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| **Supplementary Table 2. Detailed blood pressure measurement methods in the included studies (*n*=9)** | | | | | |  |  |  |
| Author | Resting time | Position | Measured arm | Number of measuring | Interval between measurements | Result | |  |
| Appel et al. [16] | 5 minutes | Sitting | Right arm | 2 | 30 seconds | Mean of obtained BP | |  |
| Kirpizidis et al. [17] | 10 minutes | Sitting | NI | 2 | 5 minutes | Mean of obtained BP | |  |
| Miller et al. [18] | 5 minutes | Sitting | NI | 2 | NI | Baseline: average of BP from 3 screening visits  Follow-up: week 9 BP | |  |
| Naseem et al. [19] | NI | Sitting | Both arms  (Higher value as the reference) | 2 | 30 minutes – 2 hours | Mean of obtained BP | |  |
| Nowson et al. [20] | 5 minutes | Sitting | Left arm | 4 | 1 minute | Average of the last 3 BP | |  |
| Sacks et al. [21] | NI | Sitting | NI | NI | NI | Baseline: average of BP obtained from 3 screening visits & 2 run-in measurements  Follow-up: average of the last 5 BP obtained | |  |
| Umemoto et al. [22] | NI | Sitting | NI | 2 or more | 1-2 minutes | Average of 2 stable BP | |  |
| Whitt-Glover et al. [23] | NI | NI | NI | NI | NI | NI | |  |
| Zou et al. [24] | NI | Sitting | NI | 3 | 1-2 minutes | Average of latter 2 obtained BP | |  |
| BP, blood pressure; NI, no information | | | | | | | |