Annex A: Study Questionnaire

Hypertension among adults in Jertoude Village, Northern State, Sudan

Adapted from WHO STEPS. The form is in English; ask each question in Arabic. About 10 minutes.

Before you start

- Age 18 or older ☐ Yes ☐ No Lived in the village 6+ months ☐ Yes ☐ No
- Not pregnant ☐ Yes ☐ No ☐ N/A Well enough to take part ☐ Yes ☐ No
- Any "No": stop and note the reason on the household list.
- Consent given ☐ Written ☐ Verbal ☐ Refused (stop)

No.	Question	Answer
Section 1: Identification		
1.1	Questionnaire ID	_____
1.2	Date	____ / ____ / _____
1.3	Household number	_____
1.4	Interviewer name	_____
Section 2: About you		
2.1	How old are you?	_____ years Age group: ☐ 18–29 ☐ 30–39 ☐ 40–49 ☐ 50–59 ☐ 60+
2.2	Sex (observe)	☐ Male ☐ Female
2.3	Marital status?	☐ Single ☐ Married ☐ Divorced / widowed
2.4	Highest education completed?	☐ None ☐ Primary ☐ Secondary ☐ University
2.5	Main work?	☐ Farmer ☐ Employee ☐ Trader / business ☐ Housewife ☐ Student ☐ Retired ☐ Unemployed ☐ Other: _____
2.6	Monthly household income?	_____ SDG
Section 3: Habits		
3.1	Do you smoke cigarettes?	☐ Yes, now ☐ Used to ☐ Never
3.2	Do you use toombak?	☐ Yes, now ☐ Used to ☐ Never
3.3	Days per week you do 30+ minutes of physical activity (work, walking, sport)?	_____ days (0–7) 5 or more days is about 150 minutes a week
3.4	Do you add salt to your food at the table?	☐ Always ☐ Often ☐ Sometimes ☐ Rarely ☐ Never
3.5	Any other habit? (tick all that apply)	☐ None ☐ Shisha ☐ Alcohol ☐ Coffee or tea (3+ cups/day) ☐ Other: _____
Section 4: Health history		
4.1	Has a doctor ever told you that you have high blood pressure?	☐ Yes ☐ No ☐ Not sure
4.2	Do you take medicine for high blood pressure now?	☐ Yes ☐ No ☐ Not sure
4.3	Has a doctor ever told you that you have diabetes?	☐ Yes ☐ No ☐ Not sure
4.4	Does a parent, brother, or sister have high blood pressure?	☐ Yes ☐ No ☐ Not sure
Section 5: Measurements (done by the interviewer)		
5.1	Weight	_____ . _ kg
5.2	Height	_____ . _ cm
5.3	BMI (weight ÷ height²)	_____ . _ kg/m² ☐ <18.5 ☐ 18.5–24.9 ☐ 25–29.9 ☐ 30 or more
5.4	Blood pressure, reading 1	_____ / _____ mmHg

No.	Question	Answer
5.5	Blood pressure, reading 2	_____ / _____ mmHg
5.6	Blood pressure, reading 3	_____ / _____ mmHg
5.7	Average of readings 2 and 3	_____ / _____ mmHg
5.8	Final result (choose one, using the average blood pressure)	**Not known to have high blood pressure before:** ☐ Newly discovered hypertensive (140/90 or higher) ☐ Not hypertensive (below 140/90) **Already known to have high blood pressure:** ☐ Controlled (below 140/90) ☐ Not controlled (140/90 or higher)

Blood pressure: how to measure

- Participant sits quietly for 15 minutes, back supported, feet flat, arm at heart level.
- No smoking, toombak, tea, or coffee in the last 30 minutes.
- Three readings on the same arm, 3 minutes apart. Use the average of readings 2 and 3.

After the interview

- If the average is 140/90 or higher, explain the result and advise a visit to the nearest health facility.
- Check that every item is filled in before leaving.

Interviewer: _____ Supervisor: _____