

LETTER TO THE EDITOR OPEN ACCESS

Response to Commentary on the Article: “Interpersonal Factors Influencing Hypertension Control: A Cross-Sectional Study Among Hypertensive Patients in the Ashanti Region, Ghana”

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Dear Editor,

I acknowledged receipt of an email communication from your esteemed journal about a commentary from an interested reader of our published paper referenced “Interpersonal Factors Influencing Hypertension Control: A Cross-Sectional Study Among Hypertensive Patients in the Ashanti Region, Ghana.” We are therefore grateful to respond to the reader as christened below.

Thank you for your thoughtful and comprehensive commentary on our article, “Interpersonal Factors Influencing Hypertension Control: A Cross-Sectional Study Among Hypertensive Patients in the Ashanti Region, Ghana.” We appreciate your keen interest in our research and the insightful reflections you provided regarding its implications for hypertension management in low- and middle-income countries.

We are encouraged by your recognition of the significance of our findings, particularly the emphasis on interpersonal factors such as medication nonadherence, limited knowledge of hypertension, and physical inactivity [1]. Indeed, these challenges represent persistent barriers to effective hypertension control in Ghana and many other comparable settings, where structural and sociocultural factors often limit access to quality healthcare and sustained lifestyle modifications.

Your observation that higher self-efficacy and educational attainment are associated with better hypertension management is particularly well taken as mirrored in our findings [1]. We concur that these protective factors must be

considered in the design of interventions, especially in settings where health literacy is variable and often low. Equally, your attention to the paradoxical relationship between higher income, good knowledge, and reduced hypertension control underscores the complexity of behavioral and contextual influences an area deserving of further qualitative exploration [1].

We strongly agree with your suggestion that future efforts must be tailored to the sociocultural realities of affected populations. As you rightly noted, marital status, disease duration, and perceived barriers significantly influence patient behaviour and health outcomes. Hence, targeted educational interventions, culturally sensitive community outreach, and empowerment initiatives aimed at enhancing self-management should be integral components of hypertension programs in the region, nationwide, and other similar settings.

We also appreciate your recommendation to incorporate qualitative research to further understand the lived experiences of hypertensive patients. This aligns with our own plans for follow-up research, which will seek to capture patient narratives to develop more patient-centered and context-appropriate interventions.

Once again, we are grateful for your engagement with our work and for emphasizing its broader relevance to global health equity. We hope that this exchange contributes meaningfully to the ongoing discourse on improving chronic disease outcomes in resource-limited settings.

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Author Contributions

Francis Sambah: conceptualization, methodology, software, data curation, investigation, writing – original draft, visualization, writing – review and editing, validation, formal analysis, resources, project administration. **Theophilus I. Emeto:** conceptualization, validation, project administration, supervision, resources, funding acquisition. All authors have read and approved the final version of the manuscript.

Data Availability Statement

The authors confirm that the data supporting the findings of this study are available within the article (and/or) its supplementary materials.

Transparency Statement

Both authors affirm that this manuscript is an honest, accurate, and transparent account of the study being reported; that no important aspects of the study have been omitted; and that any discrepancies from the study as planned (and, if relevant, registered) have been explained.

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Reference

1. F. Sambah, K. Mcbain-Rigg, A. A. Seidu, and T. I. Emeto, “Interpersonal Factors Influencing Hypertension Control: A Cross-Sectional Study Among Hypertensive Patients in the Ashanti Region, Ghana,” *Health Science Reports* 8, no. 3 (March 2025): 70519, <https://doi.org/10.1002/hsr2.70519>.