

Questionnaire on Herbal Medicine Use for Hypertension Management During the Sudanese Crisis

ID Number: _____

Date of Interview: //2025

Data Collector ID: _____

Section A: Informed Consent

Introduction Script (To be read to the participant):

"Hello, my name is _____. We are conducting a research study to understand how people manage high blood pressure (hypertension), especially during the current situation in Sudan. This includes the use of prescribed medicines and herbal remedies. Your participation is voluntary. The interview will take about 20-30 minutes. All your answers will be confidential and anonymous; your name will not be recorded. You may choose not to answer any question or stop the interview at any time. Your participation will help improve health services for people with high blood pressure in Sudan. Do you agree to participate?"

- 1. Yes, I agree to participate.
 - 2. No, I do not agree to participate. (Thank the person and end the interview)
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Section B: Demographic Information

1. What is your age? _____ years
2. What is your gender?
 - 1. Male
 - 2. Female
 - 3. Prefer not to say
3. What is your marital status?
 - 1. Single
 - 2. Married
 - 3. Divorced

- 4. Widowed
 - 5. Prefer not to say
 - 4. What is your highest level of education?
 - 1. Uneducated / Non-Formal Education (Khalawi)
 - 2. Primary School graduate
 - 3. Secondary School graduate
 - 4. University graduate
 - 5. Higher Education (Masters/PhD)
 - 5. Approximate total MONTHLY household income (in Sudanese Pounds - SDG):
 - 1. Less than 100,000 SDG
 - 2. 100,000 – 300,000 SDG
 - 3. 300,000 – 600,000 SDG
 - 4. 600,000 – 1,000,000 SDG
 - 5. More than 1,000,000 SDG
 - 6. Prefer not to say / Don't know
 - 6. What is your primary occupation?
 - 1. Unemployed
 - 2. Employer (business owner, professional)
 - 3. Farmer / Trader
 - 4. Labor Jobs (daily wage, skilled labor)
 - 5. Other: _____
 - 7. Where do you currently live?
 - 1. Rural area
 - 2. Urban area
 - 3. Camp for displaced persons
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Section C: Displacement Status

- 8. Are you currently displaced from your original home due to the crisis?
 - 1. No (*Skip to Q11*)
 - 2. Yes
- 9. From which state were you displaced? _____
- 10. How long have you been displaced?
 - 1. Less than 6 months
 - 2. 6 to 12 months
 - 3. More than 12 months

Section D: Hypertension Diagnosis and Conventional Medication

11. How long ago were you diagnosed with high blood pressure (hypertension) by a doctor?
- 1. Less than 1 year
 - 2. 1 to 5 years
 - 3. 6 to 10 years
 - 4. 11 to 20 years
 - 5. More than 20 years
12. Are you currently taking any doctor-prescribed medicine for your high blood pressure?
- 1. No
 - 2. Yes
13. Have you faced difficulty getting your prescribed blood pressure medicine because of the current crisis?
- 1. No
 - 2. Yes
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Section E: Herbal Medicine Use for Hypertension

14. Have you ever used any herbal medicine (plants, teas, natural remedies) to manage your high blood pressure?
- 1. No, I have never used herbal medicine for my hypertension. (*Thank participant, skip to Section F*)
 - 2. Yes, I used herbal medicine BEFORE the current crisis/war (but not during).
 - 3. Yes, I used herbal medicine DURING the current crisis/war (but not before).
 - 4. Yes, I have used herbal medicine BOTH before and during the crisis/war.
15. Did the type or way you use herbal medicine CHANGE after the crisis began?
- 1. No
 - 2. Yes

(For those who answered 2, 3, or 4 in Q14, proceed to Q16. For others, go to Section F)

16. Which of the following herbal medicines have you used specifically for high blood pressure? (Select all that apply)

Herbal Medicine (Common Name)	Did you use it?	If YES, which PART of the plant? (Select all)	If YES, how do you usually PREPARE/CONSUME it? (Select all)
Hibiscus (Karkadeh)	☐	☐ Leaves ☐ Roots ☐ Fruits ☐ Flowers ☐ Seeds ☐ Other	☐ Raw ☐ Powder in water ☐ Steeped (soaked) ☐ Boiled ☐ Other
Garlic	☐	☐ Leaves ☐ Roots ☐ Fruits ☐ Flowers ☐ Seeds ☐ Other	☐ Raw ☐ Powder in water ☐ Steeped (soaked) ☐ Boiled ☐ Other
Ginger	☐	☐ Leaves ☐ Roots ☐ Fruits ☐ Flowers ☐ Seeds ☐ Other	☐ Raw ☐ Powder in water ☐ Steeped (soaked) ☐ Boiled ☐ Other
Black Seeds (Habat Al-Sauda)	☐	☐ Leaves ☐ Roots ☐ Fruits ☐ Flowers ☐ Seeds ☐ Other	☐ Raw ☐ Powder in water ☐ Steeped (soaked) ☐ Boiled ☐ Other
Moringa	☐	☐ Leaves ☐ Roots ☐ Fruits ☐ Flowers ☐ Seeds ☐ Other	☐ Raw ☐ Powder in water ☐ Steeped (soaked) ☐ Boiled ☐ Other
Fenugreek (Helba)	☐	☐ Leaves ☐ Roots ☐ Fruits ☐ Flowers ☐ Seeds ☐ Other	☐ Raw ☐ Powder in water ☐ Steeped (soaked) ☐ Boiled ☐ Other
Lemon	☐	☐ Leaves ☐ Roots ☐ Fruits ☐ Flowers ☐ Seeds ☐ Other	☐ Raw ☐ Powder in water ☐ Steeped (soaked) ☐ Boiled ☐ Other

Cinnamon	☐	☐ Leaves ☐ Roots ☐ Fruits ☐ Flowers ☐ Seeds ☐ Other	☐ Raw ☐ Powder in water ☐ Steeped (soaked) ☐ Boiled ☐ Other
Mint (Na'na)	☐	☐ Leaves ☐ Roots ☐ Fruits ☐ Flowers ☐ Seeds ☐ Other	☐ Raw ☐ Powder in water ☐ Steeped (soaked) ☐ Boiled ☐ Other
Doum	☐	☐ Leaves ☐ Roots ☐ Fruits ☐ Flowers ☐ Seeds ☐ Other	☐ Raw ☐ Powder in water ☐ Steeped (soaked) ☐ Boiled ☐ Other
Other: _____ —	☐	_____	_____

17. Do you use any other herbs for blood pressure not listed above?

- 1. No
- 2. Yes (Please specify): _____

18. How often do you use herbal remedies for your blood pressure?

- 1. Daily
- 2. A few times a week
- 3. A few times a month
- 4. Only when I have symptoms (e.g., headache, dizziness)
- 5. Only when I cannot access my conventional medicine

19. Do you use herbal remedies at the same time as your prescribed blood pressure medications?

- 1. No, I use them at separate times / only use herbs.
- 2. Yes, I use them together (concurrently).

20. For how long have you been using herbal medicine for high blood pressure in total?

- 1. Less than 6 months
- 2. 6 to 12 months
- 3. 1 to 2 years
- 4. 3 to 5 years
- 5. More than 5 years

21. Have you experienced any side effects or problems that you think were caused by the herbal medicine?

- 1. No (*Skip to Q23*)
- 2. Yes
- 3. I am not sure if they were due to the herbs

22. If yes, please describe the side effects:

- 1. Mild side effects (e.g., nausea, mild dizziness, upset stomach)
- 2. Significant side effects (e.g., allergic reaction, severe stomach pain, very low blood pressure)

23. Compared to your prescribed medication, how affordable are herbal medicines?

- 1. Much less affordable
- 2. About the same
- 3. Slightly more affordable
- 4. Much more affordable

24. How accessible are herbal medicines where you live now?

- 1. Not accessible
- 2. Somewhat accessible
- 3. Very accessible

25. Would you recommend using herbal medicine to other people with high blood pressure during this crisis?

- 1. No
- 2. Yes