

Table SI. Change in BP from W0 to W8.

Characteristic	n	BP change, mmHg			
		SeSBP	P-value	SeDBP	P-value
Sex			0.165		0.817
Female	223	-13.7±1.2		-5.6±0.7	
Male	208	-11.1±1.2		-5.6±0.7	
BMI, kg/m ²			0.619		0.649
<30	394	-12.5±0.9		-5.7±0.5	
≥30	30	-12.9±3.2		-4.4±1.8	
Highest completed education level			0.983		0.839
Primary school or less	80	-12.7±2.1		-5.7±1.0	
High school	249	-12.4±1.1		-5.8±0.7	
Undergraduate or above	102	-12.5±1.6		-5.1±1.0	
Smoker			0.179		0.545
No	317	-13.2±1.0		-5.7±0.6	
Yes	114	-10.3±1.6		-5.4±1.0	
Alcohol intake			0.635		0.594

No	380	-12.6±0.9		-5.4±0.5	
Yes	51	-11.6±2.5		-7.0±1.5	
Time since hypertension diagnosis, years			0.008 ^a		0.076
<5	87	-17.7±1.9		-7.2±1.0	
5-9	55	-12.9±2.2		-7.0±1.4	
≥10	289	-10.8±1.0		-4.9±0.6	
Family history of hypertension			0.506		0.651
No	178	-12.1±1.3		-6.2±0.8	
Yes	234	-12.7±1.1		-5.2±0.7	
History of allergy			0.690		0.047 ^a
No	382	-12.4±0.9		-5.3±0.5	
Yes	43	-13.5±2.4		-8.5±1.7	
History of respiratory disease			0.842		0.969
No	386	-12.5±0.9		-5.6±0.5	
Yes	43	-12.6±2.8		-5.0±1.4	
History of kidney disease			0.726		0.021 ^a

No	402	-12.4±0.9		-5.4±0.5	
Yes	28	-12.9±2.3		-9.2±1.4	
History of diabetes			0.443		0.557
No	332	-12.0±0.9		-5.7±0.6	
Yes	96	-13.1±1.6		-4.8±1.0	
History of CCVD			0.036 ^a		<0.001 ^a
No	234	-14.1±1.1		-7.7±0.7	
Yes	197	-10.6±1.2		-3.1±0.7	
History of dyslipidemia			0.105		0.002 ^a
No	245	-13.7±1.1		-7.0±0.7	
Yes	177	-10.8±1.2		-3.6±0.7	
Respiratory rate			0.774		0.899
Normal	356	-11.7±0.9		-5.5±0.6	
Abnormal	5	-13.0±3.6		-5.9±2.8	
Heart rate			0.747		0.070
Normal	397	-12.3±0.9		-5.9±0.5	
Abnormal	26	-12.6±3.6		-1.0±2.0	

SeSBP			<0.001 ^a		<0.001 ^a
Normal	180	-1.3±0.8		-1.6±0.6	
Abnormal	251	-20.5±1.0		-8.5±0.7	
SeDBP			<0.001 ^a		<0.001 ^a
Normal	330	-9.7±0.9		-2.5±0.5	
Abnormal	101	-21.4±1.8		-15.8±1.0	
Hypertension severity			<0.001 ^a		<0.001 ^a
Mild	189	-15.1±1.0		-6.2±0.7	
Moderate or severe	72	-32.6±1.8		-15.0±1.3	
History of hypertension treatment			0.001 ^a		0.007 ^a
Yes	414	-11.9±0.8		-5.3±0.5	
No	17	-25.9±3.7		-12.2±2.3	
History of antihypertensive drugs			0.587		0.263
Monotherapy	224	-12.8±1.2		-6.2±0.7	
Double combination	146	-11.9±1.3		-4.1±0.8	
Triple combination	36	-7.8±3.2		-4.7±1.8	
Combination			0.026 ^a		0.088

No combination	325	-12.8±0.9		-6.1±0.6	
Lipid-modifying agent	32	-17.1±3.0		-7.1±2.0	
Lipid-modifying agent and other	74	-8.9±2.3		-2.9±1.2	

^aP<0.05. Data are presented as the mean ± SEM. SeSBP, seated systolic blood pressure; SeDBP, seated diastolic blood pressure; BMI, body mass index; CCVD, cardiovascular and cerebrovascular disease.

Table SII. BP in patients with existing antihypertensive medication.

Characteristic	No history of antihypertensive medication (n=17)	Continuing existing antihypertensive medication (n=118)	Discontinued existing antihypertensive medication (n=328)	P-value
Mean $\pm$ SD BP, mmHg				
SeSBP at W4	132.5 $\pm$ 12.0	132.0 $\pm$ 11.3	131.8 $\pm$ 11.1	0.885
SeSBP at W8	129.1 $\pm$ 11.4	130.4 $\pm$ 12.0	130.6 $\pm$ 11.4	0.522
SeDBP at W4	77.3 $\pm$ 7.9	77.1 $\pm$ 7.9	77.4 $\pm$ 8.5	0.940
SeDBP at W8	75.9 $\pm$ 7.5	76.4 $\pm$ 7.5	76.8 $\pm$ 7.5	0.576
Mean $\pm$ SEM BP change, mmHg				
SeSBP at W4	-8.5 $\pm$ 17.6	-15.1 $\pm$ 15.5	-9.2 $\pm$ 15.3	0.014 ^a
SeSBP at W8	-12.4 $\pm$ 17.3	-16.8 $\pm$ 19.1	-10.7 $\pm$ 16.0	0.033 ^a
SeDBP at W4	-3.4 $\pm$ 9.3	-9.5 $\pm$ 9.9	-3.7 $\pm$ 10.4	<0.001 ^a
SeDBP at W8	-4.6 $\pm$ 8.8	-10.0 $\pm$ 11.6	-4.4 $\pm$ 9.9	<0.001 ^a

^aP<0.05. W, week; SeSBP, seated systolic blood pressure; SeDBP, seated diastolic blood pressure.

Table SIII. Factors affecting probability of achieving AHA BP target rate at week 8 by logistic regression model analysis.

Characteristic	Univariate logistic regression				Multivariate logistic regression			
	P-value	OR	95% CI		P-value	OR	95% CI	
			Lower	Upper			Lower	Upper
Sex, male vs. female	0.002 ^a	0.539	0.364	0.800	0.008 ^a	0.573	0.379	0.867
BMI, ≥ 30 vs. < 30 kg/m ²	0.878	1.061	0.497	2.265	-	-	-	-
Highest completed education level								
Primary school or less	Ref.				-	-	-	-
High school	0.158	0.693	0.416	1.153	-	-	-	-
Undergraduate or above	0.175	0.662	0.364	1.201	-	-	-	-
Smoker, yes vs. no	0.068	0.655	0.416	1.032	-	-	-	-
Alcohol intake, yes vs. no	0.081	0.561	0.294	1.073	-	-	-	-
Time since hypertension diagnosis, years								
<5	Ref.				Ref.			
5-9	0.174	0.622	0.314	1.233	0.160	0.599	0.293	1.225

≥10	0.004 ^a	0.494	0.304	0.802	0.003 ^a	0.463	0.276	0.776
Family history of hypertension, yes vs. no	0.657	0.913	0.612	1.363	-	-	-	-
History of allergy, yes vs. no)	0.845	0.937	0.488	1.798	-	-	-	-
History of respiratory disease, yes vs. no	0.437	1.287	0.681	2.431	-	-	-	-
History of kidney disease, yes vs. no	0.214	1.627	0.755	3.507	-	-	-	-
History of diabetes, yes vs. no	0.814	1.058	0.664	1.684	-	-	-	-
History of CCVD, yes vs. no	0.596	1.111	0.753	1.639	-	-	-	-
History of dyslipidemia, yes vs. no	0.743	0.936	0.630	1.391	-	-	-	-
Respiratory rate, abnormal vs. normal	0.964	0.959	0.158	5.810	-	-	-	-
Heart rate, abnormal vs. normal	0.250	1.595	0.720	3.531	-	-	-	-
SeSBP, abnormal vs. normal	<0.001 ^a	0.443	0.298	0.658	0.001 ^a	0.471	0.303	0.734
SeDBP, abnormal vs. normal	0.001 ^a	0.436	0.264	0.719	0.069	0.599	0.345	1.041
Hypertension severity, moderate or severe vs. mild	0.950	1.019	0.565	1.838	-	-	-	-

History of hypertension treatment, no vs. yes	0.423	0.648	0.224	1.874	-	-	-	-
History of antihypertensive drugs								
Monotherapy	Ref.				-	-	-	-
Double combination	0.432	0.842	0.549	1.293	-	-	-	-
Triple combination	0.381	0.717	0.341	1.507	-	-	-	-
Combination								
No combination	Ref.				Ref.			
Lipid-modifying agent	0.211	0.608	0.279	1.326	0.298	0.647	0.285	1.469
Lipid-modifying agent and other	0.004 ^a	0.430	0.242	0.764	0.004 ^a	0.412	0.226	0.749

^aP<0.05. AHA BP target, American Heart Association blood pressure target (defined as SeSBP <130 mmHg and SeDBP <80 mmHg); OR, odds ratio; CI, confidence interval; BMI, body mass index; CCVD, cardiovascular and cerebrovascular disease; SeSBP, seated systolic blood pressure; SeDBP, seated diastolic blood pressure.

Table SIV. Factors affecting probability of achieving China BP target rate at week 8 by logistic regression model analysis.

Characteristic	Univariate logistic regression				Multivariate logistic regression			
	P-value	OR	95% CI		P-value	OR	95% CI	
			Lower	Upper			Lower	Upper
Sex, male vs. female	0.097	0.679	0.429	1.073	-	-	-	-
BMI, ≥ 30 vs. < 30 kg/m ²	0.767	1.150	0.456	2.902	-	-	-	-
Highest completed education level								
Primary school or less	Ref.							
High school	0.351	1.327	0.733	2.402	-	-	-	-
Undergraduate or above	0.939	1.027	0.521	2.022	-	-	-	-
Smoker, yes vs. no	0.200	0.722	0.439	1.189	-	-	-	-
Alcohol intake, yes vs. no	0.179	0.640	0.334	1.227	-	-	-	-
Time since hypertension diagnosis, years								
<5	Ref.							

5-9	0.392	0.687	0.291	1.621	-	-	-	-
≥10	0.127	0.611	0.325	1.151	-	-	-	-
Family history of hypertension, yes vs. no	0.676	0.905	0.565	1.448	-	-	-	-
History of allergy, yes vs. no	0.813	1.098	0.507	2.378	-	-	-	-
History of respiratory disease, yes vs. no	0.556	1.273	0.570	2.845	-	-	-	-
History of kidney disease, yes vs. no	0.702	0.841	0.346	2.042	-	-	-	-
History of diabetes, yes vs. no	0.637	0.879	0.514	1.503	-	-	-	-
History of CCVD, yes vs. no	0.713	0.918	0.582	1.449	-	-	-	-
History of dyslipidemia, yes vs. no	0.061	0.641	0.402	1.021	-	-	-	-
Respiratory rate, abnormal vs. normal	0.978	1.032	0.114	9.371	-	-	-	-
Heart rate, abnormal vs. normal	0.204	2.215	0.650	7.549	-	-	-	-
SeSBP, abnormal vs. normal	<0.001 ^a	0.251	0.144	0.438	<0.001 ^a	0.242	0.131	0.446
SeDBP, abnormal vs. normal	0.035 ^a	0.581	0.350	0.963	0.444	0.800	0.452	1.417
Hypertension severity, moderate or severe vs. mild	0.099	0.616	0.347	1.095	-	-	-	-

History of hypertension treatment, no vs. yes	0.880	0.916	0.292	2.876	-	-	-	-
History of antihypertensive drugs								
Monotherapy	Ref.				Ref.			
Double combination	0.012 ^a	0.524	0.316	0.870	0.102	0.634	0.367	1.095
Triple combination	0.007 ^a	0.350	0.163	0.753	0.063	0.459	0.202	1.043
Combination								
No combination	Ref.				Ref.			
Lipid-modifying agent	0.347	0.665	0.285	1.554	0.556	0.763	0.311	1.876
Lipid-modifying agent and others	<0.001 ^a	0.364	0.211	0.630	0.002 ^a	0.369	0.199	0.685

^aP<0.05. China BP target was defined as SeSBP <140 mmHg and SeDBP <90 mmHg. BP, blood pressure; OR, odds ratio; CI, confidence interval; BMI, body mass index; CCVD, cardiovascular and cerebrovascular disease; SeSBP, seated systolic blood pressure; SeDBP, seated diastolic blood pressure.

Table SV. Factors affecting probability of achieving BP response rate at week 8 by logistic regression model analysis.

	Univariate logistic regression				Multivariate logistic regression			
Characteristic	P-value	OR	95% CI		P-value	OR	95% CI	
			Lower	Upper			Lower	Upper
Sex (Male vs. Female)	0.071	0.642	0.397	1.038	-	-	-	-
BMI (≥ 30 kg/m ² vs. < 30 kg/m ²)	0.376	1.630	0.553	4.806	-	-	-	-
Education level								
Primary school or less	Ref.				-	-	-	-
High school	0.338	1.353	0.729	2.508	-	-	-	-
Undergraduate or above	0.880	1.056	0.521	2.138	-	-	-	-
Smoker (Yes vs. No)	0.298	0.758	0.450	1.277	-	-	-	-
Alcohol intake (Yes vs. No)	0.130	0.597	0.306	1.163	-	-	-	-
Hypertension duration								
<5 years	Ref.				-	-	-	-

5-9 years	0.552	0.767	0.320	1.838	-	-	-	-
≥10 years	0.373	0.748	0.394	1.417	-	-	-	-
Family history of hypertension (Yes vs. No)	0.803	0.939	0.574	1.536	-	-	-	-
History of allergy (Yes vs. No)	0.840	1.087	0.484	2.438	-	-	-	-
History of respiratory disease (Yes vs. No)	0.566	1.282	0.549	2.990	-	-	-	-
History of kidney disease (Yes vs. No)	0.453	0.711	0.292	1.732	-	-	-	-
History of diabetes (Yes vs. No)	0.735	0.907	0.517	1.593	-	-	-	-
History of CCVD (Yes vs. No)	0.923	1.024	0.634	1.652	-	-	-	-
History of dyslipidemia (Yes vs. No)	0.106	0.668	0.410	1.089	-	-	-	-
Respiratory rate (Abnormal vs. Normal)	0.880	0.844	0.093	7.677	-	-	-	-
Heart rate (Abnormal vs. Normal)	0.316	1.875	0.549	6.403	-	-	-	-
SeSBP (Abnormal vs. Normal)	<0.001 ^a	0.178	0.093	0.339	0.210	0.245	0.027	2.208
SeDBP (Abnormal vs. Normal)	0.018 ^a	0.533	0.316	0.898	0.860	0.944	0.498	1.789
Hypertension severity class (Moderate or severe vs. Mild)	0.036 ^a	0.536	0.300	0.959	0.142	0.596	0.299	1.189
History of hypertension treatment (First	0.669	0.778	0.247	2.451	-	-	-	-

treatment vs. Ever treatment)								
History of antihypertensive drugs								
Monotherapy	Ref.				Ref.			
Double combination	0.022 ^a	0.546	0.325	0.917	0.049 ^a	0.530	0.281	0.998
Triple combination	0.564	0.767	0.312	1.888	0.763	0.855	0.310	2.359
Combinations								
No combination	Ref.				Ref.			
Lipid-modifying agents	0.396	0.680	0.280	1.655	0.861	1.103	0.370	3.282
Lipid-modifying agents and others	0.001 ^a	0.373	0.212	0.657	0.027 ^a	0.433	0.206	0.910

^aP<0.05. BP response rate was defined as proportion of patients achieving SeSBP <140 mmHg (or a decrease $\geq$ 20 mmHg in SeSBP) and SeDBP <90 mmHg (or a decrease $\geq$ 10 mmHg in SeDBP). BP, blood pressure; OR, odds ratio; CI, confidence interval; BMI, body mass index; CCVD, cardiovascular and cerebrovascular diseases; SeSBP, seated systolic blood pressure; SeDBP, seated diastolic blood pressure.

Table SVI. Post hoc comparisons of home-measured BP after treatment.

Comparison	Home-measured SeSBP		Home-measured SeDBP	
	Z-value	P-value	Z-value	P-value
W8 vs. W7	0.876	1.000	0.111	1.000
W8 vs. W6	1.943	1.000	0.779	1.000
W8 vs. W5	2.400	0.590	1.665	1.000
W8 vs. W4	3.739	0.007 ^a	2.978	0.104
W8 vs. W3	5.244	<0.001 ^a	4.580	<0.001 ^a
W8 vs. W2	6.649	<0.001 ^a	5.909	<0.001 ^a
W8 vs. W1	11.040	<0.001 ^a	9.176	<0.001 ^a
W8 vs. W0	10.422	<0.001 ^a	8.826	<0.001 ^a
W7 vs. W6	1.075	1.000	0.672	1.000
W7 vs. W5	1.533	1.000	1.565	1.000
W7 vs. W4	2.878	0.144	2.888	0.139

W7 vs. W3	4.393	<0.001 ^a	4.502	<0.001 ^a
W7 vs. W2	5.806	<0.001 ^a	5.841	<0.001 ^a
W7 vs. W1	10.230	<0.001 ^a	9.134	<0.001 ^a
W7 vs. W0	9.623	<0.001 ^a	8.782	<0.001 ^a
W6 vs. W5	0.456	1.000	0.892	1.000
W6 vs. W4	1.797	1.000	2.213	0.967
W6 vs. W3	3.312	0.033 ^a	3.829	0.005 ^a
W6 vs. W2	4.725	<0.001 ^a	5.167	<0.001 ^a
W6 vs. W1	9.153	<0.001 ^a	8.464	<0.001 ^a
W6 vs. W0	8.568	<0.001 ^a	8.125	<0.001 ^a
W5 vs. W4	1.342	1.000	1.320	1.000
W5 vs. W3	2.860	0.152	2.938	0.119
W5 vs. W2	4.276	0.001 ^a	4.278	0.001 ^a
W5 vs. W1	8.716	<0.001 ^a	7.583	<0.001 ^a
W5 vs. W0	8.138	<0.001 ^a	7.261	<0.001 ^a
W4 vs. W3	1.523	1.000	1.624	1.000
W4 vs. W2	2.943	0.117	2.968	0.117

W4 vs. W1	6.851	<0.001 ^a	6.290	<0.001 ^a
W4 vs. W0	7.405	<0.001 ^a	5.993	<0.001 ^a
W3 vs. W2	1.419	1.000	1.342	1.000
W3 vs. W1	5.889	<0.001 ^a	4.669	<0.001 ^a
W3 vs. W0	5.366	<0.001 ^a	4.406	<0.001 ^a
W2 vs. W1	4.478	<0.001 ^a	3.335	0.031 ^a
W2 vs. W0	3.985	0.002 ^a	3.099	0.070
W1 vs. W0	0.396	1.000	0.164	1.000

^aP<0.05. BP, blood pressure; SeSBP, seated systolic blood pressure; SeDBP, seated diastolic blood pressure; W, week.

Table SVII. Investigators and group in the SVK Study.

ID	Hospitals	Investigators	Coordinators
1	Baoshan Branch, Shanghai General Hospital	Minlei Liao	Genling Shi, Zhong Xu
2	Beijing Anzhen Hospital, Capital Medical University	Wenli Cheng	-
3	Beijing Aviation General Hospital	Peng Dong	Fang Liu, Yuanzheng Li
4	Central Hospital of Minhang District, Shanghai	Wei Hu	Yi Lu, Ludong Shi, Jian Dong, Xuran Tan
5	Dalian Jinzhou First People's Hospital	Yi Zhao	Yingchun Li, WenJun Gao, Yingzheng Liu, Zhitong Liu, Xia Gao,

			Xiaofang Zhang, Deyue Zhou, Li Che, Guang Li
6	Jiangsu Province Hospital of Chinese Medicine	Zhenxing Wang	Ran Chen, Jie Han, Lingzhun Wang, Chunling Liu, Pei Wang, Youping Dai
7	Jinan Central Hospital	Xiaojun Cai	-
8	Jing'an District Central Hospital of Shanghai	Jun Wang	Yun Zhou, Yan Zhang, Zhi-qiang Xu, Shao-hua Huang, Bin Cao, Zhu-Xia Shen, Ying Guo, Wei Jiang, Wen-qi Tao, Min Lian, Huan Tong, Jing Feng, Qi Tang, Lin Wang, Jia-jia Chen
9	Putuo People's Hospital, Tongji University	Mingliang Wang	Ting Ni, Qiliang Liu, Minghong Ge, Meiyu

			Yan, Qunfeng Xu, Min Liu
10	Qilu Hospital, Cheeloo College of Medicine, Shandong University	Peili Bu	Yun Ti, Chen Zhang, Huaitao Yu
11	Shanghai East Hospital, Tongji University school of Medicine	Ying Li	Lan Ma, Xiaoyan He, Lijie Wang, Jimin Li, Liang Wang
12	Shanghai Tenth People's Hospital	Yawei Xu	-
13	Shanghai Tongren Hospital	Zhaohui Qiu	Qixia Jiang, Mingjie Fu
14	Shanxi Cardiovascular Hospital	Xuebin Han	-
15	Shidong hospital, Yangpu, Shanghai	Liuliu Feng	Yuya Yang, Hongman Huang, Xinbing Liu, Yanyan Bai, Tianhua Liu
16	Sir Run Run Shaw Hospital, Zhejiang University School of	Guosheng Fu	-

	Medicine		
17	The First Affiliated Hospital of Shandong First Medical University & Shandong Provincial Qianfoshan Hospital	Yinglong Hou	Qing Wang, Ximin Wang, Manyi Ren, Xiuqing Tian, XiaoJun Wang, Rui Xu
18	The First Affiliated Hospital of Sun Yat-sen University	Yafei Jin	
19	The First Affiliated Hospital of Wenzhou Medical University	Danhong Fang	Gaojun Wu, Hao Zhao, Dan Wang, Xue Xia, Guang Ji, Fangyi Xiao, Yingying Dai, Xiuqing Chen
20	The Second Affiliated Hospital of Chongqing Medical University	Jing Huang	Yonghong Jiang, Que Zhe, YuanQing Yao
21	The Second Affiliated Hospital of Zhejiang University School of	Jian'an Wang	-

	Medicine		
22	The Second Clinical Medical College of Nanjing Medical University	Mei Hong	Meng Liu, Lin Kuai, Mingyue Chen, Hongyong Cheng, Fangping Xiao
23	Third Affiliated Hospital of Sun Yat-Sen University	Lin Chen	-
24	Tianjin Medical University General Hospital	Yongle Li	Xuefang Yu, Wei Yao, Bo Bian
25	Tianjin Third Central Hospital	Yingwu Liu	-
26	Union Hospital, Tongji Medical College, Huazhong University of Science and Technology	Kai Huang	-
27	Wenzhou Central Hospital	Xiaojun Ji	Miao Lin, Xumei Huang, Bin Lin, Zhuying Jia, Yunlong Wang, Yiwei Huang, Haiyue Dai,

			Qiuming Ni, Yulong Chen
28	West China Hospital of Sichuan University	Xiaoping Chen	-
29	Wuhan No.1 Hospital	Liqun He	Ying Feng, Rong Zheng, Juan Liu, Fan Zhang, Guowei Tian, Wei Zhu, Zuomin Li, Qin Leng, Jun Zheng
30	Wuhan Third Hospital	Dongsheng Li	-
31	Wuxi People's Hospital Affiliated to Nanjing Medical University	Ruxing Wang	Jia-ping Li
32	Wuxi Third People's Hospital	Xiaoyan Wang	Jingjing Shi, Guangyan Wang, Mingzi Teng, Jun Zhu

33	Zhejiang Hospital	Lijiang Tang	-
34	Zhejiang Provincial People's Hospital	Jianhong Xie	Li Zhang, Dong-Sheng Sun
35	ZhongDa Hospital, Southeast University	Genshan Ma	Chengwei Ju, Yang Li
36	Zhongshan Hospital, Fudan University	Junbo Ge	Zhaoqiang Cui, Jialu Hu