



## **EFFECTIVENESS OF BOOKLETS AS EDUCATIONAL MEDIA TO INCREASE HYPERTENSION KNOWLEDGE: LITERATURE REVIEW**

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<b>ABSTRACT</b>	<b>Keywords</b>
<p>Hypertension is one of the chronic diseases with high prevalence that requires continuous educational efforts. Booklets as simple printed media are considered effective in increasing patient knowledge about the prevention and management of hypertension. This study is a literature review study that aims to analyze the effectiveness of using booklets as educational media in increasing knowledge of hypertension. Articles were obtained from the PubMed, Scopus, Web of Science, and Google Scholar databases using the keywords: "Booklet" OR "Educational Booklet" AND "Hypertension" OR "High Blood Pressure" AND "Knowledge" OR "Health Education". A total of 10 articles were selected based on the inclusion criteria and selected using the PRISMA diagram. The results of the review showed that the use of booklets consistently increased the knowledge of hypertension patients, both in adult, elderly, and adolescent groups. Booklets have also been shown to be effective when combined with mentoring from cadres or health workers. These results are in line with the theory of health literacy and educational communication which emphasizes the importance of visual media and readability. In conclusion, booklets are an effective educational media, and can be adapted for various target groups in an effort to increase knowledge about hypertension.</p>	<p><b>Booklet, Hypertension, Knowledge, Health Education</b></p>

### **INTRODUCTION**

Non-communicable diseases (NCDs) have become a major challenge in the global health system as they contribute to more than 70% of deaths worldwide. One of the NCDs that ranks first as a cause of premature death and health burden is hypertension. Hypertension or high blood

pressure is one of the most common global health problems and is a major risk factor for cardiovascular diseases such as stroke, coronary heart disease, and kidney failure. Data from the World Health Organization shows that around 1.28 billion adults worldwide suffer from hypertension, and almost two-thirds of them live in low- and

middle-income countries (WHO, 2022). In Indonesia, the results of the 2018 Riskesdas showed that the prevalence of hypertension in the age of  $\geq 18$  years reached 34.1% and only around 8.8% took medication regularly. This fact shows the low level of awareness, early detection, and effective management of hypertension in the community (Hasanah, Sari, Wahyuni, & Andika, 2023). The low level of knowledge about hypertension has been proven to be one of the factors causing the lack of good blood pressure control (Yulianti & Sari, 2021).

The high incidence of hypertension is closely related to the low level of public knowledge about hypertension, including understanding of risk factors, prevention methods, treatment, and lifestyle changes, which are key elements in efforts to control this disease (Gultom Boru, 2024). Without a good understanding, sufferers tend to ignore their health conditions and are reluctant to seek treatment or change behavior. Therefore, increasing knowledge is the main target in health promotion interventions (S. Wulandari & Fitriani, 2020).

One of the key strategies in controlling hypertension is through health education and promotion that targets increasing community knowledge, attitudes, and behavior (Arif Irpan Tanjung, Ranida Arsi, & Andre Utama Saputra, 2024). Good knowledge about hypertension has been shown to be positively correlated with patient compliance in undergoing therapy and implementing a healthy lifestyle. In health promotion efforts, the use of educational media is an effective approach to convey health information to the public. One of the media that is considered effective in conveying health information is booklets. Booklets are small books containing concise but structured information, presented with attractive illustrations to facilitate understanding (Nugroho, Wulandari, & Suparman, 2021). This media has the

advantage of being easy to carry, can be reread, and is able to reach groups with varying levels of education (Afifah, 2021). Several studies have stated that booklets can improve understanding, attitudes, and even patient compliance with hypertension treatment (Safitri & Sudaryanto, 2022).

Several recent studies have shown that the use of booklets as an educational medium can significantly increase the knowledge of hypertension sufferers. For example, a study by (Aninda, 2021) showed that the group that received the booklet showed an increase in knowledge of 69.2% compared to leaflet media (57.1%). Another study in the Pajang Health Center work area showed that education using booklets was effective in increasing knowledge about the pharmacological management of hypertension (Safitri & Sudaryanto, 2022).

However, the effectiveness of booklets as educational media can vary depending on the quality of the content, distribution methods, and characteristics of the educational targets (Octaviana Putri, Ningrum Rahmadayanti, Rizka Chairunnisa, & Khairina, 2021; Pramudita et al., 2025). Therefore, it is important to conduct a literature review that reviews various scientific findings related to the effectiveness of booklets in increasing hypertension knowledge. This review is expected to provide a comprehensive understanding and become a basis for designing more effective educational media in health promotion programs, especially for people with hypertension.

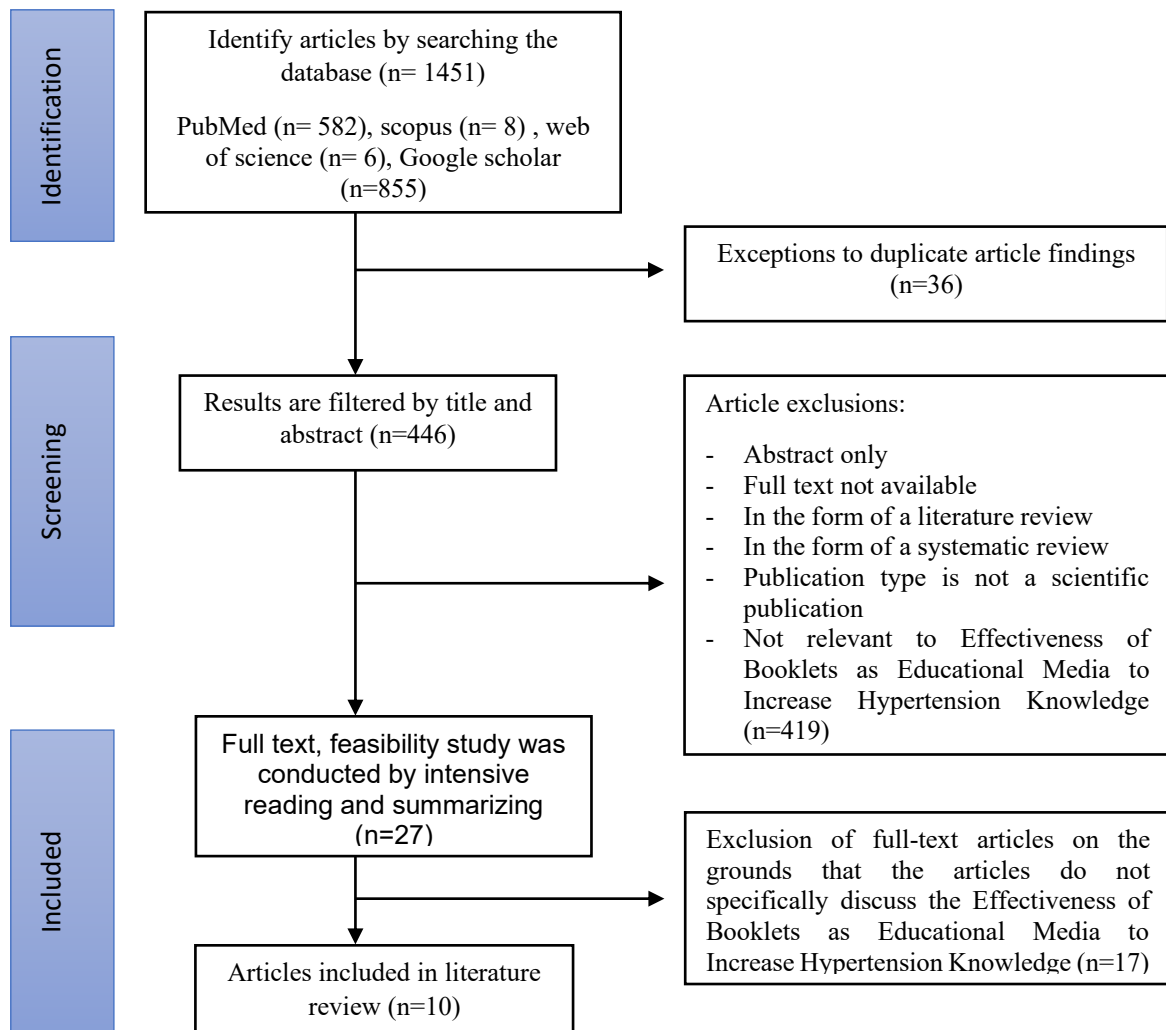
## METHOD

This study is a literature review with a critical review full text English approach that aims to critically assess the effectiveness of using booklet media in increasing knowledge about hypertension. The databases used are PubMed, Scopus, Google Scholar and Web of Science.

Articles are selected using PRISMA. The results of searching for articles with the keywords "Booklet" OR "Educational Booklet" AND "Hypertension" OR "High Blood Pressure" AND "Knowledge" OR "Health Education". found 582 articles from PubMed, 8 articles from Scopus, 6 articles from the web of science and 855 articles from Google scholar. Furthermore, filtering was carried out with duplication and 36 similar articles were found. Furthermore, filtering was carried out based on the title and abstract and the results were 419 articles with the exclusion criteria being only abstract articles, full text articles that could not be accessed, other articles in the form of systematic reviews, and types of publications in the form of reports only, and not in accordance with the Effectiveness of Booklets as Educational Media to Increase Hypertension Knowledge. After filtering, 27 articles were obtained, then read in detail and summarized. Found 17 non-specific articles discussing Booklets as Educational Media to Increase Hypertension Knowledge. The final result found 10 articles that fit the

topic and inclusion criteria that have been set. In the process of searching for articles, the author determined the inclusion criteria, namely: English-language articles, Research subjects are people who are at risk of hypertension, Research articles that can be accessed in full. The search and selection of articles were carried out based on the clarity of the source and correlation with the Effectiveness of Booklets as Educational Media to Increase Hypertension Knowledge.

This selection process is described through a PRISMA flowchart that includes the number of articles at each stage. Data Extraction and Analysis: Data extracted from each article includes: name of researcher and year of publication, location and setting of the study, research design and number of samples, type and duration of booklet intervention, and knowledge measurement results. The analysis was carried out in a thematic narrative, namely by grouping the study results based on increased knowledge, duration of intervention, and effectiveness of booklet media.



## RESULTS

No.	Writer	Research title	Design	Location and sample	Destination	Results
1.	Safitri & Sudaryanto, (2022)	Effectiveness of Health Education with Booklet Media on Knowledge in Pharmacological Management of Hypertension in the Pajang health center working area	Quasi-experiment (pre-post)	Pajang Health Center, Surakarta, Indonesia. With a sample size of 46 adult hypertensive patients.	The aim of this study was to determine the effectiveness of booklets in hypertension pharmacology education.	The results of the study showed that knowledge increased significantly ( $p < 0.001$ ).
2.	Sahu, (2024)	Effectiveness of Information Booklet on Knowledge and Attitude Toward Controlling Blood Pressure Among Clients with Hypertension In Medical College Hospital, Jabalpur	Pre-experimental (one group pre-post)	Medical College Hospital, Jabalpur, India with a sample size of 100 adult hypertensive patients treated as outpatients.	The aim of this study was to assess the effectiveness of the booklet on patient knowledge and attitudes.	The results of the study showed that the knowledge score of hypertension patients after being given the booklet increased from 8.6 to 16.2.
3.	Ismail, Nurmala, Suwondo, & Kurniawati, (2023)	Development and Validation of Hypertension Educational e-Book for Children Aged 10 to 12	R&D (research & development)	Primary school in Selangor, Malaysia With a total sample of 36 children aged 10–12 years and also experts	The purpose of this study is to develop and validate e-booklet media for children.	The research results show a Content Validity Index (CVI) value $> 0.8$ , which means that the booklet media is suitable for use and easy for children to understand.
4.	Manalu & Hasibuan, (2024)	The Effect of Nutrition Education with Booklet Media on Knowledge About Diet in Patients with Hypertension	Quasi-experimental (pre-post)	Muhammadiyah General Hospital Medan, Indonesia with a sample size of 66 hypertensive patients aged 40–60 years.	The aim of this study was to analyze the influence of nutrition booklets on patient knowledge.	The results of the study showed that after being given booklet media to hypertension patients, the score increased from 46.9 to 69.7.
5.	(N. K. Wulandari, Suryani, & Hadi, 2023)	The Effect Of Providing Education Using E-Booklet Media on Students' Knowledge	his research is a quantitative research with a pre-experiment research	The population of this study was 327 students at SMANU Pakis Malang Regency with a sample	The aim of this study was to increase adolescent knowledge about	The results of the study showed that after being given educational

		About Prevention of Hypertension Disease at Smanu Pakis Malang District	design using a one group pretest posttest design.	size of 38 students selected using purposive sampling techniques. The instrument used was a questionnaire.	preventing hypertension by using booklet media.	media in the form of a booklet about hypertension knowledge, the knowledge score of high school students increased from 67.6 to 85.9.
6.	Anam, Christina, Rudhiati, Hapsari Retno, & AWaluya, (2024)	Health Volunteers and E-Booklet Impact on Knowledge and Treatment Adherence in Hypertension Patient Adherence	Quasi-experiment	This research was conducted at Batujajar Community Health Center. The number of samples in this study was 32 respondents, with each group consisting of 16 respondents. The sample selection technique in this study used purposive sampling.	This study aims to determine the effect of health education provided by cadres using ebooklets on the knowledge and treatment adherence of hypertension patients in the Batujajar Community Health Center area.	The results of this study indicate that health education provided by cadres using e-booklets significantly increased the average knowledge of hypertension patients, with the mean knowledge score rising from 75.6 to 86.8. Patient medication adherence also improved, with the mean score rising from 4.4 to 6. The results showed a significant positive effect on both variables, with p-values of 0.016 for knowledge and 0.001 for medication adherence, respectively. Therefore, it can be concluded that health education provided by cadres using

e-booklets significantly impacts the knowledge and medication adherence of hypertension patients in the Batujajar Community Health Center area.

7.	Isnaini, Marthoenis, & Wahyuni, (2023)	Development of a Booklet as a Nutrition Educational Media in Hypertension Patients	R&D (Research & Development)	Medistra Pratama Clinic, North Sumatra, Indonesia with a sample size of 10 patients and 3 nutritionists for validation.	The aim of this study was to develop an educational nutrition booklet for hypertension patients.	The results of the study showed a Content Validity Index (CVI) value > 0.8, which means that the educational booklet media is declared valid and suitable for use to increase knowledge in hypertension patients.
8.	Ailabouni, Duffull, Currie, & Braund, (2020)	Pharmacist-Led Educational Booklet and Medication Review to Optimize BP Control	Randomized Controlled Trial (RCT)	Elderly community, Wellington and Auckland, New Zealand with a sample size of 150 elderly ( $\geq 65$ years) with hypertension.	The aim of this study was to assess the impact of booklets and pharmacists on understanding and control of hypertension.	The results of the study showed a significant increase in self-efficacy and blood pressure control after being given booklet media to elderly patients with hypertension.
9.	Chow, (2021)	Effectiveness of a Self-Monitoring Booklet and Nurse Support	Randomized Controlled Trial (RCT)	Community clinic in Kowloon, Hong Kong with a sample size of 88 hypertensive patients aged 35–70 years.	The aim of this study was to assess the effectiveness of booklets and nurse support for blood pressure literacy and control.	After being given booklet media to hypertension patients, the research results showed that with the booklet media, health literacy and blood pressure control increased.

10.	Maheswaran, Kupek, Petrou, & Colwell, (2020)	A RCT of an Information Booklet for Hypertension Patients in the UK	Randomized Controlled Trial (RCT)	Primary Care Clinic, Manchester, UK with a sample of 120 adult hypertensive patients.	The aim of this study was to assess the increase in patient knowledge through booklets + training.	The results of the study showed that the intervention group showed a significant increase in knowledge after being given the booklet media.
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## DISCUSSION

The results of 10 studies that have been selected as literature review materials, show that booklets as educational media have significant high effectiveness in increasing the knowledge of hypertensive patients. Eight out of ten articles showed a significant increase in knowledge scores after the intervention of providing booklet media to hypertensive patients (Safitri & Sudaryanto, 2022), (Sahu, 2024), (Manalu & Hasibuan, 2024), (N. K. Wulandari et al., 2023). This is in accordance with the results of research conducted by (Gao et al., 2020), which states that printed media such as booklets can improve understanding and memory of health information because they can be re-accessed and used according to the individual's learning speed (Damayanti, Sari, & Yusuf, 2019).

Booklets designed with educational narratives, simple language, and supporting visuals have been shown to be more easily accepted by patients, including groups with low levels of education (Rahmawati, 2023). Patient-oriented education with a visual and written approach is also in line with the principle of "patient-centered education", namely learning that focuses on individual learning needs and capacities (Rahim, Ibrahim, & Salim, 2021). This is also in accordance with health communication theory, where printed media such as booklets function as a means of conveying

health messages that can be accessed, stored, and reread by readers (Febriyanti, Sari, & Harahap, 2022). Booklets allow individuals to learn information at their own pace and level of understanding, unlike oral media which only passes once (Masnah & Daryono, 2022).

The results of the study showed that booklets are most effective when used as the main media in systematically designed education (Indarsih & Safitri Elshap, 2021). The study by Safitri & Sudaryanto, (2022) used a pharmacological booklet, while Manalu & Hasibuan, (2024) added nutritional content. Both showed an increase in knowledge with statistical significance. According to the Health Belief Model (HBM) theory, the perception of the benefits of education greatly influences behavioral change (Mandasari & Prasetyo, 2020). With a detailed and focused booklet, the perception of benefits increases, so that patients better understand the risks and preventive measures of hypertension.

The effectiveness of booklets has been proven not only in adult patients, but also in groups of children (Ismail et al., 2023), adolescents (N. K. Wulandari et al., 2023), and the elderly (Ailabouni et al., 2020). This shows that booklet media is flexible and adaptive according to the target segmentation of education (Dewi & Marlina, 2021). The study of (Ismail et al., 2023) showed that booklets for children aged 10–12 years were able to be validated in terms



of content with a value Content Validity Index (CVI > 0.8) and were well understood, the results, this shows the importance of an age-specific educational strategy (Rachmasari & Savitri Intan, 2022). This approach is in line with the Tailored Health Communication theory (Noar, Harrington, & Aldrich, 2021), which states that educational materials tailored to the characteristics of the target audience (age, literacy level, culture) will increase the effectiveness of the message and the likelihood of behavioral change (Watkins, Papacosta, Chinn, & Martin, n.d.).

Two studies (Ismail et al., 2023), (Isnaini et al., 2023) showed that booklet development involving experts and content validation is very important. Validation using the Content Validity Index (CVI) showed results >0.8, indicating that the content in the booklet is relevant and suitable for delivery to patients with hypertension (Gusti Fawwaz, Saftarina, Kurniawaty, & Wulan Sumekar W, 2022). According to the latest educational design literature, good educational media must meet three main aspects: content relevance, readability, and visual aesthetics (Kuehn, 2022). When a booklet meets these criteria, its effectiveness in increasing knowledge and encouraging attitude change will increase significantly. Two studies (Ismail et al., 2023), (Isnaini et al., 2023) focused on booklet development and validation. The results showed that booklets with good content validity (CVI > 0.8) were considered suitable for use and could be understood by the target. This emphasizes the importance of expert involvement and target participation in the educational media development process (Siswoaribowo, Hayati, & Nurhanisa, 2023). According to visual communication theory, health messages delivered with an attractive layout, supporting visuals, and simple language will

be easier to understand and remember (Prabawati, 2024).

Several studies in this review used booklets as part of an intervention, for example with the involvement of health cadres (Anam et al., 2024) or nurse support (Chow, 2021). The results showed that not only knowledge increased, but also adherence to treatment and blood pressure control showed improvements (Jeanie, 2023). This supports the theory of the Integrated Model of Health Literacy (Sørensen, 2021) which states that health literacy is not only influenced by available information, but also by social support systems and health workers who are actively involved (Yusniarita, Munawaroh, & Susana, 2023). Collaboration between booklet media and interpersonal interactions has been shown to improve overall educational outcomes (Hidayati & Riyanto, 2021).

These results also align with systematic findings by Nugroho (2021), which confirmed that booklets are a suitable medium for health education in various settings, particularly for groups with lower-middle education levels. This consistency strengthens the argument that booklets can meet educational needs across the board, including among the elderly population, which is often targeted for hypertension education. However, several studies, such as those by Mandasari and Prasetyo (2020), highlight that booklet effectiveness also depends heavily on other factors, such as visual design, readability, and exposure time. Therefore, booklet effectiveness depends not only on its availability but also on the quality of its presentation and how it is used.

Several studies have shown that the use of booklets can improve the knowledge of hypertension sufferers. However, literature studies linking the effectiveness of booklets to specific health behavior

theoretical frameworks are rare. This indicates a knowledge gap, particularly in understanding how booklets influence the process of behavior formation based on theoretical approaches (Nugroho et al., 2021).

This study attempts to fill this gap by examining the effectiveness of booklets in improving hypertension knowledge using the Health Belief Model (HBM) approach. The HBM theory explains that a person's knowledge can influence perceptions of perceived susceptibility, perceived severity, perceived benefits, and perceived barriers, all of which contribute to behavior change. In this context, booklets function as educational media that can strengthen patients' positive perceptions and encourage them to be more active in preventing and managing hypertension. Therefore, this study provides a theoretical contribution to the use of educational media based on behavioral theory in efforts to improve health knowledge.

This study presents a novel approach to systematically synthesizing the literature on the effectiveness of booklets as a medium for hypertension education, reviewed using the Health Belief Model (HBM) approach. Unlike previous studies, which tended to be descriptive and not grounded in behavioral theory, this study links HBM components such as perceived susceptibility, severity, benefits, and barriers to the role of booklets in improving the knowledge of hypertension sufferers. Furthermore, the study focuses specifically on booklets, rather than on a combination of other media, providing a more in-depth and targeted understanding. The use of current literature also makes this study relevant to current educational conditions and practices.

## CONCLUSIONS

Based on the review of 10 articles, booklets have proven to be an effective educational media to increase knowledge about hypertension in various target groups. The success of booklet media is highly dependent on the quality of the content, visual design, and characteristics of the target.

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