

## Supplementary 1

Items	I	Item Stem	Hypertension group	Non-hypertension group	Difference
A01	I	take a bath or shower	4.56	4.59	-0.03
A02	I	eat without help	4.81	4.72	0.09
A03	I	personal hygiene without help	4.75	4.71	0.04
A04	I	dress myself as desired	4.58	4.58	0
A05	I	get in and out of bed without falling	4.56	4.54	0.02
A06	I	get in and out of a chair	4.56	4.59	-0.03
A07	I	get to the bathroom in time	4.43	4.4	0.03
A08	I	manage clothes when toileting	4.7	4.61	0.09
A09	I	stand for 5 minutes	4.25	4.4	-0.15
A10	I	walk around inside my house	4.57	4.53	0.04
A11	I	walk a block on flat ground	4.12	4.31	-0.19

Items	I	Item Stem	Hypertension group	on-hypertension group	Difference
A12	I	exercise moderately for 10 minutes	3.77	4.0	-0.31
A13	I	exercise vigorously for 10 minutes	2.74	3.4	-0.68
A14	I	get around in an unfamiliar environment	3.91	4.0	-0.11
A15	I	travel to a new destination alone	3.89	3.9	-0.07
A16	I	go outside in challenging weather	3.87	4.0	-0.16
A17	I	climb one flight of stairs	3.85	4.1	-0.32
A18	I	go shopping and run errands	4.15	4.2	-0.13
A19	I	perform daily activities when rushed	3.97	4.0	-0.08
A20	I	lift or carry groceries	3.87	4.1	-0.26
A21	I	perform my household chores	4.01	4.1	-0.16
A22	I	drive a car	3.94	4.0	-0.08

Items	I	Item Stem	Hypertension group	on-hypertension group	Difference
A23	I	use public transportation	3.95	4.0	-0.11
A24	I	keep doing my usual activities at work	3.67	3.8	-0.18
A25	I	use a computer	4.27	4.4	-0.18
A26	I	use telephone to schedule appointments	4.7	4.7	0
A27	I	engage in hobbies or recreational activities	4.13	4.2	-0.12
A28	I	can take care of others	3.87	4.0	-0.15
A29	I	maintain my finances	4.42	4.3	0.03
A30	I	maintain a regular exercise program	3.63	3.7	-0.16
A31	I	concentrate on something difficult	3.88	4.0	-0.18
A32	I	prepare my own meals	4.27	4.3	-0.03
A33	I	take medications with correct dose and times	4.56	4.5	0.02

Items	I	Item Stem	Hypertension group	on-hypertension group	Difference
A34	I	can find new ways to manage daily activities when the old way doesn't work	4.25	4	-0.09
A35	I	recognize risks and prevent accidents	4.45	7	-0.02
M01	I	keep anxiety from becoming overwhelming	3.78	2	0.06
M02	I	use relaxation to deal with worries	3.79	4	0.05
M03	I	relax body to reduce anxiety	3.66	1	-0.05
M04	I	manage anxiety about injuring self or others	4.16	3	0.03
M05	I	focus on something else to reduce anxiety	3.94	7	0.07
M06	I	prevent illness from making me feel discouraged	3.79	3	0.09
M07	I	avoid feeling helpless	4	4	0.1
M08	I	can find ways to make myself feel better when I'm down	3.97	9	0.08
M09	I	can manage my frustration	3.87	9	0.08

Items	I	Item Stem	Hypertension group	on-hypertension group	N	Difference
M10	I	can bounce back from disappointment	4.04	4	3.9	0.1
M11	I	can avoid becoming angry	3.76	6	3.6	0.1
M12	I	can avoid feeling discouraged	3.73	1	3.6	0.12
M13	I	can hear about symptoms/side effects without getting discouraged	3.9	8	3.7	0.12
M14	I	can avoid upsetting thoughts	3.74	4	3.6	0.1
M15	I	can handle negative feelings	3.89	5	3.7	0.14
M16	I	can handle upsetting situations	3.85	4	3.7	0.11
M17	I	can keep emotional distress from interfering with things I want to do	3.81	7	3.7	0.04
M18	I	can find ways to manage stress	3.91	1	3.8	0.1
M19	I	can handle stress of going for treatment of my condition	4.19		4.1	0.09
M21	I	manage loss of ability to do things that are important to me	3.45	7	3.3	0.08

Items	I	Item Stem	Hypertension group	on-hypertension group	Difference
M22	I	can manage my anxiety of telling others I have health problems	3.99	3.8	0.11
M23	I	manage anger when others make insensitive comments about my health	3.99	3.8	0.11
M24	I	manage anger when other don't understand what I'm going through\	3.94	3.8	0.11
M25	I	stay positive when I feel like I'm the only one going through this	3.92	3.8	0.07
M26	I	use a strategy to keep from getting upset	4.09	4	0.09
T01	M	take several medications on different schedules	4.39	4.2	0.12
T02	M	can remember to take medication as prescribed	4.42	4.3	0.06
T03	M	know when and how to take medication	4.61	4.6	-0.01
T04	M	can fit medication schedule into daily routine	4.59	4.5	0.04
T05	M	can follow directions when doctor changes medications	4.6	4.5	0.03
T06	M	can manage medication without help	4.51	4.5	-0.01

Items	I Item Stem	Hypertension group	N on-hypertension group	Difference
T07	can get help when I'm not sure how to take my medicine	4.63	2	4.6 0.01
T08	can remember to refill prescriptions before they run out	4.47	9	4.4 -0.02
T09	can remember to take medications when there's no one to remind me	4.56	2	4.5 0.04
T10	can list my medications, doses and schedule	3.98	7	4.2 -0.29
T11	can actively participate in decisions about treatment	4.58	5	4.5 0.03
T12	can find information to learn about my treatment	4.52	1	4.5 0.01
T13	can use own judgment about treatment alternatives	4.41	4	4.3 0.07
T14	can work with doctor to choose right treatment for me	4.65	4	4.5 0.11
T15	know what to do when refill looks different than usual	4.62	9	4.4 0.13
T16	know what to do if forget to take medication(s)	4.59	7	4.4 0.12
T17	can use technology to help manage medication and treatment	4.45	3	4.4 0.02

Items	I	Item Stem	Hypertension group	on-hypertension group	N	Difference
T18	M	can continue treatment when traveling	4.58	2	4.5	0.06
T19	M	can take medication when working or away from home	4.63	9	4.5	0.04
T20	M	can take medicine even if it causes mild side effects	4.26	8	4.2	-0.02
T21	M	understand the difference between symptoms and medication side effects	4.36	7	4.2	0.09
T22	M	can continue treatment when not feeling well	4.49	2	4.4	0.07
T23	M	can take medications when there is a change in usual day	4.45	8	4.3	0.07
T24	M	can figure out what treatment I need when symptoms change	3.93	2	3.9	0.01
T26	M	can follow a full treatment plan	4.23	6	4.2	-0.03
T27	M	can travel to local pharmacy to fill prescriptions	4.54		4.5	0.04
S01	S	can stay involved in community or religious activities	4.06	5	4.0	0.01
S03	S	have someone who will go out and do things with me	4.26	9	4.2	-0.03

Items	I	Item Stem	Hypertension group	Non-hypertension group	Difference
S04	ε	can maintain usual social activities	4.04	4.0	0
S05	ε	can keep in touch with friends and family	4.44	4.3	0.06
S06	ε	have someone to help me plan and make decisions about my illness	4.3	4.2	0.07
S07	ε	have someone who helps me understand medical information	4.4	4.3	0.07
S08	ε	have someone to help manage my daily activities if needed	4.27	4.3	-0.03
S09	ε	people don't understand when I need help and when I don't	3.88	3.8	0
S10	ε	I have someone to help with financial affairs if needed	4.25	4.2	0.03
S11	ε	can refuse help when I don't need it	4.56	4.5	0.05
S12	ε	can ask for help when don't understand	4.57	4.4	0.12
S13	ε	can get emotional support when I need it	4.25	4.1	0.09
S14	ε	can talk about health problems with someone	4.43	4.2	0.14

Items	I	Item Stem	Hypertension group	Non-hypertension group	Difference
S15	ε	can tell others about my health problems	4.25	3	0.12
S16	ε	can communicate well with doctors and nurses	4.55	3	0.12
S17	ε	know when to stop talking about my condition	4.4	9	0.11
S18	ε	can talk to others about my condition without being embarrassed	4.3	5	0.15
S19	ε	people are accepting of my condition	4.15	1	0.04
S20	ε	people are concerned about my health	4.22	4	0.08
S21	ε	friends and family will come see me when I'm sick	4.2	5	0.05
S22	ε	doctors and nurses listen to my needs	4.42	1	0.01
S23	ε	can attend social events without being embarrassed	4.21	6	0.05
S24	ε	can find someone to take me to doctor's office	4.49	4	0.05
X01	ε	can make a moderate reduction in symptoms	3.5	5	-0.05

Items	I	Item Stem	Hypertension group	on-hypertension group	Difference
X02	ε	can reduce symptoms to my satisfaction	3.16	3.3	-0.16
X03	ε	can control symptoms by taking medications	3.95	3.9	0
X04	ε	can control symptoms by using methods other than taking medications	3.3	3.4	-0.13
X05	ε	can do something to reduce symptoms when they worsen	3.47	3.5	-0.03
X06	ε	can do something to prevent symptoms from worsening	3.32	3.4	-0.08
X07	ε	can manage unexpected or new symptoms	3.41	3.4	-0.02
X08	ε	can manage symptoms when at home	4.04	3.9	0.11
X09	ε	can manage symptoms in a public place	3.75	3.6	0.13
X10	ε	can manage symptoms during daily activities	4.04	3.9	0.09
X11	ε	can work with doctor to manage my symptoms	4.35	4.2	0.08
X12	ε	can manage symptoms as well as other people with symptoms like mine	4.09	4.0	0.08

Items	I	Item Stem	Hypertension group	Non-hypertension group	Difference
X13	ε	can keep symptoms from interfering with my sleep	3.56	3.5	0.05
X14	ε	can keep symptoms from interfering with friend and family relationships	3.88	3.8	0.04
X15	ε	can keep symptoms from interfering with work I need to do	3.58	3.6	-0.02
X16	ε	can keep symptoms from interfering with recreational activities	3.43	3.5	-0.09
X17	ε	can keep symptoms from interfering with personal care	4.05	4.0	0.02
X18	ε	can enjoy things despite symptoms	4.08	4.1	-0.03
X19	ε	can still accomplish most goals in life despite symptoms	3.87	3.8	0.03
X20	ε	can live normal life despite symptoms	3.89	3.8	0.05
X21	ε	can be physically active despite symptoms	3.63	3.7	-0.14
X22	ε	can maintain sense of humor despite symptoms	4.31	4.2	0.05
X23	ε	can recognize when symptoms change	4.32	4.2	0.06

Items	I	Item Stem	Hypertension group	on-hypertension group	N	Difference
X24	ε	know what to do when symptoms worsen	4.07	4.0	7	0
X25	ε	can rely on my judgment to manage symptoms even when others disagree	4.01	3.9	4	0.07
X26	ε	can manage symptoms when in unfamiliar places	4.04	3.9	2	0.12
X027	ε	can find information needed to manage symptoms	4.15	4.1		0.05
X028	ε	can manage symptoms when tired	3.8	3.7	5	0.05