

Review of: "Prevalence and Determinants of Hypertension Among Adults in Urban Bonaberi District of Douala, Cameroon"

Dr Nadia Noreen¹

¹ Ministry of National Health Services Regulation and Coordination

Potential competing interests: No potential competing interests to declare.

General:

The manuscript provides a comprehensive exploration of perceptions surrounding the causes and prevention of hypertension (HTN) among Cameroonian populations, filling a critical gap in understanding regarding important NCD prevention. The study design is robust, employing a community-based, cross-sectional survey supplemented by in-home measurements of blood pressure, weight, and height. The findings shed light on participants' awareness of HTN risk factors and prevention strategies, revealing both encouraging levels of knowledge and persistent misconceptions, such as attributing HTN to witchcraft.

The manuscript is well-structured, with clear delineation of sections and thoughtful organization of content. The introduction effectively contextualizes the study within the broader landscape of HTN prevalence and its implications, while the methods section provides detailed insight into the study design and data collection process. Results are presented in a clear and concise manner, with tables aiding in the visualization of key findings. The discussion section offers a thorough interpretation of the results in relation to existing literature, emphasizing the importance of addressing misconceptions and advocating for targeted public health interventions.

While the manuscript demonstrates several strengths, there are areas for improvement. Clarification of statistical claims and references, as well as thorough documentation of potential biases and limitations, would enhance the rigor and transparency of the study. Additionally, suggestions for future research and practical implications for healthcare providers and policymakers could be expanded upon to provide a more comprehensive understanding of the study's implications.

Specific comments:

Introduction

The introduction provides a comprehensive overview of the significance and prevalence of hypertension (HTN) globally and specifically in Cameroon. It effectively sets the stage for the study by highlighting the gap in understanding of HTN causes and prevention among Cameroonian populations. Ensure that all statistical claims and references are accurately cited and supported by recent and relevant literature. Additionally, consider briefly mentioning the objectives of the study in the introduction to provide a clear roadmap for the reader.

Methods:

The methods section is well-structured and provides detailed information about the study design, population, measurements, and statistical analyses. The rationale for using in-home measurements for blood pressure, weight, and height is justified, considering accessibility and participant comfort. Clarify any potential biases or limitations associated with the recruitment process and sampling technique. Additionally, provide more information about the ethical considerations and informed consent process, including how participant privacy and confidentiality were ensured.

Results:

The results section presents the findings in a clear and organized manner, with tables providing a visual summary of participant demographics and responses. The statistical analyses are appropriately described, and significant associations between demographic factors and HTN status are highlighted. Include additional details about the blood pressure measurements, such as the distribution of hypertensive participants and the proportion of participants with controlled vs. uncontrolled HTN. Provide explanations for any unexpected findings or discrepancies observed in the data.

Discussion:

The discussion effectively interprets the study findings in the context of existing literature, highlighting the importance of addressing misconceptions about HTN causes and prevention. The implications of the findings for public health policy and future research are clearly articulated.

Expand on the potential implications of the study findings for healthcare providers and policymakers in Cameroon. Consider discussing the practical strategies that could be implemented to address misconceptions about HTN and improve awareness among the population.

Overall, the manuscript represents a valuable contribution to the field of HTN research, offering insights into the complexities of perception and behavior surrounding this significant public health issue. With minor revisions and enhancements, it has the potential to make a meaningful impact on healthcare practices and policy development in Cameroon and beyond.