Appendix 1. Implications for practice:

- Designing and implementing training based on the ECCM help enhance the patients’ KAP. This model can be considered a method for convincing patients to change their behaviors, adhere to their medications and diet, perform physical activities and thus control their HTN. Treatment teams are therefore recommended to employ this model in planning their care programs. The ECCM can be used as a framework for designing educational interventions for patients with HTN and other chronic diseases.

- Future studies are recommended to investigate the ECCM effectiveness on KAP in hypertensive patients with different age ranges, genders.