

**Table 3 Univariate analysis of factors associated with hypertension prevalence among study participants**

| Characteristic                                                   | Jordanian (n = 883)           |                                   | P        | Syrian (n = 1143)             |                                   | P        |
|------------------------------------------------------------------|-------------------------------|-----------------------------------|----------|-------------------------------|-----------------------------------|----------|
|                                                                  | Having hypertension (n = 153) | Not having hypertension (n = 730) |          | Having hypertension (n = 191) | Not having hypertension (n = 952) |          |
| <b>Urban</b>                                                     |                               |                                   | 0.110    |                               |                                   | 0.104    |
| Yes                                                              | 130                           | 579                               |          | 27                            | 182                               |          |
| No                                                               | 23                            | 151                               |          | 164                           | 770                               |          |
| <b>Region</b>                                                    |                               |                                   | 0.042*   |                               |                                   | 0.879    |
| Centre                                                           | 106                           | 431                               |          | 107                           | 539                               |          |
| North                                                            | 39                            | 229                               |          | 84                            | 413                               |          |
| South                                                            | 8                             | 70                                |          | 0                             | 0                                 |          |
| <b>Marital status</b>                                            |                               |                                   |          |                               |                                   | <0.001*  |
| Never married                                                    | 5                             | 112                               |          | 6                             | 49                                |          |
| Married                                                          | 123                           | 555                               | <0.001*  | 145                           | 809                               |          |
| Separated                                                        | 4                             | 9                                 |          | 12                            | 19                                |          |
| Divorced                                                         | 6                             | 31                                |          | 5                             | 20                                |          |
| Widowed                                                          | 14                            | 22                                |          | 23                            | 54                                |          |
| <b>Employment status</b>                                         |                               |                                   | 0.001*   |                               |                                   | 0.882    |
| Government employee                                              | 2                             | 59                                |          | 0                             | 1                                 |          |
| Non-government employee                                          | 5                             | 29                                |          | 3                             | 14                                |          |
| Self-employed                                                    | 1                             | 6                                 |          | 2                             | 11                                |          |
| Student                                                          | 1                             | 43                                |          | 0                             | 14                                |          |
| Homemaker                                                        | 139                           | 537                               |          | 176                           | 1046                              |          |
| Retired                                                          | 2                             | 9                                 |          | 0                             | 1                                 |          |
| Unemployed (able to work)                                        | 3                             | 45                                |          | 9                             | 45                                |          |
| Unemployed (unable to work)                                      | 0                             | 2                                 |          | 1                             | 9                                 |          |
| <b>Education level</b>                                           |                               |                                   |          |                               |                                   | < 0.001* |
| < Primary                                                        | 86                            | 292                               | <0.001*  | 161                           | 765                               |          |
| Primary                                                          | 39                            | 238                               |          | 24                            | 120                               |          |
| Secondary                                                        | 17                            | 65                                |          | 3                             | 33                                |          |
| High school                                                      | 9                             | 122                               |          | 2                             | 29                                |          |
| College/university                                               | 1                             | 12                                |          | 0                             | 2                                 |          |
| <b>Smoking</b>                                                   |                               |                                   | 0.113    |                               |                                   | 0.229    |
| Yes                                                              | 38                            | 140                               |          | 21                            | 79                                |          |
| No                                                               | 115                           | 590                               |          | 170                           | 873                               |          |
| <b>Salt addition before or while eating</b>                      |                               |                                   | <0.049*  |                               |                                   | <0.018*  |
| Always                                                           | 43                            | 142                               |          | 107                           | 648                               |          |
| Often                                                            | 15                            | 74                                |          | 38                            | 137                               |          |
| Sometimes                                                        | 16                            | 89                                |          | 25                            | 76                                |          |
| Rarely                                                           | 9                             | 90                                |          | 7                             | 36                                |          |
| Never                                                            | 70                            | 335                               |          | 14                            | 55                                |          |
| <b>Use of spices other than salt when cooking</b>                |                               |                                   | 0.968    |                               |                                   | 0.005*   |
| Yes                                                              | 61                            | 295                               |          | 63                            | 288                               |          |
| No                                                               | 91                            | 429                               |          | 121                           | 656                               |          |
| <b>Vigorous training (≥ 10 minutes)</b>                          |                               |                                   | 0.429*   |                               |                                   | 0.031*   |
| Yes                                                              | 8                             | 51                                |          | 11                            | 61                                |          |
| No                                                               | 145                           | 679                               |          | 180                           | 891                               |          |
| <b>High salt intake</b>                                          |                               |                                   | < 0.001* |                               |                                   | < 0.001* |
| Yes                                                              | 60                            | 70                                |          | 85                            | 26                                |          |
| No                                                               | 61                            | 421                               |          | 59                            | 926                               |          |
| <b>Advised by a doctor to reduce fat in the diet</b>             |                               |                                   | < 0.001* |                               |                                   | < 0.001* |
| Yes                                                              | 48                            | 95                                |          | 63                            | 118                               |          |
| No                                                               | 75                            | 394                               |          | 80                            | 497                               |          |
| <b>Advised by a doctor to start or do more physical activity</b> |                               |                                   | < 0.001* |                               |                                   | < 0.001* |
| Yes                                                              | 54                            | 120                               |          | 69                            | 158                               |          |
| No                                                               | 68                            | 369                               |          | 75                            | 460                               |          |
| <b>Advised by a doctor to maintain a healthy body weight</b>     |                               |                                   | < 0.001* |                               |                                   | < 0.001* |
| Yes                                                              | 54                            | 114                               |          | 71                            | 147                               |          |
| No                                                               | 69                            | 376                               |          | 73                            | 472                               |          |
| <b>History of cardiovascular diseases (angina/stroke)</b>        |                               |                                   | 0.004*   |                               |                                   | < 0.001* |
| Yes                                                              | 11                            | 19                                |          | 23                            | 26                                |          |
| No                                                               | 142                           | 711                               |          | 168                           | 926                               |          |

**Table 3 Univariate analysis of factors associated with hypertension prevalence among study participants** *(concluded)*

| Characteristic                            | Jordanian (n = 883)           |                                   | P        | Syrian (n = 1143)             |                                   | P        |
|-------------------------------------------|-------------------------------|-----------------------------------|----------|-------------------------------|-----------------------------------|----------|
|                                           | Having hypertension (n = 153) | Not having hypertension (n = 730) |          | Having hypertension (n = 191) | Not having hypertension (n = 952) |          |
| <b>History of hypercholesterolaemia</b>   |                               |                                   | 0.001*   |                               |                                   | <0.001*  |
| Yes                                       | 22                            | 21                                |          | 20                            | 18                                |          |
| No                                        | 44                            | 132                               |          | 18                            | 79                                |          |
| <b>History of diabetes</b>                |                               |                                   | 0.001*   |                               |                                   | 0.001*   |
| Yes                                       | 32                            | 25                                |          | 32                            | 32                                |          |
| No                                        | 77                            | 391                               |          | 85                            | 426                               |          |
| Body mass index                           | 31.7 ± 7.3                    | 27.8 ± 6.9                        | < 0.001* | 31.3 ± 7.4                    | 28.1 ± 6.7                        | < 0.001* |
| Waist circumference                       | 95.1 ± 15.8                   | 87.1±15.3                         | <0.001*  | 93.9±15.1                     | 87.9±15.3                         | < 0.001* |
| Number of days eating fruits per week     | 3.13 ± 2.3                    | 3.4 ± 2.4                         | 0.144    | 1.3 ± 1.4                     | 1.6 ± 1.6                         | 0.038*   |
| Number of days eating vegetables per week | 6.1 ± 1.7                     | 6.6 ± 6.0                         | 0.068    | 5.5 ± 5.6                     | 5.6 ± 4.5                         | 0.601    |

\*P < 0.05