

ORIGINAL RESEARCH ARTICLE

Effects of Mongolian Mind-Body Interactive Therapy on blood pressure control among people with essential hypertension during the COVID-19 pandemic: An exploratory online intervention study

Supplementary Files

1. Survey questionnaire

1.1. Pre-treatment evaluation questionnaire for essential hypertension

If you have just started a new Mongolian medicine psychosomatic interaction therapy (MMBIT) treatment process, please participate in understanding your basic situation, including the changes in physical symptoms and psychological emotions during the treatment process. This questionnaire will take you 10–15 min. Please make sure to fill it out carefully and carefully! The results of this survey are for scientific research only. Your personal information will be protected in accordance with the provisions of China's Personal Privacy Protection Law. By accepting and completing this survey questionnaire, it is assumed that you have signed the informed consent form.

1. Your gender:
 - A. Male
 - B. Female
2. Your age group:
 - A. <60 years
 - B. 60+ years
3. What is your educational background?
 - A. Elementary school and below
 - B. Junior high school
 - C. University and above
4. Do you regularly check your blood pressure?
 - A. Yes
 - B. No
5. Have you taken any antihypertensive medication in the past week?
 - A. Yes
 - B. No
6. Please upload clear pictures of you taking antihypertensive drugs.
7. How long has your history of essential hypertension been?
 - A. <1 year
 - B. 1–5 years
 - C. 6–10 years
 - D. 11–15 years
 - E. >15 years
8. Do you have any immediate family members with essential hypertension?
 - A. Yes
 - B. No
9. How long do you usually exercise every week?
 - A. More than 5 h
 - B. 2–5 h
 - C. 1–2 h
 - D. <1 h

Table S1. Overall quality control analysis of data

Variables	Group A (%)	Group B (%)	Group C (%)
Age			
<60 years	59.09	58.96	63.06
≥60 years	40.91	41.04	36.94
Gender			
Male	27.34	27.36	30.18
Female	72.66	72.64	69.82
Educational level			
Elementary school and below	23.06	23.11	14.85
Junior high school	17.11	16.98	18.13
University and above	59.8	59.92	66.98

10. Do you know how to prevent high blood pressure?

- A. Low salt diet
- B. Take more exercise
- C. Weight control
- D. Quit smoking and drinking
- E. Keep a good mood
- F. Other
- G. Have no idea

11. Please upload a picture of today's blood pressure count (you should sit quietly for 5 min before measuring blood pressure, and adjust the appropriate and correct measurement method).

1.2. Post-treatment evaluation questionnaire

If you have been receiving treatment for 21 days, decide to take a break for a period of time, please participate in understanding your treatment situation. This questionnaire will take you 10–15 min. Comparison before and after treatment will be more meaningful. Please make sure to fill it out carefully and carefully! The results of this survey are for scientific research only. Your personal information will be protected in accordance with the provisions of China's Personal Privacy Protection Law. By accepting and completing this survey questionnaire, it is assumed that you have signed the informed consent form.

1. Before filling out this scale, did you fill out the essential hypertension treatment (pre) scale?

A. Yes

B. No

2. Have you been attending classes for 21 consecutive days recently?

A. Yes

B. No

3. Have you taken antihypertensive drugs in the past 21 days?

A. Yes

B. No

4. Your satisfaction with the MMBIT.

A. Very satisfied

B. Relatively satisfied

C. Satisfied

D. Not very satisfied

E. Very dissatisfied

5. Please upload a picture of today's blood pressure meter measurement values.

2. Data quality control

A total of 4,441 survey questionnaires were collected before intervention treatment (Group A), 37 non-tertiary hospital-diagnosed survey questionnaires were removed (Group B), and 739 valid survey questionnaires before and after 21 days of treatment were collected (Group C). The differences in basic information between Groups A, B, and C did not exceed 5%, indicating no data bias.