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| --- | --- | --- | --- | --- | --- | --- |
| **Additional file 1**  Table S1. Summary of Included Trials | | | | | |  |
| Trial Name | Trial Start Year | Mean Age | Sample Size | Mean Baseline SBP | Mean　SBP difference | Region |
| AASK [1, 2] | 1995 | 54.6 | 1094 | 150.5 | 13.0 | North America |
| ABCD-H [3, 4] | 1991 | 57.9 | 470 | 155.0 | 6.0 | North America |
| ABCD-N [5] | 1991 | 59.1 | 480 | 136.4 | 9.0 | North America |
| ACCORD [6] | 2001 | 62.2 | 4733 | 139.2 | 14.2 | North America |
| ACTION [7] | 1996 | 63.4 | 7665 | 137.5 | 5.5 | mixed region |
| ACTIVE I [8] | 2003 | 69.5 | 9016 | 138.3 | 2.9 | mixed region |
| ADVANCE [9] | 2001 | 66.0 | 11140 | 145.0 | 5.6 | mixed region |
| AIPRI [10] | 1989 | 51.0 | 583 | 143.0 | 9.6 | Europe |
| ALTITUDE [11] | 2007 | 64.5 | 8561 | 137.3 | 1.3 | mixed region |
| ANBPS [12] | 1973 | 50.4 | 3427 | 157.4 | N.A. | Oceania |
| BBB [13] | 1987 | 59.8 | 2127 | 155.0 | 11.0 | Europe |
| BCAPS [14] | 1991 | 61.8 | 793 | 138.9 | 1.3 | Europe |
| BENEDICT [15] | 1997 | 62.3 | 1204 | 150.8 | 2.3 | Europe |
| BENEDICT-B [16] | 1998 | 62.4 | 281 | 149.5 | -0.1 | Europe |
| BHAT [17, 18] | 1978 | 54.8 | 3837 | 112.0 | 3.0 | North America |
| CAMELOT [19] | 1999 | 57.7 | 1991 | 129.1 | 5.6 | mixed region |
| Cardio-Sis [20] | 2005 | 67.0 | 1111 | 163.3 | 3.8 | Europe |
| DAVIT 2 [21] | 1985 | 59.7 | 1775 | 120.0 | 5.0 | Europe |
| DEMAND [22] | 2002 | 60.8 | 380 | 147.5 | 2.0 | Europe |
| DIABHYCAR [23] | 1995 | 65.1 | 4912 | 145.4 | 2.0 | mixed region |
| DIRECT PREVENT 1 [24] | 2001 | 29.7 | 1421 | 116.0 | 2.6 | mixed region |
| DIRECT-PROTECT 1 [24] | 2001 | 31.7 | 1905 | 117.0 | 3.6 | mixed region |
| DIRECT-PROTECT 2 [25, 26] | 2001 | 57.0 | 1905 | 132.9 | 3.4 | mixed region |
| DREAM [27] | 2001 | 54.7 | 5269 | 136.0 | 4.3 | mixed region |
| Dutch TIA [28] | 1986 | N.A. | 1473 | 157.5 | 5.8 | Europe |
| EUROPA [29] | 1997 | 60.0 | 12218 | 137.0 | 5.0 | Europe |
| EWPHE [30] | 1978 | 72.0 | 840 | 182.5 | 21.0 | Europe |
| FEVER [31] | 1999 | 61.5 | 9711 | 154.3 | 4.2 | Asia |
| Fogari-02 [32] | N.A. | 62.5 | 309 | 160.3 | 10.1 | Europe |
| HDFP [33] | 1973 | 50.8 | 10940 | 159.0 | 11.0 | North America |
| HEP [34] | 1978 | 68.8 | 884 | 196.4 | 18.0 | Europe |
| HOMED-BP [35] | 2001 | 59.6 | 3518 | 154.2 | 1.1 | Asia |
| HOPE [36] | 1993 | 66.0 | 9297 | 139.0 | 3.3 | mixed region |
| HOPE-3 [37] | 2007 | 65.7 | 12705 | 138.1 | 6.0 | mixed region |
| HOT [38] | 1992 | 61.5 | 18790 | 169.7 | 2.7 | mixed region |
| HSCS [39] | 1966 | 59.0 | 452 | 167.0 | 25.3 | North America |
| Hunan Province [40] | 1990 | 51.8 | 2080 | 160.5 | 8.2 | Asia |
| HYVET [41] | 2000 | 83.6 | 3845 | 173.0 | 15.0 | mixed region |
| HYVET pilot [42] | 1994 | 83.8 | 1283 | 181.5 | 23.0 | Europe |
| IDNT [43, 44] | 1996 | 58.9 | 1715 | 159.0 | 3.5 | mixed region |
| IMAGINE [45] | 1999 | 61.0 | 2553 | 121.5 | 3.9 | mixed region |
| IPPPSH [46] | 1977 | 52.2 | 6357 | 173.0 | 3.8 | mixed region |
| IRMA-2 [47] | 1997 | 58.0 | 590 | 153.0 | 2.0 | mixed region |
| JATOS [48] | 2001 | 73.6 | 4418 | 171.6 | 9.7 | Asia |
| Lewis-93 [49] | 1987 | 34.5 | 409 | 138.5 | 1.3 | North America |
| MACB [50] | 1988 | 64.0 | 967 | 120.0 | N.A. | Europe |
| MRC-1 [51] | 1977 | 52.0 | 17354 | 161.4 | 11.3 | Europe |
| MRC-2 [52] | 1982 | 70.3 | 4396 | 184.7 | 14.6 | Europe |
| MultiCentre Int [53] | 1972 | 55.0 | 3038 | 123.0 | 4.0 | Europe |
| NAVIGATOR [54] | 2002 | 63.8 | 9306 | 139.7 | 2.8 | mixed region |
| ONTARGET [55] | 2001 | 66.4 | 25620 | 141.8 | 2.0 | mixed region |
| ORIENT [56] | 2003 | 59.2 | 566 | 141.2 | 2.8 | Asia |
| OSCAR [57] | 2005 | 73.6 | 1164 | 157.7 | 2.4 | Asia |
| Oslo [58] | 1972 | 45.3 | 785 | 155.8 | 17.0 | Europe |
| PART-2 [59] | N.A. | 60.5 | 617 | 133.0 | 6.0 | Oceania |
| PATS [60] | 1989 | 60.2 | 5665 | 153.8 | 6.4 | Asia |
| PEACE [61] | 1996 | 64.0 | 8290 | 133.5 | 3.0 | mixed region |
| PHARAO [62] | 2000 | 62.2 | 1008 | 134.4 | 2.8 | Europe |
| PREVEND IT [63] | 1997 | 51.0 | 864 | 130.0 | 5.6 | Europe |
| PREVENT [64] | 1992 | 56.9 | 825 | 129.4 | 8.0 | North America |
| PREVER [65] | 2010 | 50.0 | 730 | 127.3 | 2.2 | South America |
| PRoFESS [66] | 2003 | 66.2 | 20332 | 144.2 | 3.8 | mixed region |
| PROGRESS [67] | 1995 | 64.0 | 6105 | 147.0 | 9.0 | mixed region |
| QUIET [68] | 1991 | 58.0 | 1750 | 123.0 | N.A. | mixed region |
| RASS [69] | 1997 | 29.7 | 285 | 119.7 | 3.0 | North America |
| RAVID-98 [70] | 1990 | 55.0 | 194 | N.A. | N.A. | Europe |
| RENAAL [71] | 1996 | 60.0 | 1513 | 152.5 | 2.3 | mixed region |
| ROADMAP [72] | 2004 | 57.7 | 4447 | 136.5 | 3.3 | Europe |
| SCAT [73] | 1991 | 61.0 | 460 | 130.0 | 3.9 | North America |
| SCOPE [74] | 1997 | 76.4 | 4937 | 166.2 | 3.2 | mixed region |
| SHEP [75, 76] | 1985 | 71.5 | 4736 | 170.3 | 12.4 | North America |
| SHEP pilot [77] | 1981 | 72.1 | 551 | 172.0 | 15.5 | North America |
| SPRINT [78] | 2010 | 67.9 | 9361 | 139.7 | 13.1 | North America |
| SPS3 [79] | 2003 | 63.0 | 3020 | 143.0 | 11.0 | mixed region |
| STONE [80] | 1987 | 66.4 | 1632 | 169.0 | 9.3 | Asia |
| STOP [81] | 1985 | 75.6 | 1627 | 195.0 | 19.5 | Europe |
| Syst-China [82, 83] | 1988 | 66.5 | 2394 | 170.5 | 8.6 | Asia |
| Syst-Eur [84] | 1989 | 70.3 | 4695 | 173.8 | 10.4 | Europe |
| TEST [85] | 1988 | 70.4 | 720 | 161.0 | 4.0 | Europe |
| TRANSCEND [86] | 2001 | 66.9 | 5926 | 141.0 | 4.0 | mixed region |
| UKPDS 38 [87] | 1987 | 56.4 | 1148 | 159.3 | 10.0 | Europe |
| VA NEPHRON-D [88] | 2008 | 64.6 | 1448 | 137.0 | 1.5 | North America |
| VA-2 [89] | 1964 | 51.3 | 380 | 163.6 | 31.4 | North America |
| VALISH [90] | 2004 | 76.1 | 3079 | 169.5 | 5.6 | Asia |
| Wei-13 [91] | N.A. | 76.6 | 724 | 159.5 | 14.0 | Asia |

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