; J1~4, Japanese panel~4; K, South Korea; M, Malaysia; Pa, Pakistan; Ph, Philippines; Tw, Taiwan.
Q 9,10, & 11. Adherence interventions according to 11 theoretical domain framework categories.

Question: Are the following interventions on adherence regarding pharmacologic or non-pharmacologic management of hypertension are used in your practice or in your country?

| Institution | Country |
|-------------|---------|
| Responder   | Institution | Country |
|             | M | J1 | J2 | J3 | J4 | Pa | C | I | Ph | Tw | Ko | J | Mode |
| 9. SOCIAL INFLUENCES | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 4 | 3 | 1 | 3 | 3 |
| • (Culturally modified) family intervention | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 1 | 3 | 3 | 3 |
| • Social support | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 1 |
| ° Lay health mentoring | 1 | 4 | 3 | 1 | 3 | 1 | 3 | 3 | 3 | 1 | 3 | 3 | 3 |
| ° (Couple-focused) group programs | 1 | 4 | 3 | 1 | 2 | 1 | 2 | 1 | 3 | 3 | 1 | 3 | 1 |
| Mode | 1 | 4 | 3 | 1 | 3 | 1 | 3 | 3 | 3 | 1 | 3 | 3 | 3 |

10. EMOTION

• Psychological therapy | 3 | 3 | 1 | 3 | 1 | 3 | 3 | 3 | 3 | 1 | 3 | 3 | 3 |
| • Crisis intervention | 2 | 3 | 1 | 1 | 3 | 1 | 2 | 1 | 3 | 3 | 1 | 3 | 1 |

Mode | 3 | 3 | 1 | 1 | 3 | 2 | 2 | 3 | 2 | 3 | 1 | 2 | 2 |

11. BEHAVIORAL REGULATION

• Point-of-care testing | 4 | 3 | 1 | 1 | 2 | 1 | 4 | 1 | 4 | 2 | 2 | 1 | 4 |
| • Self-monitoring | 3 | 2 | 1 | 1 | 1 | 4 | 1 | 3 | 3 | 2 | 3 |
| ° Treatment | 4 | 3 | 1 | 1 | 3 | 3 | 4 | 3 | 4 | 4 | 4 | 3 | 4 |
| ° Symptoms | 4 | 3 | 1 | 1 | 3 | 3 | 4 | 3 | 4 | 4 | 4 | 3 | 4 |

Mode | 4 | 3 | 1 | 1 | 3 | 3 | 4 | 3 | 4 | 4 | 4 | 3 | 4 |

1, Never; 2, Seldom; 3, Sometimes; 4, Often.
C, China; I, Indonesia; J, Japan; J1~4, Japanese panel~4; K, South Korea; M, Malaysia; Pa, Pakistan; Ph, Philippines; Tw, Taiwan.