

Social Context and Information Sources as Determinants of Blood Pressure Control

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Citation: Uchmanowicz, I., Vellone, E., Grech, M., Szymańska-Chabowska, A., Gonos, J., Uchmanowicz, B. M., & Jakubiak, G. K. (2026). Social context and information sources as determinants of blood pressure control. *International Journal of Health Supplements*, 1(Suppl. 3), 320–321. <https://doi.org/10.82051/ijhs-2026-Suppl.3>

Introduction. Social context and sources of disease knowledge may influence blood pressure (BP) control in patients with arterial hypertension (HT). The ESC 2024 guidelines introduced an intensive therapeutic target of <130/80 mmHg. This study aimed to identify independent social and informational predictors of BP control among patients with diagnosed HT.

Methods. This single-centre cross-sectional study included 282 adults attending a university hypertension outpatient clinic. BP was classified as normal (<120/70 mmHg), elevated (120–139/70–89 mmHg), or hypertensive (≥140/90 mmHg). Basic (<140/90 mmHg) and intensive (<130/80 mmHg) control thresholds were assessed. Multivariable logistic regression examined 21 social-informational and clinical variables.

Results. Mean age was 50.2 ± 16.4 years; 26.6% were men. Hypertensive, elevated, and normal BP were observed in 47.9%, 48.2%, and 2.5% of patients, respectively. Basic BP control was achieved by 50.7%, while 23.4% attained intensive control. In multivariable analysis ($N=238$; McFadden's $R^2=0.167$), living alone was associated with reduced odds of BP control (OR=0.17; 95% CI 0.05–0.59; $p=0.005$). Regular home BP monitoring increased the odds of control (OR=1.45; 95% CI 1.12–1.88; $p=0.004$). Medication number (OR=0.85; $p=0.017$) and single-pill combination use (OR=0.44; $p=0.011$) were negatively associated with control, the latter interpreted as confounding by indication. Living alone was strongly associated with failure to achieve intensive control (OR=0.08; 95% CI 0.01–0.75; $p=0.027$).

Discussion. Living alone emerged as the strongest independent social predictor of poor BP control. Regular home monitoring and multiple sources of disease knowledge were associated with better control. Identifying socially isolated patients and strengthening self-monitoring education should be

priorities in ambulatory hypertension care.

Keywords: Social Isolation, Arterial Hypertension, Blood Pressure Control, Home Blood Pressure Monitoring, Health Information Sources, Self-Care

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Funding: This research received no external funding. **Conflict of Interest:** The authors declare no conflict of interest.