

Contents

Supplementary Table S1. PRISMA 2020 checklist

Supplementary Table S2. MOOSE checklist

Supplementary Table S3. Search strategy for identifying observational studies on Pubmed

Supplementary Table S4. Quality appraisal of cohort studies using the JBI Tool

Supplementary Table S5. Quality appraisal of cross-sectional studies using the JBI Tool

Supplementary Table S6. Quality appraisal of case-control studies using the JBI Tool

Supplementary Table S7. Quality appraisal of randomized control trials using the RoB 2.0 Tool

Supplementary Table S8. Quality appraisal of randomized control trials using the CASP

Supplementary Figure S1. Subgroup analysis for SBP according to the use of antihypertensive medication

Supplementary Figure S2. Subgroup analysis for SBP according to the use of antihypertensive medication

Supplementary Figure S3. Subgroup analysis for SBP based on the study design

Supplementary Figure S4. Subgroup analysis for DBP based on the study design

Supplementary Figure S5. Subgroup analysis for SBP based on the different continents

Supplementary Figure S6. Subgroup analysis for DBP based on the different continents

Supplementary Figure S7. Leave-one-out analysis for the SBP outcome

Supplementary Figure S8. Leave-one-out analysis for the DBP outcome

Supplementary Figure S9. Funnel plot for the SBP outcome

Supplementary Figure S10. Funnel plot for the DBP outcome

Supplementary Table S1. PRISMA 2020 checklist

Section and Topic	Item #	Checklist item	Location where item is reported
TITLE			
Title	1	Identify the report as a systematic review.	Page 1
ABSTRACT			
Abstract	2	See the PRISMA 2020 for Abstracts checklist.	Page 1
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of existing knowledge.	Pages 1-2
Objectives	4	Provide an explicit statement of the objective(s) or question(s) the review addresses.	Page 2
METHODS			
Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses.	Page 2
Information sources	6	Specify all databases, registers, websites, organisations, reference lists and other sources searched or consulted to identify studies. Specify the date when each source was last searched or consulted.	Page 2
Search strategy	7	Present the full search strategies for all databases, registers and websites, including any filters and limits used.	Supplementary Table 3
Selection process	8	Specify the methods used to decide whether a study met the inclusion criteria of the review, including how many reviewers screened each record and each report retrieved, whether they worked independently, and if applicable, details of automation tools used in the process.	Page 2
Data collection process	9	Specify the methods used to collect data from reports, including how many reviewers collected data from each report, whether they worked independently, any processes for obtaining or confirming data from study investigators, and if applicable, details of automation tools used in the process.	Page 2
Data items	10a	List and define all outcomes for which data were sought. Specify whether all results that were compatible with each outcome domain in each study were sought (e.g. for all measures, time points, analyses), and if not, the methods used to decide which results to collect.	Page 3
	10b	List and define all other variables for which data were sought (e.g. participant and intervention characteristics, funding sources). Describe any assumptions made about any missing or unclear information.	Page 3
Study risk of bias assessment	11	Specify the methods used to assess risk of bias in the included studies, including details of the tool(s) used, how many reviewers assessed each study and whether they worked independently, and if applicable, details of automation tools used in the process.	Page 3
Effect measures	12	Specify for each outcome the effect measure(s) (e.g. risk ratio, mean difference) used in the synthesis or presentation of results.	Page 3
Synthesis methods	13a	Describe the processes used to decide which studies were eligible for each synthesis (e.g. tabulating the study intervention characteristics and comparing against the planned groups for each synthesis (item #5)).	Page 3
	13b	Describe any methods required to prepare the data for presentation or synthesis, such as handling of missing summary statistics, or data	Page 3

Section and Topic	Item #	Checklist item	Location where item is reported
		conversions.	
	13c	Describe any methods used to tabulate or visually display results of individual studies and syntheses.	Page 3
	13d	Describe any methods used to synthesize results and provide a rationale for the choice(s). If meta-analysis was performed, describe the model(s), method(s) to identify the presence and extent of statistical heterogeneity, and software package(s) used.	Page 3
	13e	Describe any methods used to explore possible causes of heterogeneity among study results (e.g. subgroup analysis, meta-regression).	Page 3
	13f	Describe any sensitivity analyses conducted to assess robustness of the synthesized results.	Page 3
Reporting bias assessment	14	Describe any methods used to assess risk of bias due to missing results in a synthesis (arising from reporting biases).	NA
Certainty assessment	15	Describe any methods used to assess certainty (or confidence) in the body of evidence for an outcome.	Page 3
RESULTS			
Study selection	16a	Describe the results of the search and selection process, from the number of records identified in the search to the number of studies included in the review, ideally using a flow diagram.	Figure 1 Page 4
	16b	Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded.	Figure 1
Study characteristics	17	Cite each included study and present its characteristics.	Tables 1-2 Pages 5-11
Risk of bias in studies	18	Present assessments of risk of bias for each included study.	Supplementary Tables S4-S8 Page 25
Results of individual studies	19	For all outcomes, present, for each study: (a) summary statistics for each group (where appropriate) and (b) an effect estimate and its precision (e.g. confidence/credible interval), ideally using structured tables or plots.	Figures 2-3 Pages 23-24
Results of syntheses	20a	For each synthesis, briefly summarise the characteristics and risk of bias among contributing studies.	Pages 23-25
	20b	Present results of all statistical syntheses conducted. If meta-analysis was done, present for each the summary estimate and its precision (e.g. confidence/credible interval) and measures of statistical heterogeneity. If comparing groups, describe the direction of the effect.	Pages 23-24
	20c	Present results of all investigations of possible causes of heterogeneity among study results.	Pages 24-25 Supplementary Figures S1-S8
	20d	Present results of all sensitivity analyses conducted to assess the robustness of the synthesized results.	Page 25 Supplementary Figures S7-S8

Section and Topic	Item #	Checklist item	Location where item is reported
Reporting biases	21	Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed.	NA
Certainty of evidence	22	Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed.	Page 25
DISCUSSION			
Discussion	23a	Provide a general interpretation of the results in the context of other evidence.	Page 26
	23b	Discuss any limitations of the evidence included in the review.	Page 27
	23c	Discuss any limitations of the review processes used.	Page 27
	23d	Discuss implications of the results for practice, policy, and future research.	Page 27
OTHER INFORMATION			
Registration and protocol	24a	Provide registration information for the review, including register name and registration number, or state that the review was not registered.	Page 2
	24b	Indicate where the review protocol can be accessed, or state that a protocol was not prepared.	Page 2
	24c	Describe and explain any amendments to information provided at registration or in the protocol.	NA
Support	25	Describe sources of financial or non-financial support for the review, and the role of the funders or sponsors in the review.	Page 27
Competing interests	26	Declare any competing interests of review authors.	Page 27
Availability of data, code and other materials	27	Report which of the following are publicly available and where they can be found: template data collection forms; data extracted from included studies; data used for all analyses; analytic code; any other materials used in the review.	Page 27

Supplementary Table S2. MOOSE checklist

Item No	Recommendation	Reported on Page No
Reporting of background should include		
1	Problem definition	1-2
2	Hypothesis statement	2
3	Description of study outcome(s)	2-3
4	Type of exposure or intervention used	2
5	Type of study designs used	2
6	Study population	2
Reporting of search strategy should include		
7	Qualifications of searchers (eg, librarians and investigators)	NA
8	Search strategy, including time period included in the synthesis and key words	2
9	Effort to include all available studies, including contact with authors	2
10	Databases and registries searched	2
11	Search software used, name and version, including special features used (eg, explosion)	NA
12	Use of hand searching (eg, reference lists of obtained articles)	2
13	List of citations located and those excluded, including justification	5, Table 1
14	Method of addressing articles published in languages other than English	2
15	Method of handling abstracts and unpublished studies	2
16	Description of any contact with authors	NA
Reporting of methods should include		
17	Description of relevance or appropriateness of studies assembled for assessing the hypothesis to be tested	2
18	Rationale for the selection and coding of data (eg, sound clinical principles or convenience)	2
19	Documentation of how data were classified and coded (eg, multiple raters, blinding and interrater reliability)	3
20	Assessment of confounding (eg, comparability of cases and controls in studies where appropriate)	NA
21	Assessment of study quality, including blinding of quality assessors, stratification or regression on possible predictors of study results	3

22	Assessment of heterogeneity	3
23	Description of statistical methods (eg, complete description of fixed or random effects models, justification of whether the chosen models account for predictors of study results, dose-response models, or cumulative meta-analysis) in sufficient detail to be replicated	3
24	Provision of appropriate tables and graphics	Tables 1-2 Figures 1-3
Reporting of results should include		
25	Graphic summarizing individual study estimates and overall estimate	Figures 2-3
26	Table giving descriptive information for each study included	Tables 1-2
27	Results of sensitivity testing (eg, subgroup analysis)	24-25
28	Indication of statistical uncertainty of findings	23-25
Reporting of discussion should include		
29	Quantitative assessment of bias (eg, publication bias)	25
30	Justification for exclusion (eg, exclusion of non-English language citations)	NA
31	Assessment of quality of included studies	25
Reporting of conclusions should include		
32	Consideration of alternative explanations for observed results	NA
33	Generalization of the conclusions (ie, appropriate for the data presented and within the domain of the literature review)	26-27
34	Guidelines for future research	26-27
35	Disclosure of funding source	

Table S3. Search strategy for identifying observational studies on Pubmed.

Search	Query
#1	DASH diet [MeSH Terms]
#2	DASH diet [Title/Abstract]
#3	DASH [Title/Abstract]
#4	Dietary score [Title/Abstract]
#5	Dietary adherence [Title/Abstract]
#6	1-5/OR
#7	Blood pressure [Title/Abstract]
#8	Blood pressure [MeSH Terms]
#9	Hypertension [MeSH Terms]
#10	Hypertension [MeSH Tems]
#11	7-10/OR
#12	#6 AND #11
The last search performed in November 2022	

Table S4. Quality appraisal of cohort studies using the JBI Tool

Study ID	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	Q11
Banerjee et al., 2019	U	Y	Y	Y	U	N	Y	Y	Y	U	Y
Bonaccio et al., 2021	Y	Y	Y	Y	U	U	Y	Y	N	N	Y
Critselis et al., 2020	Y	Y	Y	Y	Y	N	Y	Y	Y	U	Y
Dai et al., 2022	Y	Y	Y	Y	Y	N	Y	U	N	N	Y
Daniel et al., 2021	Y	Y	Y	Y	Y	Y	Y	U	U	U	Y
Francisco et al., 2020	Y	Y	Y	Y	N	U	Y	U	Y	N	Y
Gao et al., 2020	Y	Y	N	Y	N	U	Y	U	N	N	Y
Goyal et al., 2021	Y	Y	N	Y	Y	N	Y	Y	N	N	Y
Hu et al., 2021	Y	Y	Y	Y	Y	N	Y	U	N	N	Y
Jones et al., 2010	Y	Y	Y	Y	Y	U	Y	Y	N	N	Y
Kim et al., 2022	Y	Y	Y	Y	Y	U	Y	Y	N	N	Y
Lin et al., 2011	Y	Y	Y	Y	Y	U	Y	N	N	N	Y
Liu et al., 2017	Y	Y	Y	Y	Y	N	Y	N	Y	N	Y
Mattei et al., 2017	Y	Y	Y	Y	Y	U	Y	N	U	N	Y
Mertens et al., 2018	Y	Y	U	Y	Y	N	Y	Y	N	N	Y
Missikpode et al., 2021	Y	Y	U	Y	Y	U	Y	Y	N	N	Y
Ramezankhani et al., 2021	Y	Y	U	Y	Y	U	Y	Y	N	N	Y
Rebholz et al., 2016	Y	Y	U	Y	Y	U	Y	Y	N	N	Y
Santiago-Torres et al., 2020	Y	Y	U	Y	Y	U	Y	N	N	N	Y

N: No; U: Unclear; Y: Yes

Table S6. Quality appraisal of case-control studies using the JBI Tool

Study ID	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10
Jayedi et al., 2019	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
Y: Yes										

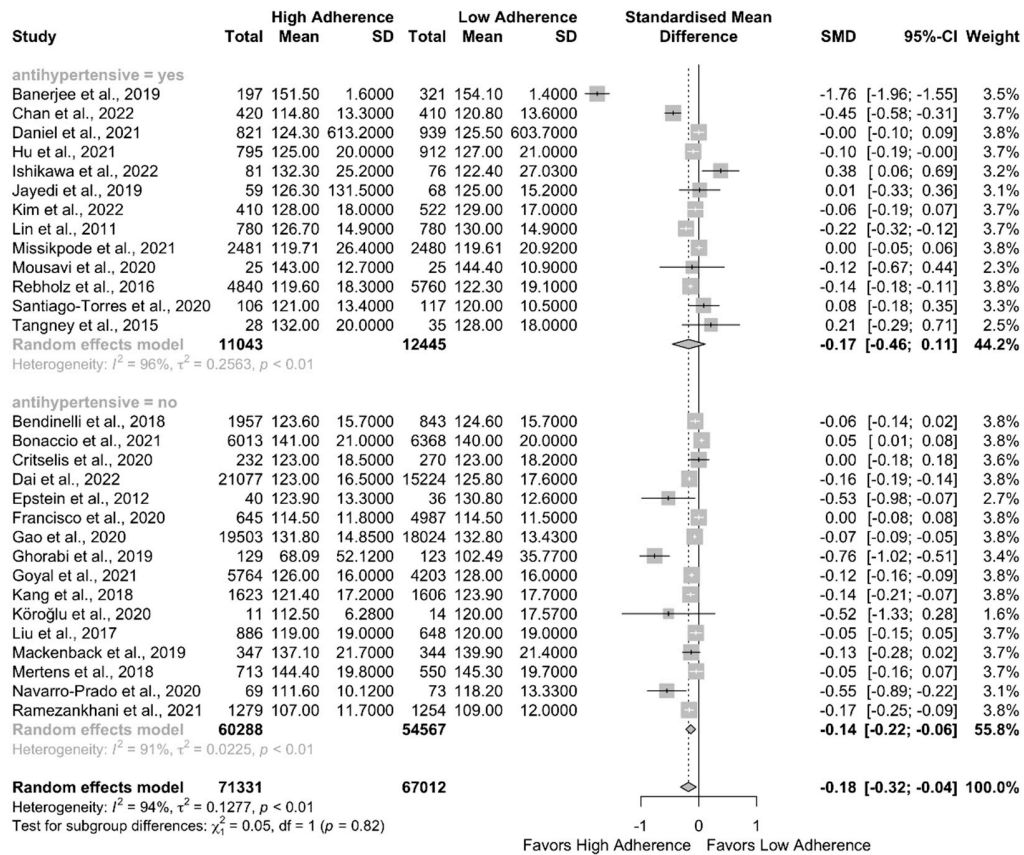
Table S7. Quality appraisal of randomized control trials using the RoB 2.0 Tool

Study ID	Domain 1	Domain 2	Domain 3	Domain 4	Domain 5	Overall
Epstein et al., 2012	Low	Some concerns	Low	Some concerns	Some concerns	Some concerns
Gao et al., 2021	Low	Low	Some concerns	Low	Some concerns	Some concerns

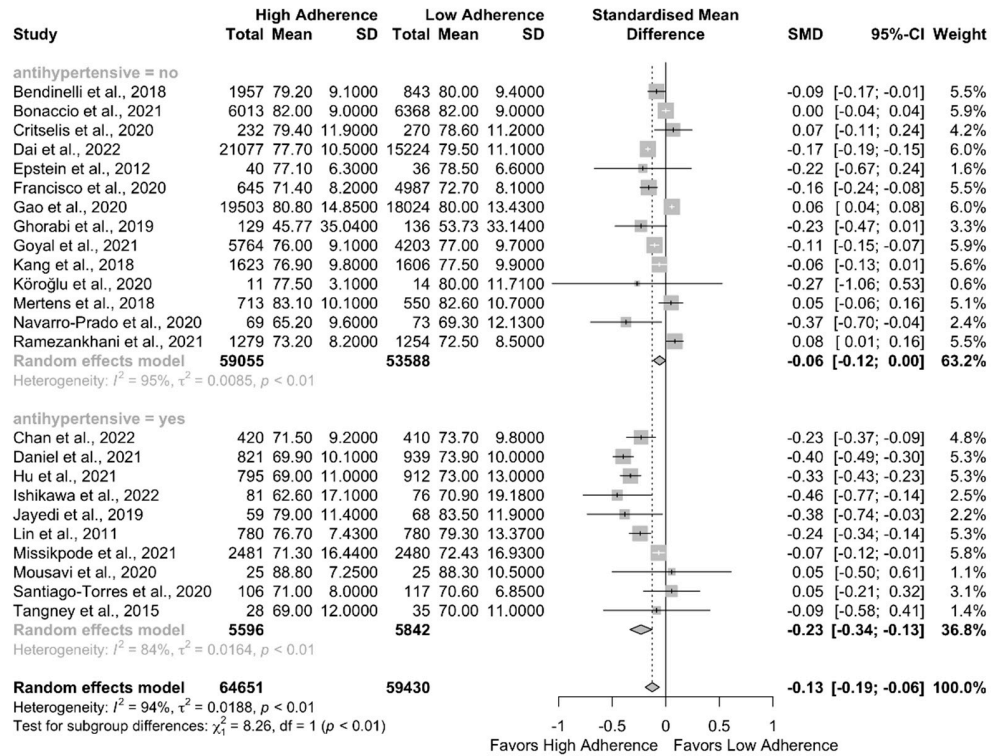
Table S8. Quality appraisal of randomized control trials using the CASP

Study ID	Domain 1	Domain 2	Domain 3	Domain 4	Domain 5	Domain 6	Domain 7	Domain 8	Domain 9	Domain 10	Domain 11
Glenn et al., 2021	Yes	Yes	Yes	No	Yes	Can't Tell	Yes	Yes	Yes	Yes	Can't Tell

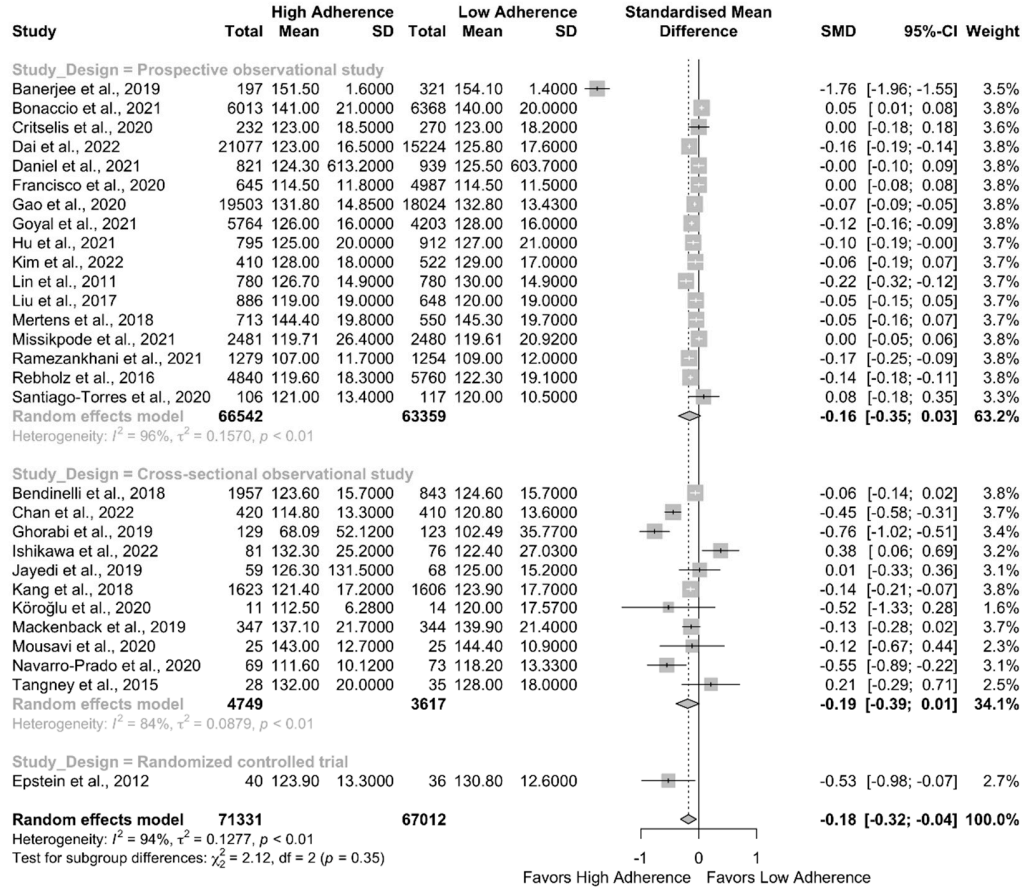
Supplementary Figure S1. Subgroup analysis for SBP according to the use of antihypertensive medication



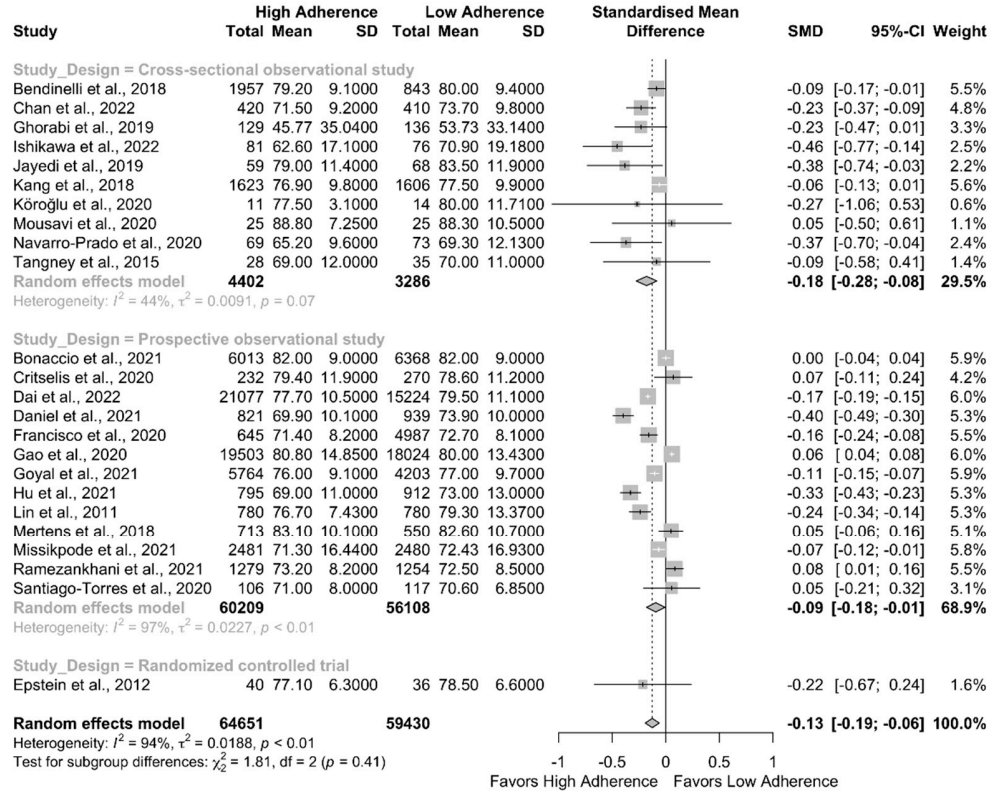
Supplementary Figure S2. Subgroup analysis for DBP according to the use of antihypertensive medication



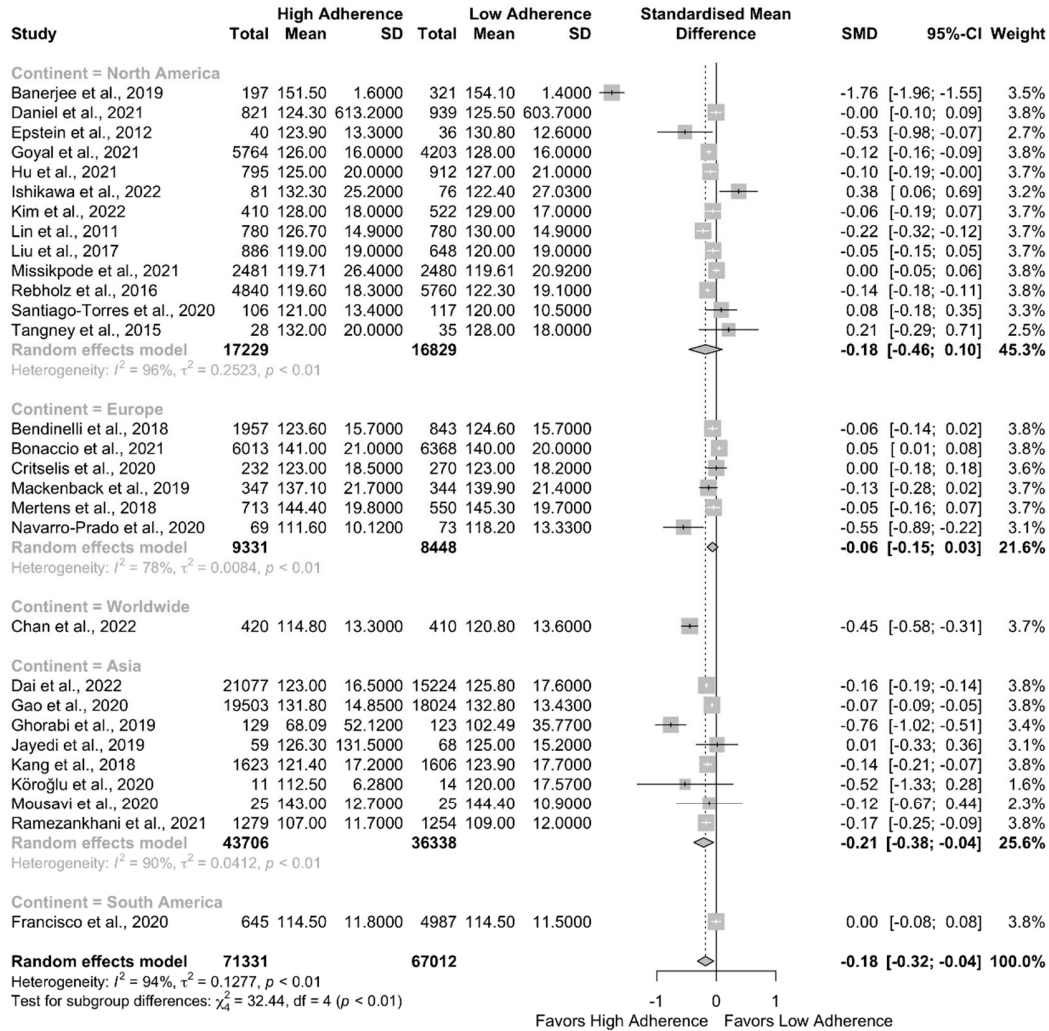
Supplementary Figure S3. Subgroup analysis for SBP based on the study design



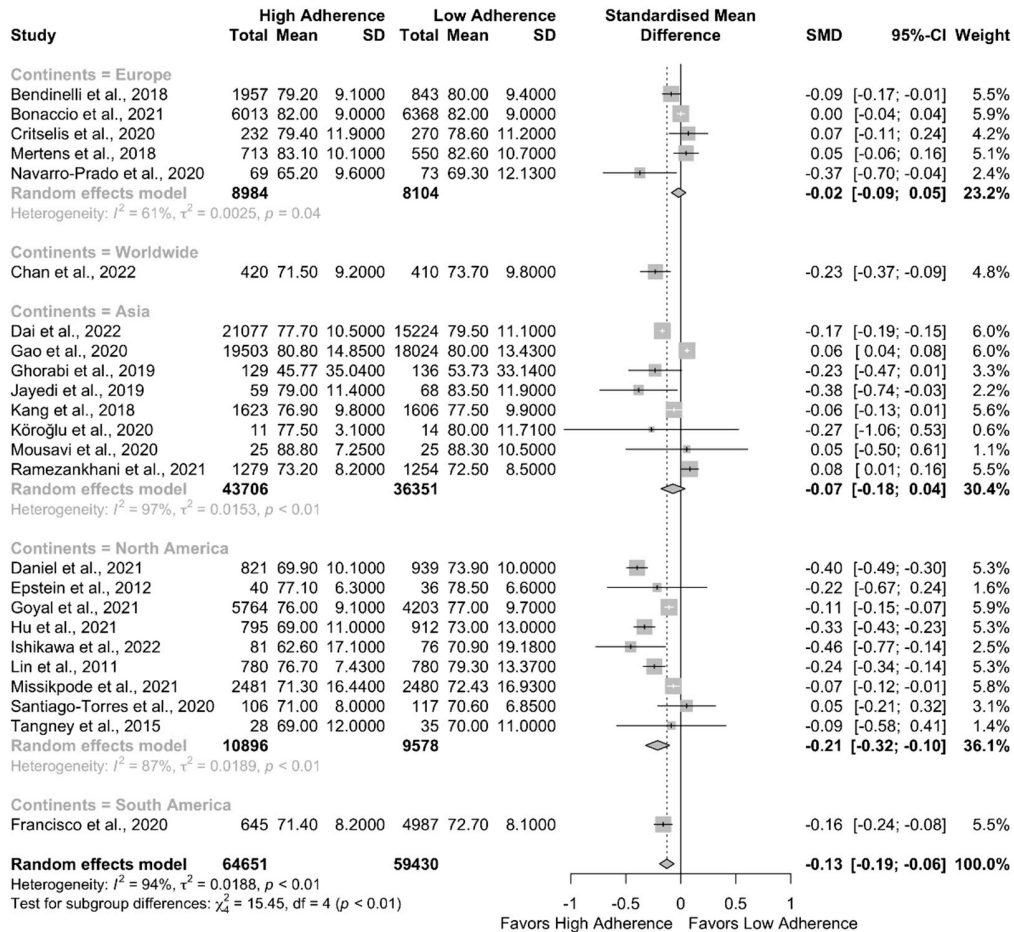
Supplementary Figure S4. Subgroup analysis for DBP based on the study design



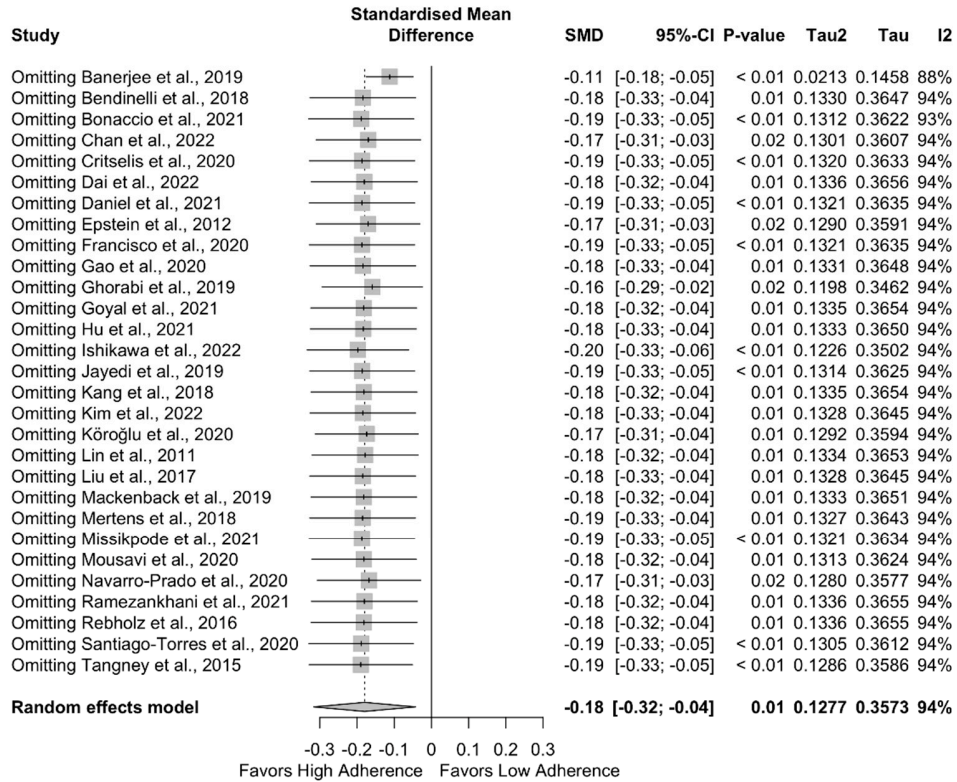
Supplementary Figure S5. Subgroup analysis for SBP based on the different continents



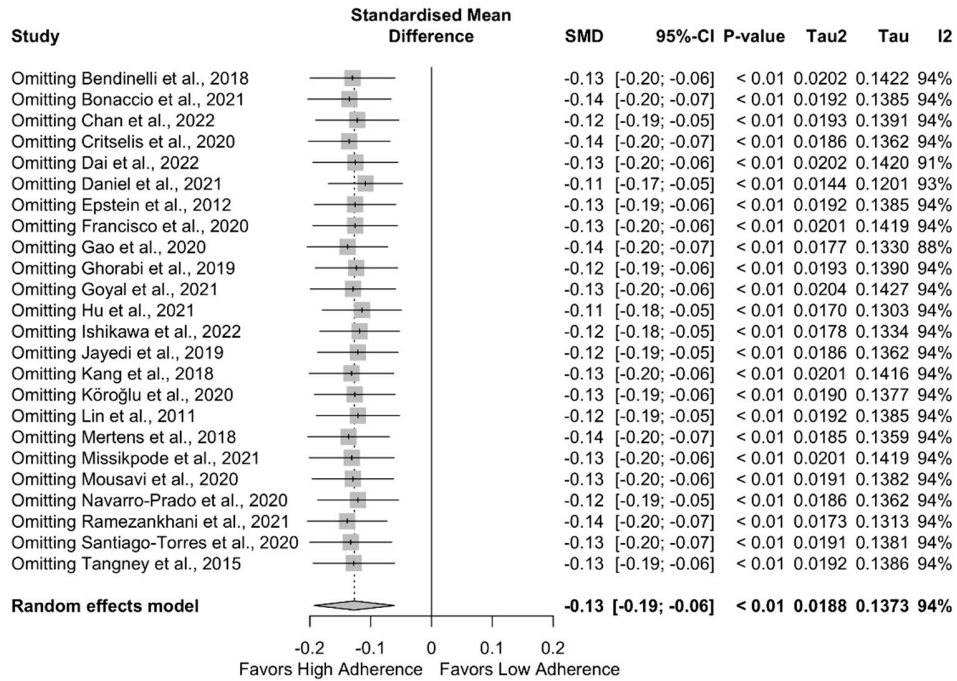
Supplementary Figure S6. Subgroup analysis for DBP based on the different continents



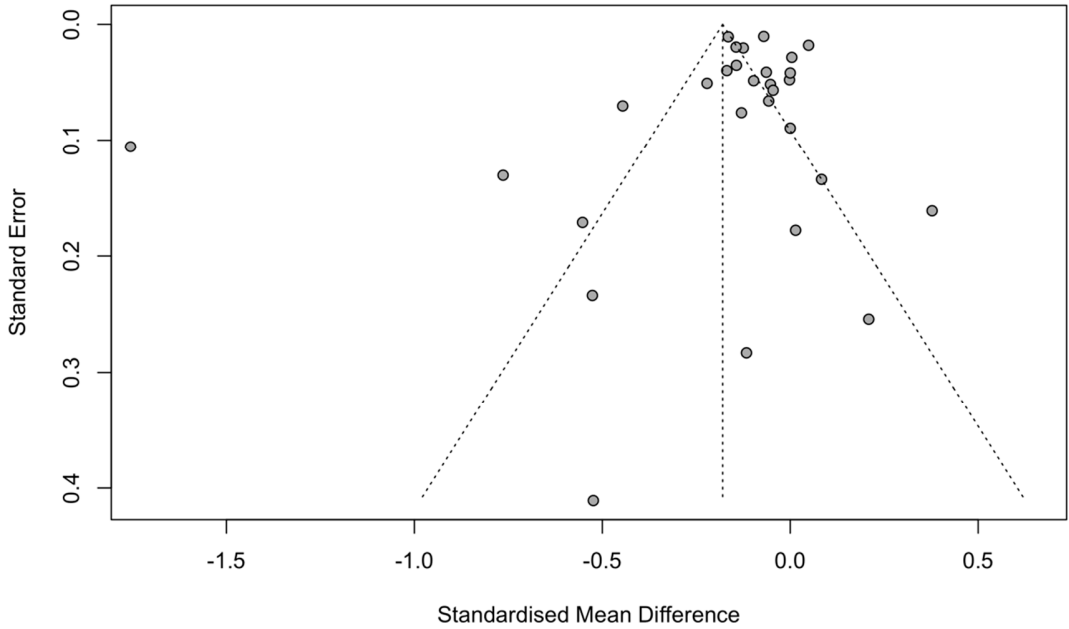
Supplementary Figure S7. Leave-one-out analysis for the SBP outcome



Supplementary Figure S8. Leave-one-out analysis for the DBP outcome



Supplementary Figure S9. Funnel plot for the SBP outcome



Supplementary Figure S9. Funnel plot for the DBP outcome

