**Supplement 1**

**eTable 1: Deviations from the study protocol [21]**

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|  | In addition to the baseline values sex, and age, we included the recruitment center to account for influences of the centers. This was recommended by the biostatistician prior to data analysis. |
|  | Our aim in the per protocol analysis was to determine the effectiveness of WARD-BP in patients that utilized the intervention as they were supposed to do. Thus, we focused on intervention completers and not study completers, as labeled incorrectly in the study protocol. |
|  | Side-effects and adverse events are of great importance in clinical research. As defined in the study protocol we reported the results of the INEP, results from the telephone interviews and the results of the events reported in the intervention session. Additionally, we extended this section by calculating reliable deterioration according to Jacobson and Truax[24] and investigated the group effect on deterioration. |
|  | Given the complexity of the accompanying economic evaluation of the WARD-BP trial, results will be reported in a separate paper. |