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| Hill-Bone questionnaire measuring self-care behaviors\* |
| 1. How often do you forget to take your HBPa medicine? |
| 2. How often do you decide not to take your HBP medicine? |
| 3. How often do you leave the dispensary without obtaining your prescribed pills? (due to long line, closure of the clinic, forgot) |
| 4. How often do you run out of HBP pills? |
| 5. How often do you skip your HBP medicine 1–3 days before you go to the clinic? |
| 6. How often do you miss taking your HBP pills when you feel better? |
| 7. How often do you miss taking your HBP pills when you feel sick? |
| 8. How often do you take someone else’s HBP pills? |
| 9. How often do you miss taking your HBP pills when you care less? |
| 10. How often do you eat salty food? |
| 11. How often do you shake salt, fondor, or aromat on your food before you eat it? |
| 12. How often do you eat fast food? (KFC, McDonalds, fat cook, fish and chips) |
| 13. How often do you get the next appointment before you leave the clinic? |
| 14. How often do you miss scheduled appointments? |

\*The answering options were “Always (1), Most of the time (2), Sometimes (3), Rarely (4), and Never (5)”.

a HBP: High Blood Pressure