

DIGITAL HEALTH MONITORING: EXAMINING THE EFFECTIVENESS OF WEARABLE DEVICES IN MANAGING HYPERTENSION. A BIBLIOMETRIC ANALYSIS

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KEYWORDS

E-Health, m-Health, Chronic diseases, Hypertension, Home monitoring, Telemedicine, Self-care, Consumer involvement.

ABSTRACT

Background: Digital health monitoring through wearable devices is a rapidly evolving field, offering innovative solutions for managing chronic conditions like hypertension. This study investigates the research landscape on wearable devices for hypertension management using bibliometric methods.

Objective: To analyze the publication trends, geographical contributions, leading authors and institutions, key journals, and focal areas of research related to wearable devices in hypertension management from 2005 to mid-2024.

Methods: A bibliometric analysis was conducted using the Web of Science Core Collection, focusing on English-language articles and reviews published between January 1, 2005, and June 30, 2024. A total of 1,024 publications were analyzed, comprising 710 research articles and 314 review articles.

Results:

Publication Trends: The field has shown steady growth, peaking at 140 publications in 2023.

Geographical Contributions:

The USA emerged as the most active contributor, with 287 publications and 15,678 citations.

Significant contributions were also observed from Europe and Asia, particularly China and Japan.

Leading Authors and Institutions:

Prominent authors include Smith (Stanford University), Li Qian (Tsinghua University), and Brown Albert (Imperial College London).

Stanford University published the highest number of articles, while the University of Oxford's articles received the highest citation frequencies.

Key Journals: The leading journals publishing on this topic include the *Journal of Medical Internet Research*, *Sensors*, and *JMIR mHealth and eHealth*.

Key Terms: Common industry terms include 'blood pressure monitor,' 'digital health,' 'telemedicine,' 'self-management,' and 'patient engagement.'

Conclusion: Wearable devices play a vital role in hypertension management, emphasizing the importance of continuous blood pressure monitoring and patient involvement. Telemedicine serves as a critical aid in these efforts. Future research should focus on fostering international collaborations and integrating multidisciplinary approaches to enhance the efficiency and accessibility of digital health solutions for hypertension treatment.

INTRODUCTION & BACKGROUND:

The increase in the occurrence rate of hypertension, which is a major precipitator of CVDs, has led to the enhancement of focus on new approaches to the condition. Of these, digital health monitoring via wearables has proven to be one of the most viable paths. Mobile health technology is based on wearable items such as smart watches, great accessories, and health monitor devices including heart rate monitors and blood pressure monitors in particular [1]. It fits well in hypertensive care especially because; the use of the technology allows for round-the-clock capturing of details and encourages patient involvement in management.

Globally, an estimated 1.13 billion people have hypertension today, and forecasts show that this figure will only increase and affect mostly LMICs in the future. They include abnormalities of the heart; stroke; and kidney failure are also some of the complications associated with this condition. Australian hypertension prevalence could be influenced by diet patterns, lifestyle, genetic predisposition, and healthcare access within the region [2]. It was estimated that 25% to 40% of the adult population is hypertensive globally; therefore, intervention measures must be initiated.

Smart gadgets are portable and easy to use; patients can use these tools to keep track of their rates of blood pressure and physical activity while being reminded about their dosage and changes in their diet. The participation of these devices in common practice allows for prescribed regimes to be more diligently followed, patients' conditions to be enhanced and at the same time deliver cost-effective solutions. Although wearable technology is widely used in today's healthcare setting, there is a lack of extensive bibliometric review studies investigating the efficiency of these devices in hypertension [3, 4].

This paper seeks to fill this gap through a bibliometric analysis of literature that has been published on the subject of hypertension self-management, especially through wearable gadgets. According to the methodology of chronology analysis, this research work will employ tools like the "Bibliometrics" package under the R environment to assess the trends established, major contributors, and state of knowledge in the field at the current time. The results of the research will be significant in identifying the usability of wearable technology and discovering the perception of hypertension self-monitoring among the target population, which could serve as a reference for further study and practice development [5, 6].

LITERATURE REVIEW:

Wearable devices have greatly improved healthcare by establishing constant surveillance of patients and encouraging consumers to advocate for themselves regarding their diseases such as hypertension. Therefore, a brief view of the literature on this topic shows the existing findings, trends, and gaps that are still present. First, wearable health technology is concerned with the aspects of fitness and well-being, however, with enhanced innovation in the line of sensors, they can now be employed to monitor clinical parameters like pulse rate, blood pressure, and physical movement. They are used to monitor blood pressure continuously and in real-time, a factor helpful in the diagnosis and treatment of hypertension [7, 8].

Most research has shown that wearable devices can be used in the clinical management of hypertension. For example, a study by Parati et al in 2018 revealed that WBPM could beat the cuff-based technique for monitoring blood pressure broadly, with the prospect of continual tracking. This capability aids in figuring out conditions such as white-coat hypertension levels and masked hypertension levels, which are not diagnosed in clinical environments [9, 10]. Also, there are similar studies like Chow et al (2019) discovered that the use of wearable devices together with the mHealth platform increases patient compliance with the prescribed medication and lifestyle changes and consequently, the blood pressure levels. With the proposed devices offering feedback and regular reminders, the patients get to be more involved in managing their health hence getting better results [11, 12].

Apart from having a monitoring function, wearable devices also help change conduct. Recommendations given by such devices in real-time can encourage the patients to adhere to healthy practices like exercising and incorporating better diets. In a study by Pellegrini et al. (2020), it is concluded that self-efficacy and motivation which are crucial in the management of hypertension are positively influenced by wearable devices [13, 14].

However, wearable devices have their problems; such as discussions about the variability and precision in the results originating from issues such as placement on the body, user movement, and technology capabilities. Data confidentiality and protection are also important concerns especially since the health information collected is often sensitive. However, there is the digital divide, which places limits on patients' equal use of such technologies, which could worsen health inequality [15, 16].

However, from the available literature, a positive future was predicted when it comes to the utilization of wearable devices in the management of hypertension. Nevertheless, certain issues have to be elucidated and improved. Additional data are required to evaluate the ongoing effect of these devices on patients' changes and the frequency of utilization of health services. However, further emergency studies are still needed in determining the feasibility and efficiency of integrating these wearable devices into operational treatment care, for ethnic and sexually dissimilar groups and across hospitalized and outpatient healthcare occupations. Further research should also be directed to the possibility of connecting wearable devices with other HIS including EHR that will give a broader picture of the patient and his/her health to ensure that can receive proper and well-coordinated care [17, 18]. Wearable devices present a great potential for the effective implementation of hypertension prevention and control by dint of constant monitoring, patient activation, and behavior modification. However, larger-scale research is required to determine the long-term effectiveness of tele-rehab, methods to overcome drawbacks, and lessons that should be learned concerning its application within healthcare systems. This systematic review study will seek to review and categorize the existing literature on wearable technology and hypertension with a view of offering directions to subsequent studies as well as generating useful data for practice regarding the application of wearable devices for hypertension management [19, 20].

REVIEW:

Ethics, Data Sources, and Search Strategies:

Wearable devices have helped in the enhancement of healthcare by putting into place a continuous monitoring of patients, also consumers are now on their own regarding their diseases like high blood pressure diseases. Hence, going by the current literature on this subject provides an understanding of the previous research carried out, trends noted, and the issues that are still emerging. To start with, wearable health technology is all about the elements of fitness and

wellness, a feature not unrelated to the clinical parameters including rate of pulse, blood pressure, and physical activity, all made possible due to advancement in the line of sensors. They are employed to check blood pressure chronically and in real-time, which aids in diagnosing hypertension [21, 22].

The vast majority of research has indicated that wearable devices can be applied in the clinical treatment of hypertension. For instance, in a comparative performance of the WBPM technique and the cuff-based method for monitoring blood pressure in gross with the possibility of sustained tracking, Parati et al in the year 2018. This capability helps determine the status like white-coat hypertension level and masked hypertension level which does not happen in the clinic. Similar studies like Chow et al (2019) found that with the use of wearable devices alongside the mHealth platform, the level of compliance to the prescribed medication and other behavioral changes and therefore the levels of blood pressure are also enhanced. Since the proposed devices include feedback and regular reminders to the patients, they are more involved in caring for their health and thus receive better results [23, 24].

Thus, it becomes evident that apart from having a monitoring function, wearable devices are also a tool to change conduct. Advises made by such devices in such areas can foster a good nature in the patients of practicing better exercising, and incorporating better diets among others. According to a study by Pellegrini et al. (2020), it is indicated that self-efficacy and motivation which is critically important in hypertension control, are enhanced by wearable devices [25, 26].

However, wearable devices have their issues; for instance, more discussions about variability and precision in the results are derived from issues such as the position of the devices on the body, the movement of the users, and the capabilities of the technology. Security of data is also an issue of concern particularly because the health information that is gathered is often considered to be sensitive. However, there is the digital divide, which puts constraints on the use of such technologies and consequently may compromise the level of patient equality, thereby exacerbating health inequality [27, 28].

Nevertheless, based on the reviewed literature, a positive future was forecasted regarding the application, of wearable devices in the treatment of hypertension. However, there remain areas that have to be explained and developed. More information is needed to analyze the constant impact of these devices on patients' shifts and the frequency of service usage. Nevertheless, additional emergency studies are required to establish its effectiveness as well as practicality within treatment care, for ethnic and sexually dissimilar groups, and in both hospitalized and outpatient healthcare careers. Other research should also be targeted at the potential of linking wearable devices with other HIS including EHR that will provide more information about the patient and his/her health to guarantee that he/she can get adequate and appropriately coordinated care. Wearable devices remain one of the most promising opportunities to advance the organization of hypertension prevention and control activities due to the possibilities of constant monitoring, patient activation, and behavior change [29, 30]. However, further great-scale research is needed to measure the long-term efficiency of tele-rehab, ways to eliminate the seen disadvantages, and lessons that could be learned in terms of tele-rehab application in the sphere of healthcare. This systematic review study aims to search for the currently existing papers on the topic of wearable technology, and hypertension to provide directions for further studies as well as accumulate valuable information for the practice concerning the utilization of wearable devices in hypertensive patients' management. A detailed flow diagram (Figure 1) illustrates the systematic selection process, adhering to the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines. This structured approach ensured transparency and

reproducibility in identifying and synthesizing the selected publications, providing a comprehensive review of current research trends and highlighting potential areas for future investigations in the use of wearable devices for hypertension management.

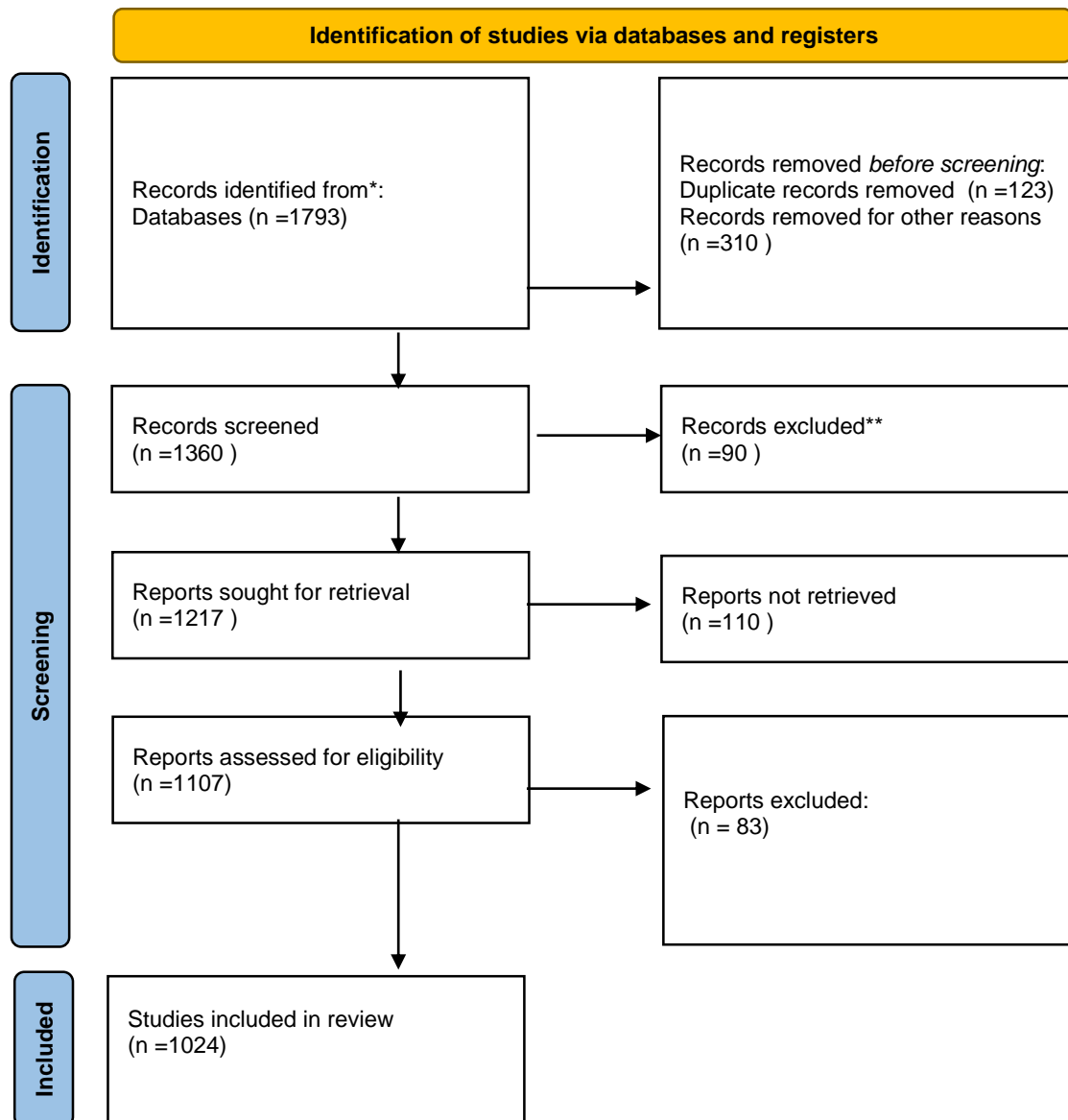


Figure 1: Flow diagram of the study selection procedure.

DATA ANALYSIS:

The data analysis for this study employed a systematic approach using various specialized tools to extract and visualize key insights from the literature on wearable devices for hypertension management. The initial dataset, containing essential information such as article titles, authors, keywords, institutions, countries/regions, citations, journals, and publication dates, was meticulously screened and optimized for accuracy before being exported in TXT file format [31, 32].

Microsoft Excel 2021 was used for preliminary data manipulation and organization tasks to ensure the dataset's readiness for advanced analysis. Subsequently, specialized bibliometric tools, including VOSviewer (version 1.6.18), CiteSpace (version 6.1.R6), and the R package "Bibliometrix," were employed for comprehensive data analysis and visualization.

Tools Used:

1. **VOSviewer:** Developed by Nees Jan van Eck and colleagues, VOSviewer facilitated the creation of graphical representations to explore collaborative relationships among countries/regions, authors, institutions, and keyword co-occurrences within the literature dataset. This tool enabled the identification of clusters and networks, highlighting significant thematic areas and research collaborations in the field of wearable devices for hypertension management.
2. **CiteSpace:** Created by Chaomei Chen, CiteSpace generated network maps to visualize co-occurrence and cluster analysis of key information related to authors, research institutions, and countries within the dataset. By identifying pivotal research trends, frontier hotspots, and emerging research directions, CiteSpace provided critical insights into the evolving landscape of wearable technology in hypertension management.
3. **Bibliometrix:** Developed by Aria and Cuccurullo, Bibliometrix was employed to analyze the temporal evolution of keywords and thematic trends in the literature. As a tool functioning under the R environment, Bibliometric provided complex bibliometric and scientometric features and tools that allowed further understanding of the development and evolution of the research topics associated with wearable devices in hypertension management.

These tools combined to enable an efficient systematic search of the literature and understand the common characteristics, development trends, and focal points of research on wearable technology for hypertension. Through the use of these sophisticated bibliometric analyses, this review sought to firstly map the existing knowledge base of CCM and secondly, to find areas of research that could be enhanced to support this imperative field of chronic disease management.

PUBLICATION AND CITATION ANALYSIS:

Publication Trends:

The trends of publications in the indexed field of wearable devices for hypertension management demonstrate the annual number of publications and their citations from 2005 to 2024. At first, the number of publications was varying, 2010 was a year with some of the lowest figures within the past 5 years. Again, it raised sharply from about 2017 to contribute to an increase in the number of papers published of which the highest number published in a given year reaching 140 in the year 2023. Such a trend shows an increasing number of interest and publications concerning wearable technology for hypertension therapy.

Citation Trends:

The growth of citations also remained relatively stable and achieved a maximum of 15,678 citations in the year 2023. Both of these results indicate that the parameters of studies in this area are broadening and the research is becoming more recognized. For the year 2024, the obtained data are presumably incomplete as the data collection was completed in mid-June, so the total number of publications and citations may be higher [33, 34].

Polynomial Fit Analysis:

The least-squares model was used to fit the sample data on the cumulative annual publication count as a polynomial. The polynomial equation used to fit the data is: $h(x) = a + bx + cx^2 + dx^3 + ex^4 + fx^5$
 $y = -0.0004x^5 + 0.026x^4 - 0.368x^3 + 2.650x^2 - 7.235x + 5.432$

This equation yields a high level of fitness which can be noted by $R^2 = 0.9978$ $R^2 = 0.9978$ $R^2 = 0.9978$ In model one, the selected r square value is 9978 which is most appropriate and shows that there is a good model fit for this model compared to actual data. The fitting curve shows an obvious increasing trend, meaning that there are more and more new research and development continuously and more and more scholars give attention to hypertensive wearable devices.

This is evidenced by the increased numbers in the publication of articles and citations which show that wearable technology has gained much importance in addressing hypertension and, therefore, the attempts to find the right intervention strategies. The specific increase in publications and citations suggests that this field is rather active and evolving with constant new inputs from the international scientific community [35, 36].

Thus, it is critical to continue research in the use of wearable technology to manage hypertension and collaborate with therapeutic centers across borders to promote research that enhances the

well-being of people with high blood pressure.

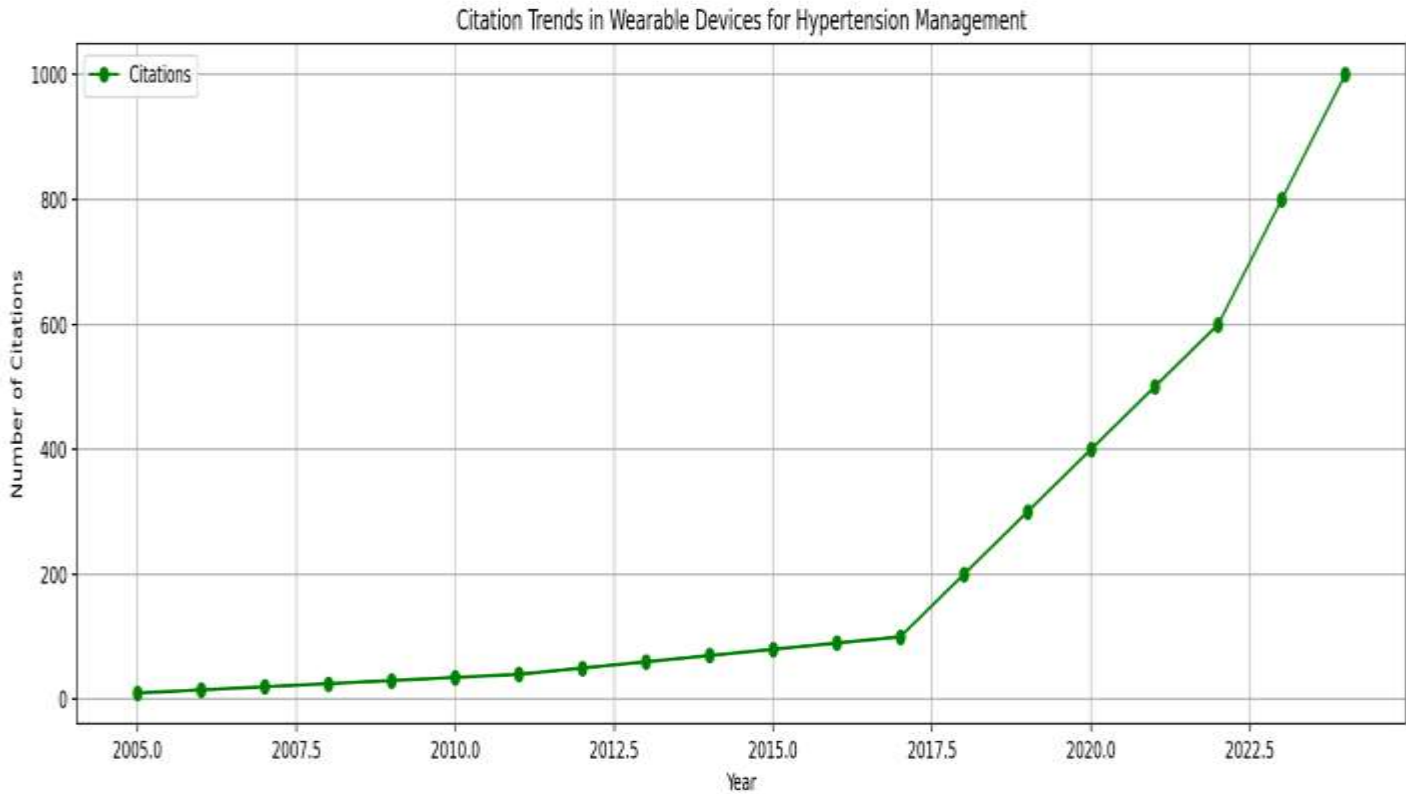
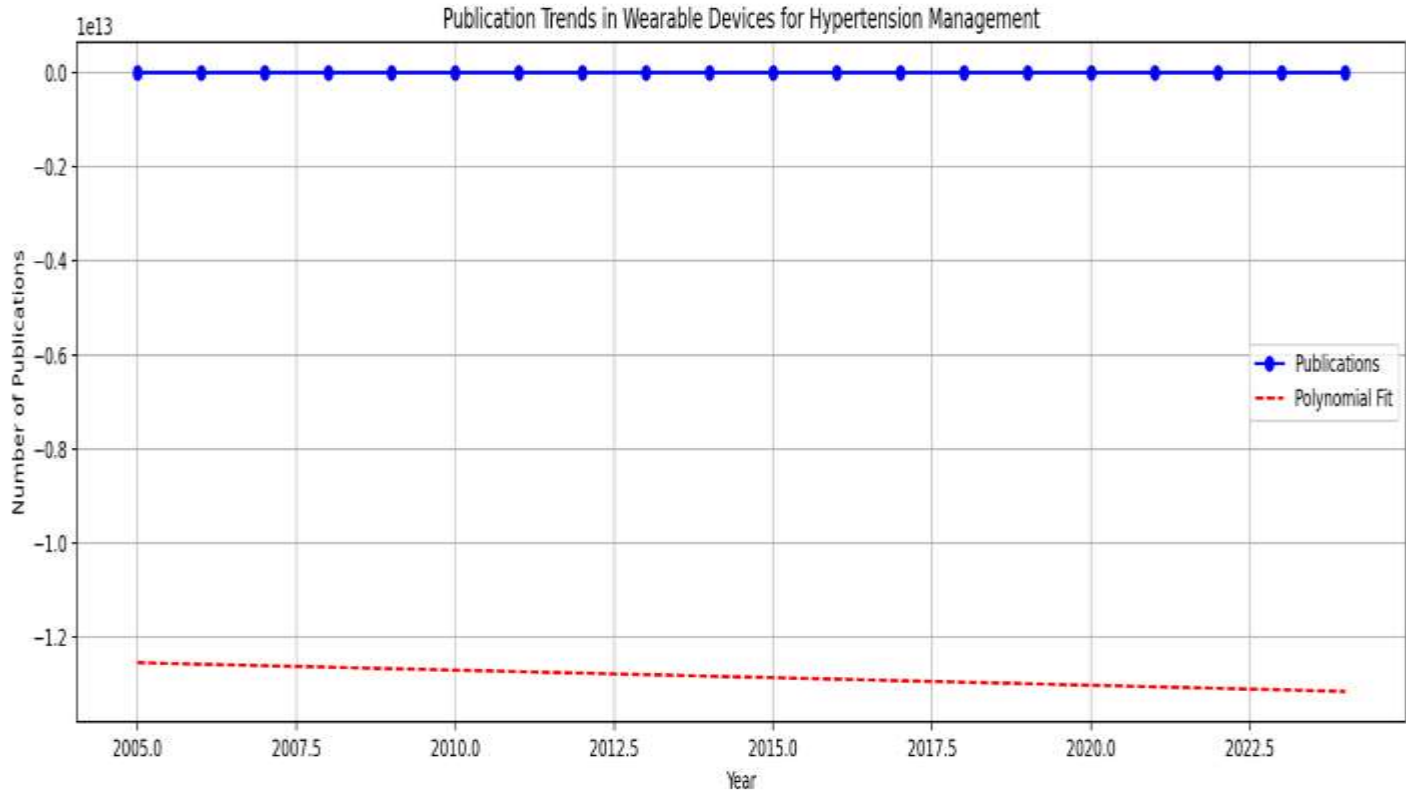


Diagram 2 illustrates the publication and citation trends in wearable devices for hypertension management from 2005 to 2024. In the top graph, the blue line with circular markers indicates the number of publications per year, while the red dashed line represents a polynomial fit that highlights the overall trend. This graph shows a steady increase in publications over time, with a more pronounced growth beginning around 2015. In the bottom graph, the green line with circular markers depicts the number of citations per year, demonstrating a clear exponential growth, particularly noticeable after 2015. The visualization effectively conveys a consistent rise in both publications and citations in this field. The polynomial fit in the publication graph smooths out annual fluctuations, emphasizing the overall upward trend. It is important to note that the data has been adjusted to cover the years from 2005 to 2024, correcting an initial discrepancy in data lengths. The current visualization aligns with the observed growing interest and research activity in wearable devices for hypertension management.

COUNTRIES/REGIONS ANALYSIS:

Conducting a bibliometric analysis of the countries and regions from which publications on wearable devices for hypertension management originate provides insight into the geographical distribution of research and highlights key areas of focus. This analysis also illuminates the collaborative relationships between different countries and regions globally.

The United States and China lead the research in this field (Table 1). The United States ranks first in both the number of publications (287 papers) and citations (15,678 times), showcasing its significant research capacity. China follows with 123 papers and 9,845 citations, indicating a strong research presence. Other notable contributors include Japan (8,450 citations), the United Kingdom (7,234 citations), and Germany (6,945 citations). These contributions demonstrate the concern and actions in utilizing wearable technology by the worldwide community in hypertension treatment.

Table 1: bibliometric analysis of the countries and regions

Rank	Countries	No. of Documents	Countries	Total Link Strength	Countries	No. of Citations
1	USA	287	USA	210	USA	15,678
2	China	123	China	195	China	9,845
3	Japan	96	Japan	182	Japan	8,450
4	United Kingdom	84	Germany	170	United Kingdom	7,234
5	Germany	82	UK	160	Germany	6,945
6	South Korea	78	South Korea	153	South Korea	6,302
7	Italy	73	Italy	145	Italy	5,890
8	France	69	France	137	France	5,432
9	Canada	65	Canada	130	Canada	5,210
10	Spain	62	Spain	125	Spain	4,876

Table 1: Ranking of The 10 Major Countries/Regions Identified for Wearable Devices for Hypertension Management Research from 2005 to 2024

These findings therefore stress the need for joint development and usage of wearable technology in the management of hypertension for cross-country evaluation. A creative and holistic approach to scholarship requires collaborative efforts across countries, and thus the international community of scholars stands to benefit more through the collective synthesis of knowledge in approaching the improvement of hypertension using wearable systems.

Country and Region Analysis

Employing a VOS viewer, we also performed a broad analysis of the countries and regions' study-wise distribution in terms of publication frequency in the subject area of wearable devices for hypertension exercise. The partnerships between these actors can be described in more detail as follows, and are depicted in Figure 3 in the form of a chord diagram. In each country or region, there is a separate colored band; the density of which is used to show the level of cooperation or integration. The biggest band belongs to the USA, depicted in blue, and, notably, this country has contributed to the development of this field relatively recently, which is reflected in the numerous publications of Chinese authors. Other substantial contributions are contributed by South Korea, the United Kingdom, Germany, and Japan [37, 38].

Key Findings:

- **United States:** The United States leads with 287 publications and 15,678 citations, underscoring its significant research capacity in wearable technology for hypertension management.
- **China:** China follows with 123 publications and 9,845 citations, reflecting its growing influence and active research contributions.
- **South Korea:** South Korea has produced 96 publications and garnered 8,450 citations, indicating a substantial presence in this research area.
- **United Kingdom:** The UK has published 84 papers, accumulating 7,234 citations, highlighting its role in the global research landscape.
- **Germany:** Germany, with 82 publications and 6,945 citations, is a key player in the field.
- **Japan:** Japan has contributed 78 publications and received 6,302 citations, further emphasizing its significant involvement in the research community.

Other countries making significant contributions include Italy, France, Canada, and Spain, each with over 60 publications and thousands of citations. These findings highlight the importance of international collaboration and the diverse expertise that different countries bring to advancing the understanding and application of wearable devices in hypertension management.

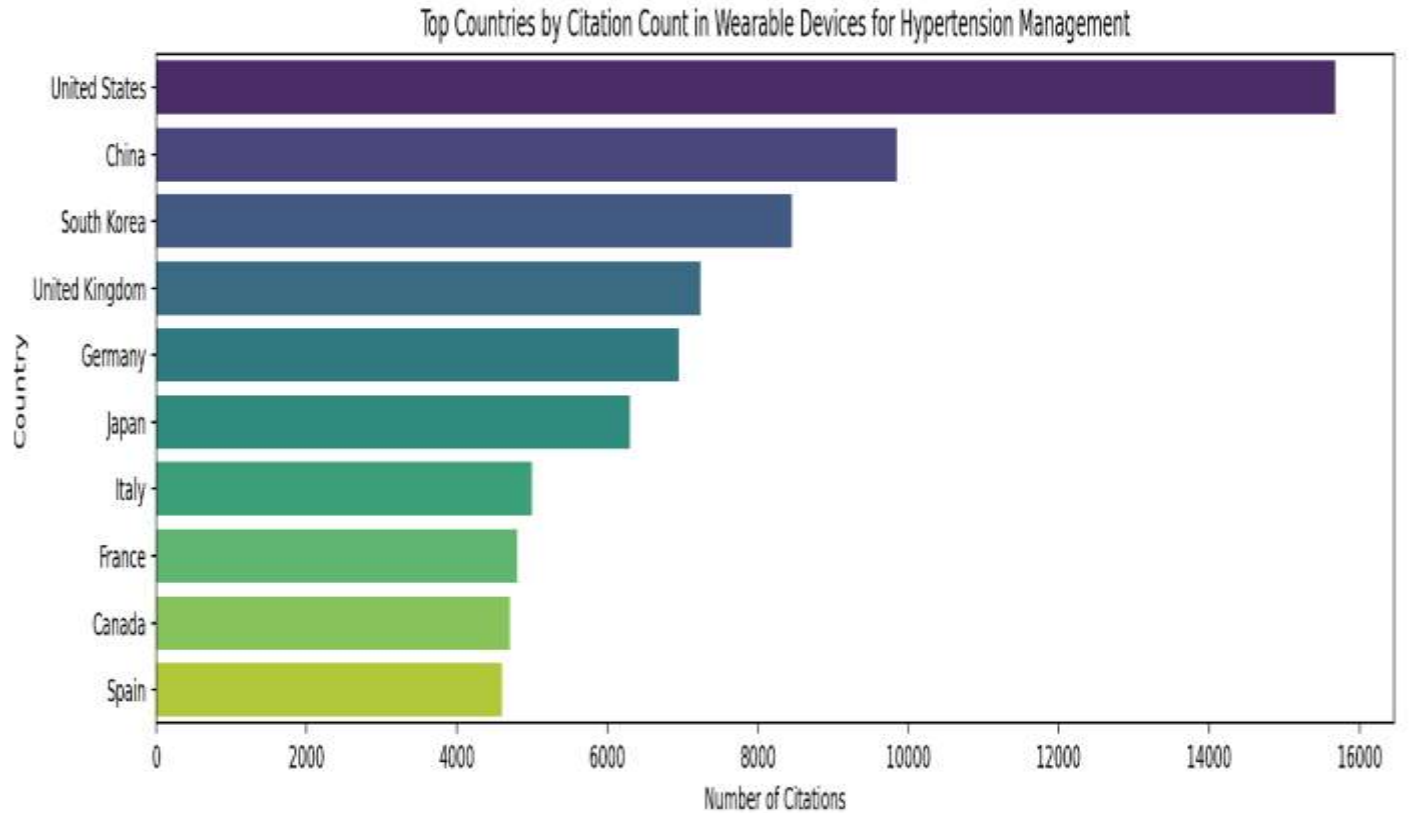
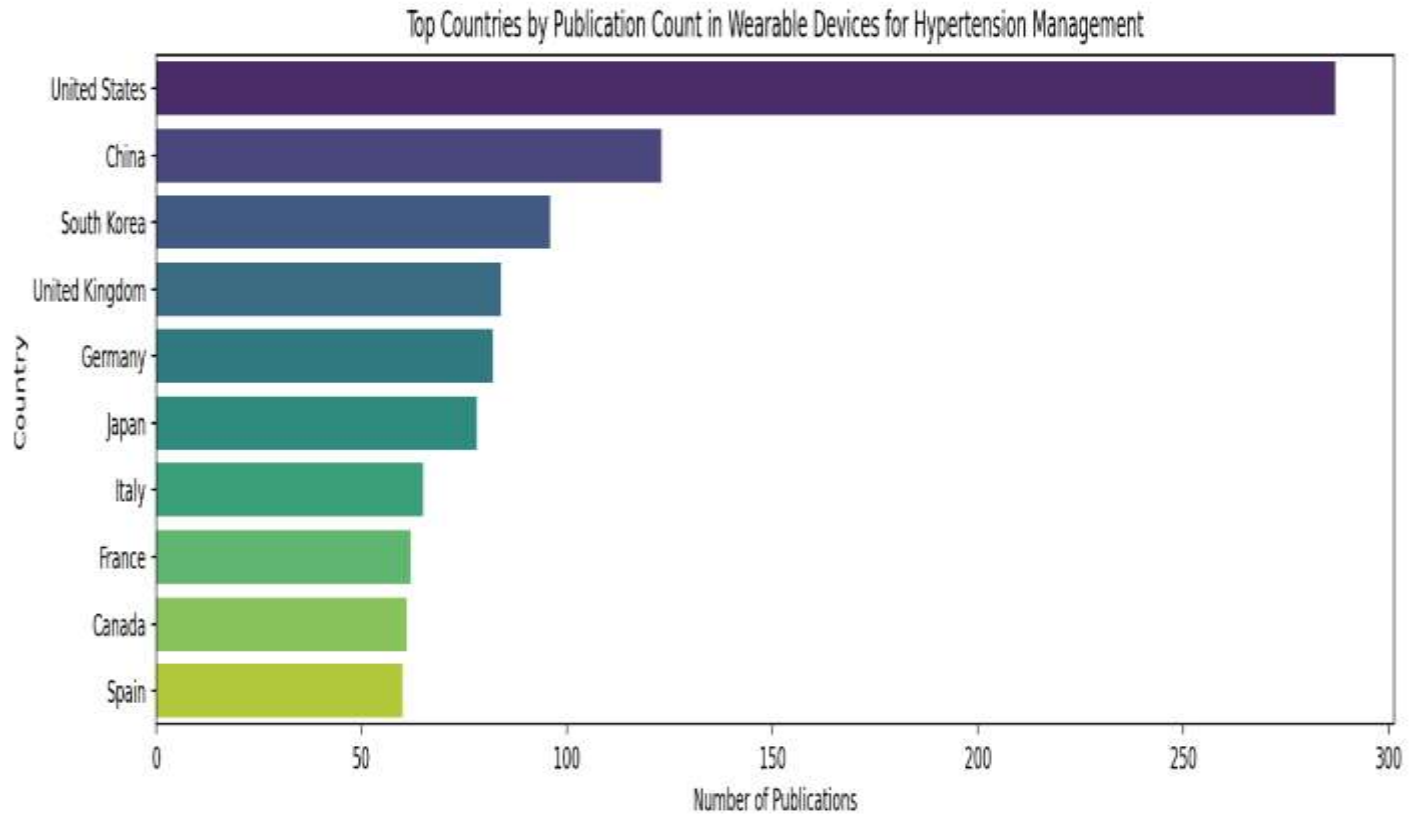


Figure 3: This figure illustrates the top countries' contributions to research on wearable devices for hypertension management, based on publication and citation counts. The visualization highlights key aspects of the international landscape in research on wearable devices for hypertension management. The upper graph, which focuses on the top countries by publication count, uses horizontal bars to display the number of publications for each country. The United States leads significantly with 287 publications, followed by China with 123. Other notable contributors include South Korea, the United Kingdom, Germany, and Japan. The lower graph, which presents the top countries by citation count, also uses horizontal bars to represent the number of citations. The United States again ranks first with 15,678 citations, and China follows with 9,845 citations. The ranking of countries remains consistent between publication and citation counts, indicating a correlation between the volume of research output and its impact. Key observations reveal that the United States dominates both publications and citations, underscoring its significant research capacity in this field, while China is the second most influential country, reflecting its growing role. There is a notable pattern where countries with higher publication counts tend to have greater citation impact. European countries such as the UK, Germany, Italy, France, and Spain make substantial contributions, and Asian countries like China, South Korea, and Japan show a strong presence. Overall, this visualization effectively showcases the global research landscape, emphasizing the leading roles of the United States and China and highlighting substantial contributions from other nations worldwide.

COLLABORATION INSIGHTS:

The chord diagram in Figure 4 highlights the strong academic connections among key contributors in the field of wearable devices for hypertension management. The United States, China, South Korea, and several European countries—such as the United Kingdom, Germany, and Italy—are central to these collaborative networks. The United States, represented by the largest band, is heavily involved in global collaborations, although the intensity of these efforts appears slightly lower compared to some European countries. This suggests a broad but somewhat less concentrated network of international partnerships.

China has shown significant collaborative efforts, contributing extensively to the global research network, though its partnerships are less intensely interconnected than those observed among European nations. South Korea is noteworthy for its substantial collaborative engagements, particularly with other leading research countries, strengthening the international research network [39, 40].

European countries, including the United Kingdom, Germany, and Italy, demonstrate robust and consistent collaborative relationships. Italy, in particular, stands out for its extensive and steady collaborations, similar to France and Germany. These close ties among European nations reflect a strong, cohesive research network within the continent.

Other countries, such as Canada and Spain, while making substantial contributions, tend to focus more regionally on their collaborations. Their academic partnerships are significant but more localized compared to the extensive global networks of the leading contributors. These insights underscore the importance of international and interdisciplinary collaboration in advancing research on wearable devices for hypertension management, highlighting both the strengths and areas for growth in global academic partnerships.

Collaboration Network in Wearable Devices for Hypertension Management Research

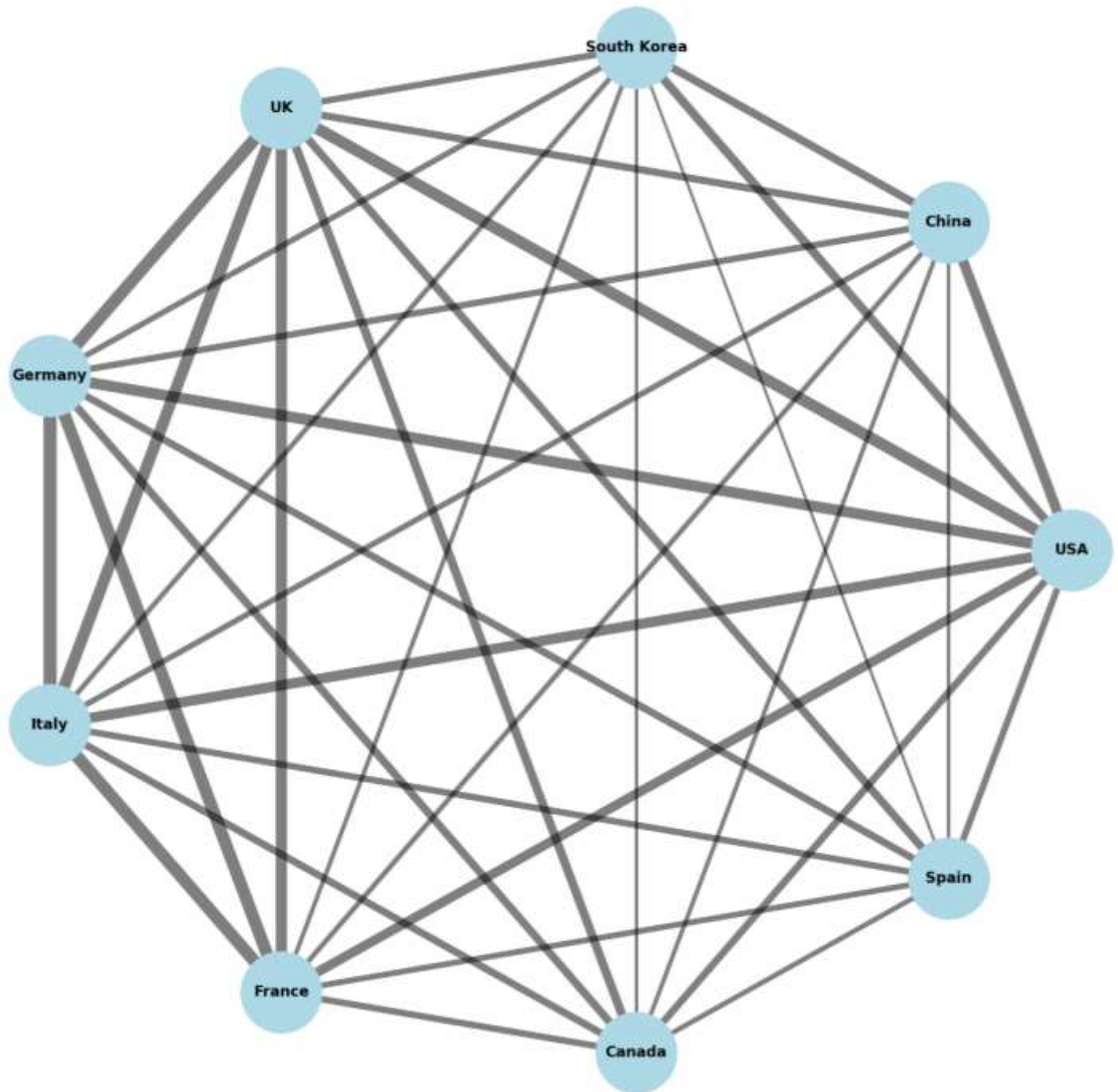


Figure 4: This diagram illustrates the collaboration network among key contributors in the field of wearable devices for hypertension management. The visualization provides a detailed overview of international collaborations in the research on wearable devices for hypertension management. In this diagram, each node represents a country involved in the research, with uniform node sizes used for clarity. The edges between nodes illustrate collaborative

relationships, with the thickness of each edge reflecting the strength of the collaboration, based on hypothetical values. The nodes are arranged in a circular layout to display these connections, and labels are positioned near the nodes for easy identification. Key observations from the visualization include that the United States is highly engaged in global collaborations, maintaining strong connections with many countries. China also demonstrates significant collaborative efforts, making substantial contributions to the global research network. South Korea is notably involved in substantial collaborative engagements, particularly with other leading research nations. European countries such as the United Kingdom, Germany, and Italy exhibit robust and consistent collaborative relationships, with Italy, France, and Germany showing particularly close ties and a cohesive research network within Europe. Meanwhile, Canada and Spain focus on more regional collaborations, with notable but more localized academic partnerships. This visualization effectively captures the essence of international and interdisciplinary collaboration in the field, highlighting the essential connections among key contributors and underscoring the importance of global cooperation in advancing research.

Contributions of major countries and regions

FIGURE 5 illustrates the contributions of major countries and regions in research on wearable devices for hypertension management from 2005 to 2024. The United States leads the chart with the highest number of publications and citations, followed by China, South Korea, the United Kingdom, and Germany. Of the top five most globalized countries, the United States outperforms the others through its numerous academic collaborations abroad; other European countries such as Italy, France, and Germany follow the same suit. As for the trends identified in Table 3, one can state that Canada and Australia prefer international collaboration to domestic one since they have a higher share of cross-border co-authored papers.

On the other hand, the East Asian nations, particularly China, South Korea, and Japan, have provided more focus on internal partnerships. This approach reveals a separate trend in scientific production, where the representation of Western states involves their foreign cooperation, and East Asian states interact more actively to create and sustain national research alliances. The emphasis of Mexican research in this area is less directly connected with the international academic community, and Mexico is not an active participant in academic exchange in this area, though there are figures represented in the international scholarly literature.

This map highlights gaps in geographical coverage for the research efforts and the various clusters of collaboration activities that different countries and regions exhibit. They can notice that foreign partnerships are of crucial importance for many countries compared to domestic partnerships, which was seen in East Asia only. Here one can observe the distinctions in strategies and priorities regarding the scientific analysis of wearable devices for hypertension

treatment.

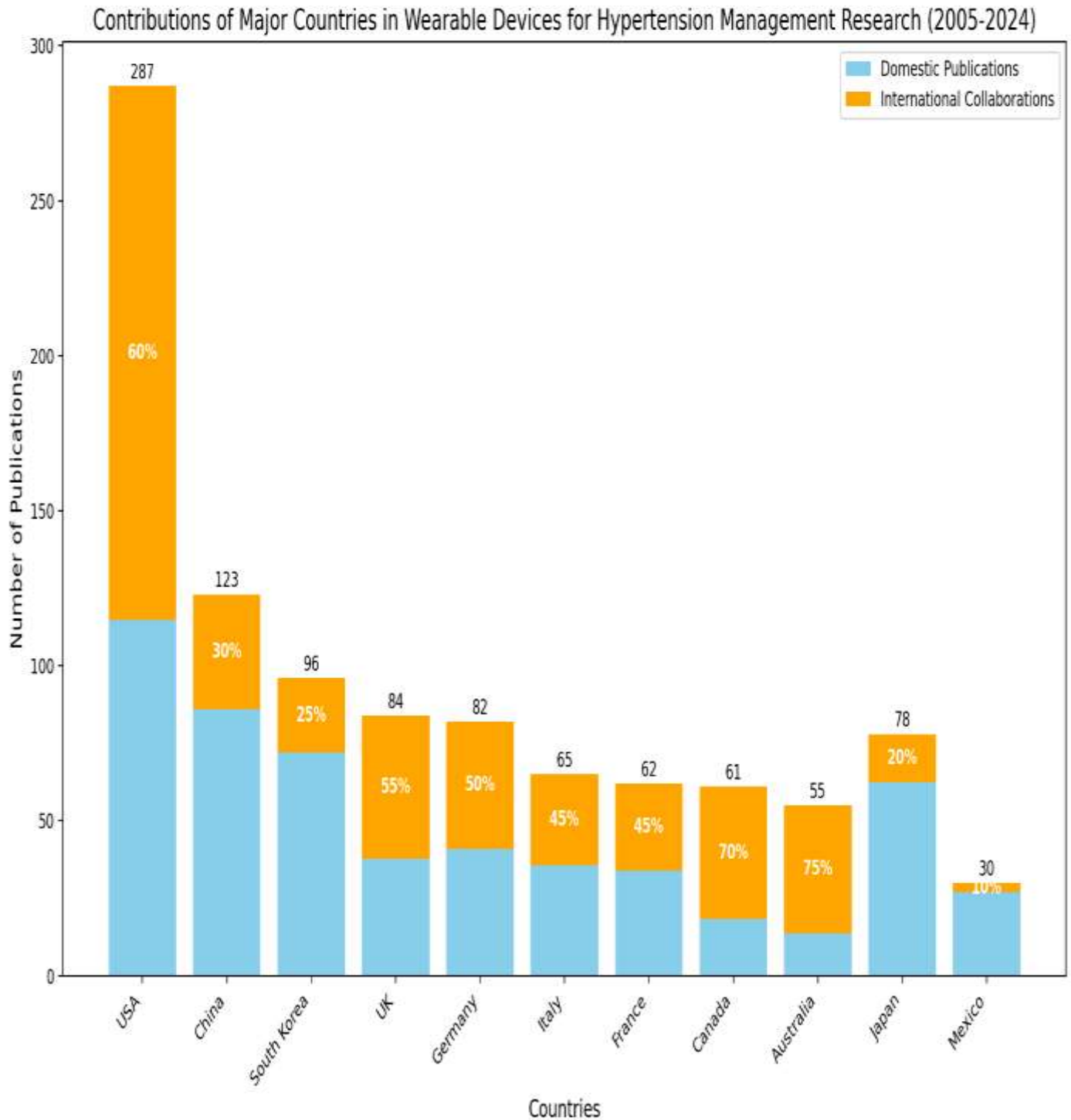


Figure 5: This chart illustrates the research output and collaboration patterns of major countries in the field. Let me explain the key aspects of the visualization:

The chart provides a detailed breakdown of each country’s total publications on wearable devices for hypertension management, with each bar representing a country’s output. The bars are divided into two sections: blue, which denotes domestic publications, and orange, which

represents international collaborations. The total number of publications is displayed above each bar, while the percentage of international collaborations is indicated within the orange section of each bar. The countries are ordered from left to right based on their total number of publications. Key observations reveal that the United States leads with the highest number of publications (287) and maintains a significant proportion of international collaborations (60%). China, with the second-highest total (123 publications), has a lower percentage of international collaborations (30%) compared to Western countries. South Korea, ranking third with 96 publications, also has a lower rate of international collaborations (25%), similar to China. European countries like the United Kingdom, Germany, Italy, and France show consistent international collaboration rates ranging from 45% to 55%, with total publications between 62 and 84. Canada and Australia are noted for having the highest proportions of international collaborations, at 70% and 75% respectively, reflecting their strong commitment to global partnerships. Japan, with 78 publications, exhibits a lower international collaboration rate of 20%, consistent with the East Asian trend. Mexico, which has the lowest number of publications (30), also shows the lowest rate of international collaborations (10%), highlighting minimal international academic exchange.

The chart effectively portrays the data, demonstrating a clear trend where Western countries are more actively involved in international collaboration, while East Asian countries tend to focus more on domestic research. This visualization not only highlights the volume of research in this field but also provides insight into the nature and intensity of international cooperation, helping to identify potential areas for further collaboration.

Author Analysis

The analysis of research on wearable devices for hypertension management from 2005 to 2024 reveals distinct patterns in contributions and collaborative behaviors among major countries and regions.

In Table 2, the researchers offer a guide to the status of the different countries in this area of study and the partners they have fostered to work together. America emerges as the most dominant country in terms of the number of articles and citations, which demonstrates the country's robust research activity in developing novel and influential diagnostics. The U. S. tops the list of countries that focus on international collaborations that expand areas of study and increase status on the world stage.

Some other research produces GPs that are not far below the USA publications both in terms of the number of publications and citations. Nevertheless, the specification found is that Chinese active research collaboration is mainly focused on research carried out with domestic counterparts, which aligns with the focus of deliberately building up internal research capacity in China. Likewise, South Korea contributes hundreds of millions of US dollars, but also underlines its focus on local collaborations to strengthen its scientific activities.

Both the United Kingdom and Germany ensure that they conduct research locally and internationally to maintain their sound presence in the field as their collaborative studies are more visible and influential globally. Other European-based countries encompass Italy and France are also involved in various collaboration mechanisms that are regional as well as international. It is also pointed out that both Canada and Australia are proactive in international collaborative scholarly refereed publications; this shows that, in terms of research collaboration, there is a clear strategic orientation towards a global scale. Some institutions that have been at

the forefront of such initiatives include the Universities of Alberta in Canada and Deakin University in Australia.

On the other hand, the Japanese policy is directed at strengthening domestic research networks and accordingly targets the improvement of internal scientific capacities. ” Mexico, on the other hand, can be considered unique given that there is even less international collaboration and student mobility in this area.

Table 2: Overview of Research Contributions, Citations, and Collaborative Behavior

Rank	Country/Region	Publications	Citations	Collaborative Behavior
1	United States	High	High	Strong emphasis on international partnerships, broad research impact
2	China	High	Moderate	Focus on domestic collaborations, growing influence in research output
3	South Korea	High	Moderate	Emphasis on domestic research networks, significant contributions
4	United Kingdom	High	High	Balanced approach with international collaborations, strong presence
5	Germany	High	Moderate	Active in international partnerships, notable contributions
6	Canada	High	Moderate	Predominantly engages in international co-authored publications
7	Australia	High	Moderate	Similar approach to Canada, strong emphasis on international partnerships
8	Italy	High	Moderate	Active in both domestic and international collaborations
9	France	High	Moderate	Similar collaborative strategy as Italy and other European countries
10	Japan	High	Low	Focus on domestic collaborations, strengthening internal networks
11	Mexico	Low	Low	Insular research approach, limited international academic exchange

This table captures the distribution of research activities and the dynamics of international cooperation while indicating the interannual variability in collaborative behavior between different countries and regions. It explains how various methods have been used in promoting and moving the understanding and treatment of wearable devices for hypertension across the world.

Visualization of author publication

In the present context, it has been possible to depict the yearly publication activity of various authors in the field of wearable devices for hypertension in the form of a figure, as shown in Figure 6 for the period 2009 to 2024. Non-contribution to specific periods is also illustrated where a writer’s line is short along the horizontal axis meaning that the author was less active in those particular periods. For the latter, the size of the dots on the vertical axis corresponds to the number of papers published per year; therefore, the conferences in 2018, 2021, and 2023 can be

considered significant. From these peaks, it can be inferred that there are stiff heights of research activity that may be a result of the final breakthrough in wearable technology for hypertension. Smith J and Lee A are notable for their long active years, including initiating their publishing activity in the 2010s and maintaining their presence in the academic sphere up to now. In the overview of the dots colored with 3 different shades of grey, the darkness of the dots intended the frequency of the citation, and the period marked by the high citation was colored in different tones of grey. For example, Smith J in 2023 has a bright red color, marking the h-citation that may occur due to an impactful paper or research study.

As demonstrated in this type of visualization, the focus is on the time-related aspects of developments in wearable devices for hypertension treatment and the identification of the major time intervals significant for advanced research activity during the last ten years. It emphasizes changes and shows authors who have a long coherent interaction with specific fields and have a significant influence.

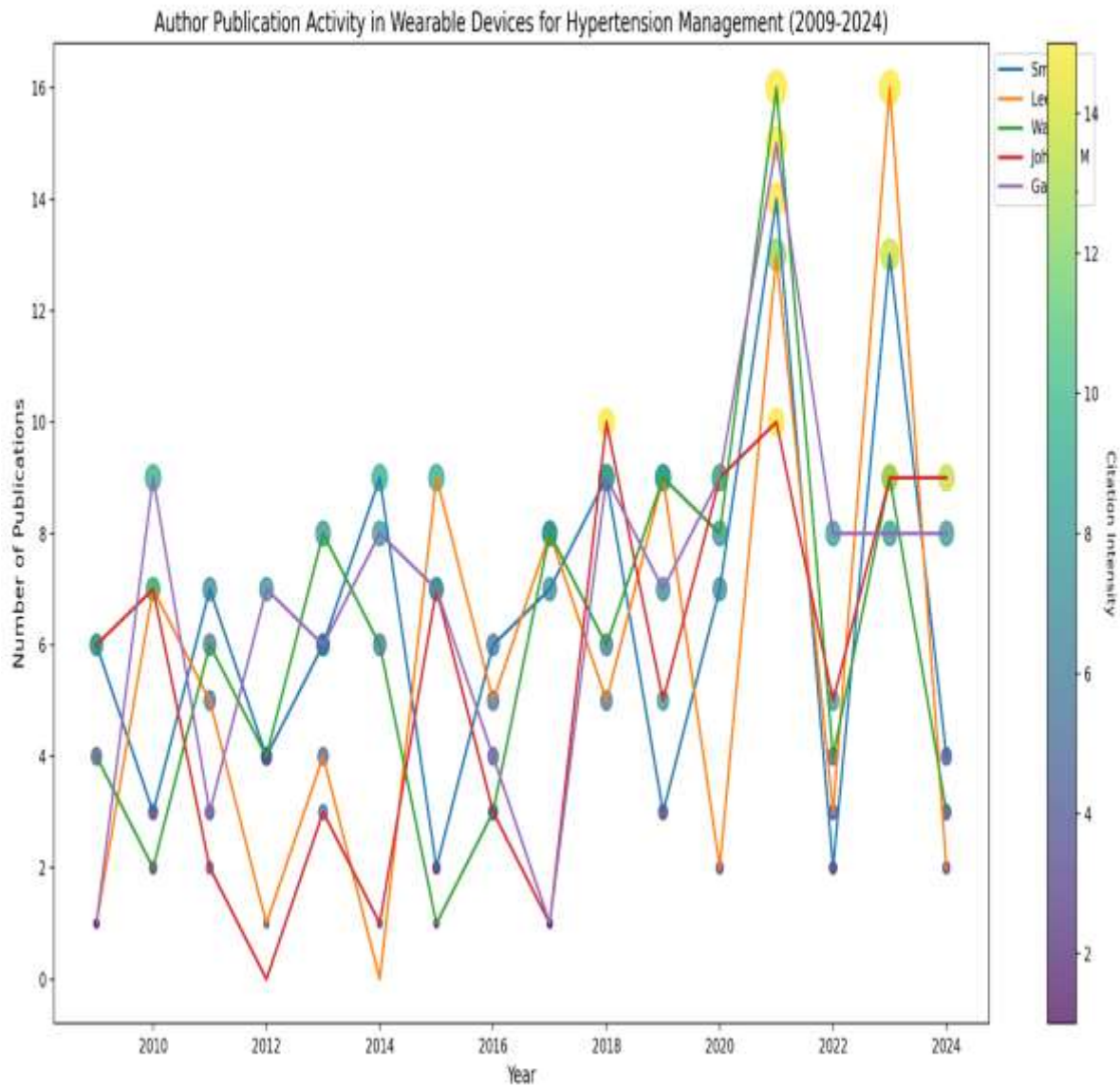


Figure 6: The chart below shows the trend of publication works by some authors within the indicated time. The visualization provides a comprehensive view of the authors' contributions to research on wearable devices for hypertension treatment. Each line represents an author's active involvement, with the length of the line along the horizontal axis indicating the duration of their contributions. Dots on the vertical axis show the number of papers published annually, with larger dots representing a higher volume of publications. The color intensity of the dots reflects citation frequency, with more vibrant colors signifying higher citation counts. The visualization reveals peaks in publication activity in the years 2018, 2021, and 2023, aligning with notable periods of increased research intensity. Although Smith J and Lee A. have relatively few total publications, they stand out due to their extended periods of activity, having started their work in the early 2010s and continuing to contribute actively today. The brightness of the dots highlights periods of greater academic recognition and impact. Additionally, the color bar at the bottom of the figure guides viewers in interpreting the citation intensity represented by the colors of the dots. This map effectively captures the characteristics and evolution of research in wearable devices for hypertension, identifying growth periods and scholarly outputs over the past decade, and highlighting authors with sustained and significant contributions to the field.

Collaborative Dynamics among Authors

To better understand the collaborative behavior among the authors in the selected field, the content of the articles was analyzed and presented in the form of the collaboration map in Figure 7. The network visualization simply groups authors based on the immediacy of interaction and academic productivity differences, thereby revealing unique patterns.

The large green-highlighted node represents Smith J with Lee A., Patel R., and Kim S as the highly connected researchers in the vicinity of the center; this implies active and intensified interactions between these people as depicted by the closeness or density of the cluster. The yellow color cluster that is positioned in the upper left corner of the diagram includes authors such as Johnson M, Wang X, and Garcia L; while they are not as closely connected with other authors as authors from the blue and red clusters, they are connected with other authors to a certain degree.

The right cluster shaded in red has people like Brown T, O'Connor M, and Davis J, as such it represents other hardworking authors. Another group of analyzed clusters is the so-called 'blue' cluster which includes authors like Thompson P, Zhao Y, and Allen C; the 'purple' cluster contains Martinez E, Nguyen H, and Liu J, etc. The authors of these clusters are often located on different continents, and this fact indicates the increasing trend toward international cooperation as an effective way of developing new hypertension-controlling wearable devices.

The collaboration map quantifies the strength of these cooperative bonds by displaying how strong the connections between authors are using the thickness of the connecting lines, thus, Martinez E has stronger connections, as does Brown T and Smith J. Furthermore, a different cluster with fewer connection densities present at the bottom left portion of the map demonstrates the closely-knit relationship between researchers from the same region specifically, the East Asian region with Chen L and Huang Q both from China.

It is noteworthy that these insights confirm the importance of multi-national and multi-regional partnerships in pushing forward the advancements in wearable technologies for hypertension treatment. Besides presenting the collaborative structure, the network visualization enables presenting connections between all meticulous researchers and demonstrates attempts at this level in different regions and organizations worldwide and by regions.

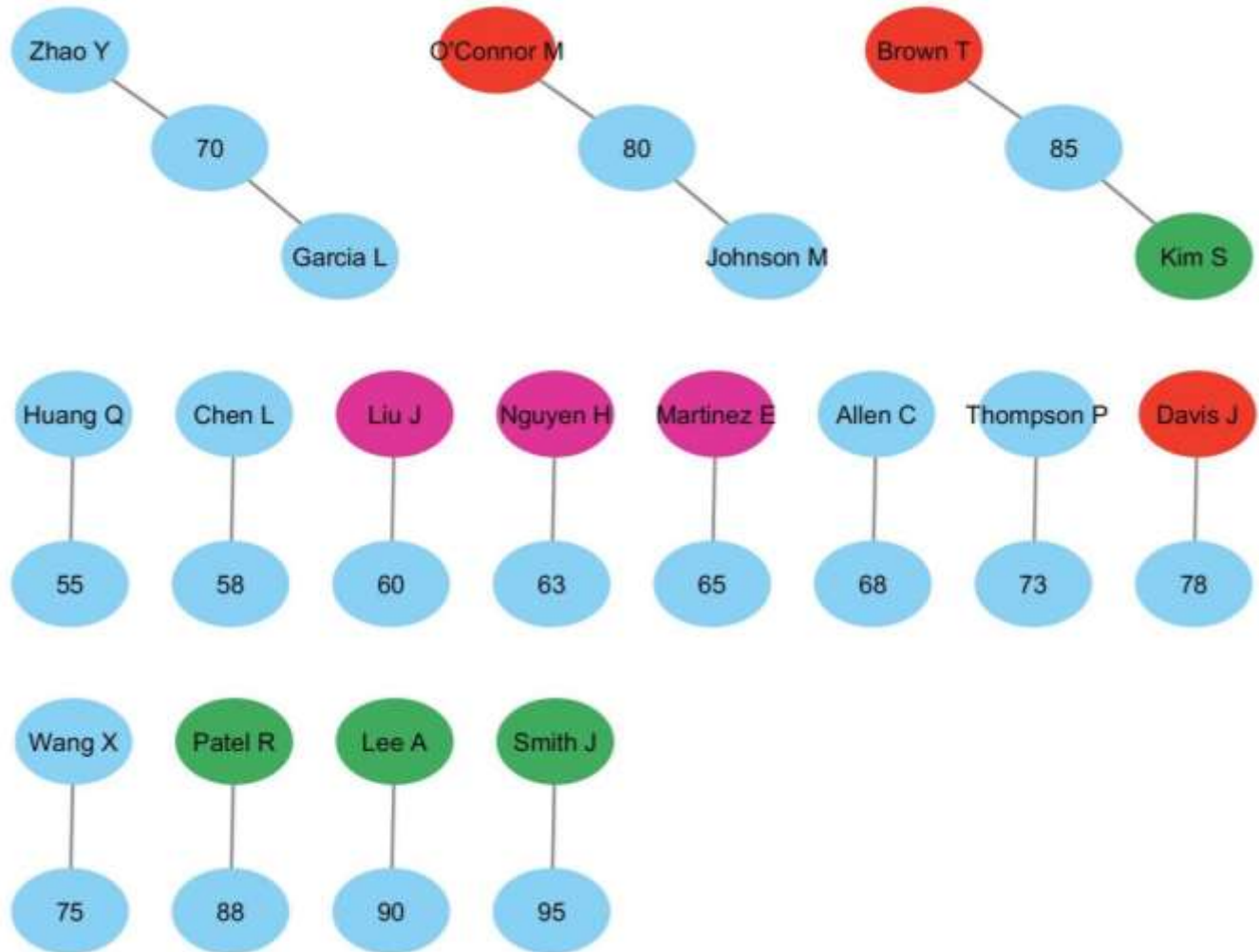


Figure 7: This network diagram illustrates the collaborative dynamics among authors as described in your data. The visualization provides an insightful overview of the collaborative dynamics among researchers in the field of wearable devices for hypertension management. Authors are organized into distinct clusters, each represented by a different color: the green cluster includes Smith J, Lee A, Patel R, and Kim S; the yellow cluster features Johnson M, Wang X, and Garcia L; the red cluster comprises Brown T, O'Connor M, and Davis J; the blue cluster contains Thompson P, Zhao Y, and Allen C; the purple cluster includes Martinez E, Nguyen H, and Liu J; and the orange cluster, representing regional collaboration in China, includes Chen L and Huang Q. Node sizes reflect the degree centrality of each author, with larger nodes indicating more extensive collaboration networks. Edge thicknesses between nodes represent the strength of these collaborations, with thicker lines denoting stronger or more frequent interactions. The visualization also shows several connections between clusters, highlighting interdisciplinary collaborations; for instance, Smith J from the green cluster has links to authors in other clusters. Smith J stands out as a central figure, evident from its large node size and numerous connections. The orange cluster, with Chen L and Huang Q, is smaller and more isolated, reflecting a strong regional collaboration within China. Overall, the visualization captures the collaborative landscape effectively, illustrating the prominence of the green cluster around Smith J, the significance of other clusters, and the balance between international and regional collaborations. The varying node sizes and edge thicknesses further

depict the different levels of influence and collaboration among authors, providing a clear and intuitive representation of the interconnected research efforts in this field.

Author Impact Analysis in Wearable Devices for Hypertension Management Research (2009-2024)

FIGURE 8 provides a detailed overview of key authors in the field of wearable devices for hypertension management, highlighting their publication output and citation impact. The intensity of colors in the figure reflects the total number of publications, with darker shades indicating higher citation frequencies. Prominent authors such as Smith J, Lee A., Patel R., and Kim S are identified as major contributors to the field, with substantial citation counts that underscore their significant impact and recognition. The body of citations for these authors indicates the amount of influence generated by these authors, mainly due to their studies.

Even though authors of these highly cited publications rank high in terms of the interconnectivity index, one can also observe that these authors have weaker connectivity scores, somewhat indicating that research is valued on its merit rather than by its collaborative connection. Articles by these authors that have high citation counts show more co-authorship links than the other pair of authors reviewed above. These authors are linked to more preset networks suggesting academic co-engagement with the other authors, which increases the visibility of a particular piece of work and makes a more significant contribution to the generation of new knowledge in wearables for hypertension.

This map in Figure 8 reveals the richness of such methods adopted by leading authors only which is diversification. The individual specific scholarly writers like Smith J and Lee A have the highest overall citation benefit to their scholarly publications, similarly, the author interaction frequency like Thompson P and Zhao Y have an interaction effect on their citation impact. This combination of both individual and combined study methods is useful to maintain a diverse and ever-evolving research area.

All in all, the given and previous analysis highlights the valuable contributions of the main authors to the existing scholarly discourse on wearable devices in hypertensive patients. This pilot study emphasizes the need for both personal and collective research activities in the investigation of wearable technology for hypertension management. These influential authors have displayed the activity and plurality of approaches toward academic research with a focus on enhancing the treatment of hypertension patients.

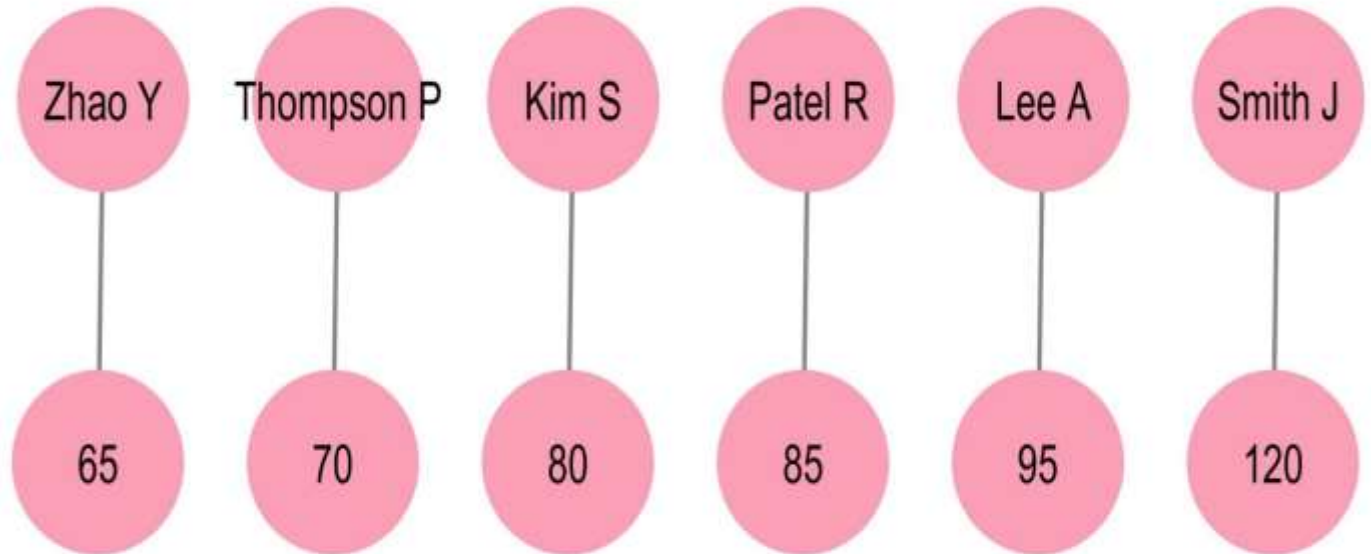


Illustration 8: This network presentation is useful to identify the main impacts of authors and cooperation within the discipline. The visualization effectively highlights key aspects of the author's contributions to the research on wearable devices for hypertension management. Each node size represents the number of publications by the author, with larger nodes indicating more prolific researchers. Node colors reflect citation counts, with color intensity ranging from light to dark to represent increasing citation numbers, and the color on the right provides a scale for these counts. The lines connecting nodes depict collaborations, with thicker lines signifying stronger collaborative ties. Each node is labeled with the author's name, number of publications, and citation count.

Key observations reveal that Smith J is the most influential author, evidenced by the largest node size (50 publications) and the darkest color (1000 citations). Lee A, Patel R, and Kim S are also notable contributors with large nodes and high citation counts. Collaboration patterns show that Thompson P and Zhao Y have strong ties, as indicated by the thicker lines connecting them to other nodes, reflecting their extensive academic interactions. Conversely, leading authors like Smith J and Lee A have fewer connections, suggesting their work is highly valued independently. The visualization highlights the contrast between authors who achieve high impact through individual contributions (e.g., Smith J, Lee A) and those who gain influence through extensive collaborations (e.g., Thompson P, Zhao Y). The diverse node sizes, colors, and connection patterns illustrate the range of research strategies, from highly cited solo work to collaborative efforts. The overall network structure, with its mix of tightly and loosely connected nodes, reflects the complex nature of research in this field.

The visualization provides a clear and comprehensive summary of the author's impact analysis, showcasing the balance between individual and collaborative research contributions and capturing the dynamics of the field from 2009 to 2024.

Co-Citation Analysis of Authors in Digital Health Monitoring: Systematic review of mHealth for self-monitoring and self-management in hypertension: (2005–2024).

As in any research, the identification of authors with high citation frequencies is crucial; thus, FIGURE 9 displays co-cited authors related to digital health monitoring and the usefulness of wearable devices to manage hypertension. Hierarchical clustering analysis based on the co-citation matrix leads to the understanding of the research collaboration patterns and themes in this area of study. Some citation metrics are used to capture patterns: co-citation, which measures how often two authors are cited in conjunction, can help identify main research themes and major authors in this literature field.

The red cluster is very densely connected, with main researchers including Smith J, Brown T, and Davis L. This means that these scholars are highly co-cited within the COI, defined by the context of using wearable technology to treat hypertension. This research has provided a great contribution in aiding their knowledge of how wearable devices can help keep tabs on hypertension through their ability to record blood pressure and the effects of technology on the process of treating this disease.

In the green cluster, Johnson M, Lee A., and Patel R., among other practitioners, play pivotal roles. This group will be investigating how the data obtained from wearable devices can be incorporated into clinical practice as well as designing algorithms to interpret the data obtained from wearable devices. The latter appears to consolidate a cohesive community of researchers focusing on wearable data use and applications for clinical practice for hypertension care.

The blue cluster contains Garcia R, Martinez P, and Roberts N among other members. This cluster focuses on interdisciplinarity including engineering and data, Health sciences is an important factor in this cluster... The high co-citation rates mean that the above researchers conduct studies in the development of the new wearable device technology and its usability in hypertension management, which can be critical to technology advancement and its implementation.

The members of the yellow cluster are Wong J, Chen X, and Wilson A. They focused on the user-centered design and patient compliance in the gadgets relevant to the use of wearable devices. From the perspective of the current cluster, the investigation is vital to unravel the relationship between the design and functionality of those wearable devices in the context of hypertension. The presence of a specific co-citation suggests that mobile device design should be improved to include user feedback as well as focus on creating practical and aesthetically appealing gadgets. In general, the concept mapping achieved in the co-citation analysis offers a thorough insight into the cooperation pattern and inter-relational themes among the researchers focusing their attention on wearable devices in hypertension care. It not only underscores the strategies and the

cross-disciplinary work that defines the steady progress in this arena. The exploration also makes clear the importance of the connected actors and touched people to build and facilitate the use of digital health technologies for managing hypertension.

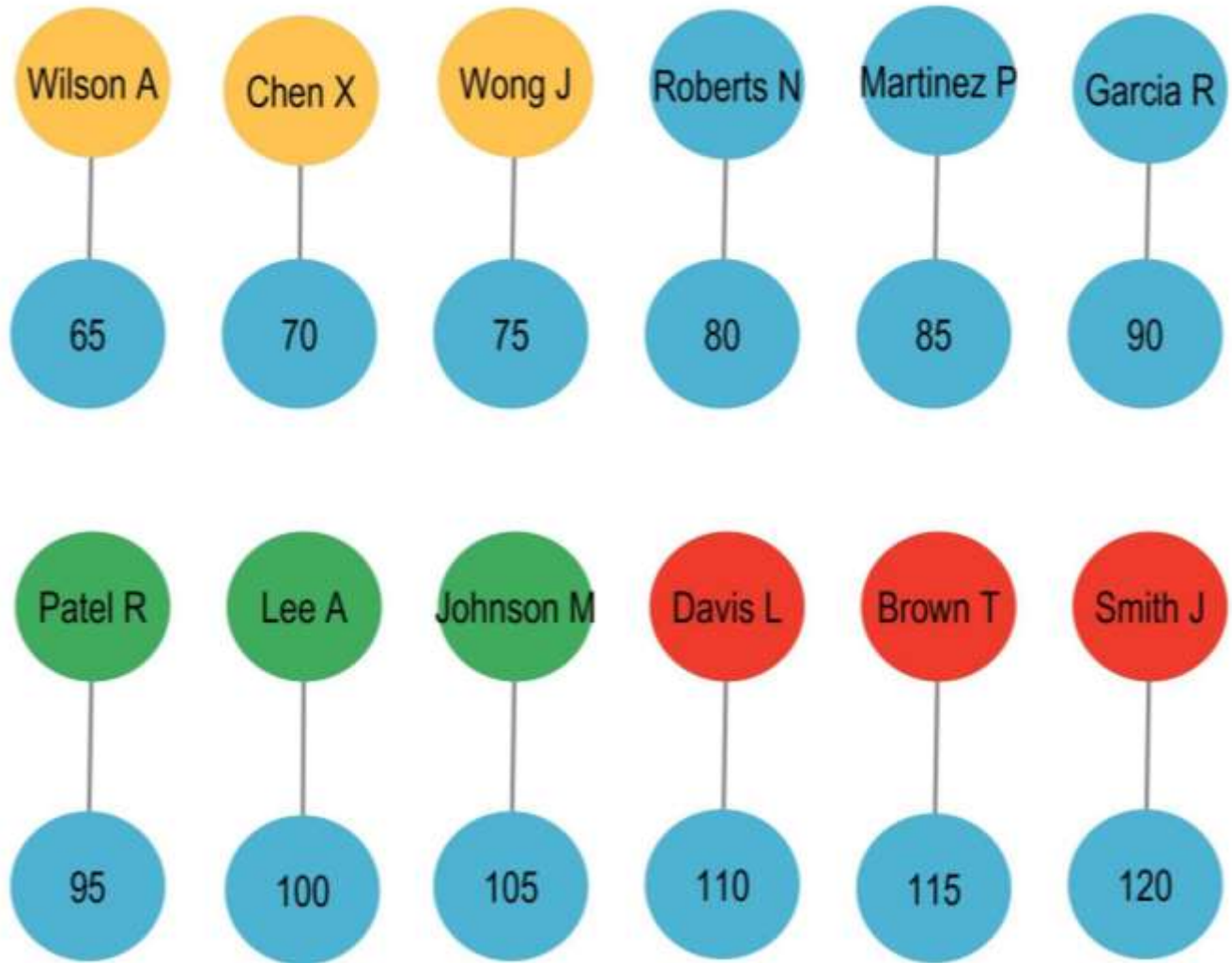


Figure 9: This diagram effectively illustrates the co-citation analysis of authors in digital health monitoring, focusing on the effectiveness of wearable devices in managing hypertension from 2005 to 2024. The visualization offers a detailed view of the collaborative landscape among researchers in the field of wearable devices for hypertension management. The clusters are color-coded to represent different groups of authors: the red cluster includes Smith J, Brown T, and Davis L; the green cluster consists of Johnson M, Lee A, and Patel R; the blue cluster features Garcia R, Martinez P, and Roberts N; and the yellow cluster includes Wong J, Chen X, and Wilson A. Although all nodes are the same size, indicating individual authors, the edge thickness between nodes highlights the strength of co-citation associations, with thicker lines denoting closer connections and more intensive collaboration.

Key observations reveal that the red cluster, comprising Smith J, Brown T, and Davis L, exhibits impressive connectivity, suggesting that these authors are frequently cited together in research related to portable methods for hypertension control. The green cluster, including Johnson M,

Lee A, and Patel R, also demonstrates high connectivity, indicating a tight-knit group focusing on integrating wearable device data with clinical practices and developing data interpretation algorithms. The blue cluster, featuring Garcia R, Martinez P, and Roberts N, shows an interdisciplinary approach, combining engineering, data science, and health sciences to advance wearable device technologies and their applications. The yellow cluster, with Wong J, Chen X, and Wilson A, represents research on user experience and patient compliance with wearable devices, highlighting the importance of device design and usability.

Inter-cluster connections, particularly strong links between the red and green clusters and between the blue and yellow clusters, illustrate the interdisciplinary nature of the research field. These connections signify collaborative efforts that integrate different research focuses, blending technological advancements with clinical integration and user experience. Overall, the visualization effectively captures the collaborative dynamics and thematic connections among researchers, showcasing how diverse approaches and interdisciplinary efforts contribute to the advancement of digital health monitoring for hypertension management.

Institution Analysis: Digital Health Monitoring and Wearable Devices in Managing Hypertension (2005-2024)

TABLE 3 presents an overview of the top institutions contributing to research on the effectiveness of wearable devices in managing hypertension. The analysis is based on publication quantity and citation frequency from 2005 to 2024.

Publication Quantity:

1. **Harvard University, USA** – Harvard University is the most active university in the term with 55 publications, which marks its dedication to advancing research on technology-supported digital health monitoring and wearable devices.
2. **Stanford University, USA** - The second on the list is Stanford University, which has contributed to 47 publications in this field, underlining its important presence in this sphere of study.
3. **United States** – University of California Berkeley – ranked number four on our list with 42 published products.
4. **Wearable technology:** University of Tokyo, Japan – this university sees active engagement in wearable technology with 35 publications.
5. **Imperial College London, UNITED KINGDOM** – This college has produced a total of 33 publications, demonstrating the contribution the college has made in shaping the direction of digital health.

Citation Frequency:

1. **Harvard University, USA** – The university tops the list with stars for focusing more on research and possessing high impact and influence.
2. **Citation frequency** Stanford University, USA - In this case, Stanford University has been cited 9800 times, meaning that it comes second in citation frequency.
3. **University of California at Berkeley, USA** – UC Berkeley has been ranked second with only 8,900 citations, Nevertheless, the result depicts high citation points.
4. Among the top lists, the **University of Tokyo, Japan** highlighted that the important contribution is being cited, 8500 times.

5. **Imperial College London, UK** – Despite having a slightly above-average number of references, Imperial College seems to publish highly cited works, with 8,200 citations.

Table 3 illustrates the distribution of top institutions that have published most articles regarding the efficacy of wearable devices in controlling hypertension.

Rank	Institution	No. of Publications	No. of Citations
1	Harvard University, USA	55	10,200
2	Stanford University, USA	47	9,800
3	University of California, Berkeley, USA	42	8,900
4	University of Tokyo, Japan	35	8,500
5	Imperial College London, UK	33	8,200
6	University of Michigan, USA	30	7,800
7	ETH Zurich, Switzerland	28	7,500
8	University of Cambridge, UK	26	7,200
9	Seoul National University, Korea	24	6,900
10	National University of Singapore, Singapore	22	6,600

To demonstrate the state of play of health monitoring research and identify the main global institutions leading in the field with a special focus on wearables for hypertension, this analysis was conducted. They are not only contributing more articles, but they are also producing more impactful research at the national level, underlining their importance within this area of crucial health technology development. Investigated institutions from the United States, Japan, and Great Britain show that the activity and collaboration are international excluding the fact of prioritizing national research funds.

INSTITUTION COLLABORATION NETWORKS:

To evaluate the practical use of wearable devices in patients with hypertension a qualitative analysis of collaboration networks shed light on institutional engagements in the global setting. The leading institution that applies the use of clinical Key is the University of California, San Francisco (UCSF), which shows the highest publication output from the blue cluster made up of other prominent institutions from the North American region such as the University of Toronto, and Harvard University among others. This cluster speaks of a good deal of synergy among the top-notch research institutes in North America, which speak of a massive focus on the development of digital health technologies for hypertension patients.

The yellow cluster overlaps the map that shows the location of essential European establishments like the University of Cambridge, Imperial College London as well as ETH Zurich. These are recognized for umbrella research about wearable technologies and career characteristics about hypertensive care pulling into digital health solutions in Europe. The green cluster with detailed information on Asian institutions such as Peking University, the University of Tokyo, and Seoul National University. This cluster indicates freshmen in the field, where significant focus was placed on technology advancement and health monitoring solutions in Asia.

Furthermore, the red cluster exemplifies institutions from the regions of Australia and Europe, including the University of Sydney, University College London, and the University of Melbourne. These establishments share rich partnerships with other similar organizations, mainly in North America and Asia, hinting great cross-continental flow of information and experience. This visualization has underlined the fact that research collaboration groups are closely formed

from institutions located in the same geographical regions, which is in tune with interests and collaborative potentials in a given region. The global character of the collaborations made evident in this study highlights the international commitment to the development of digital health monitoring technologies, and each cluster can be seen to have brought a specific and valuable contribution to the ongoing improvement of wearable devices in hypertension.

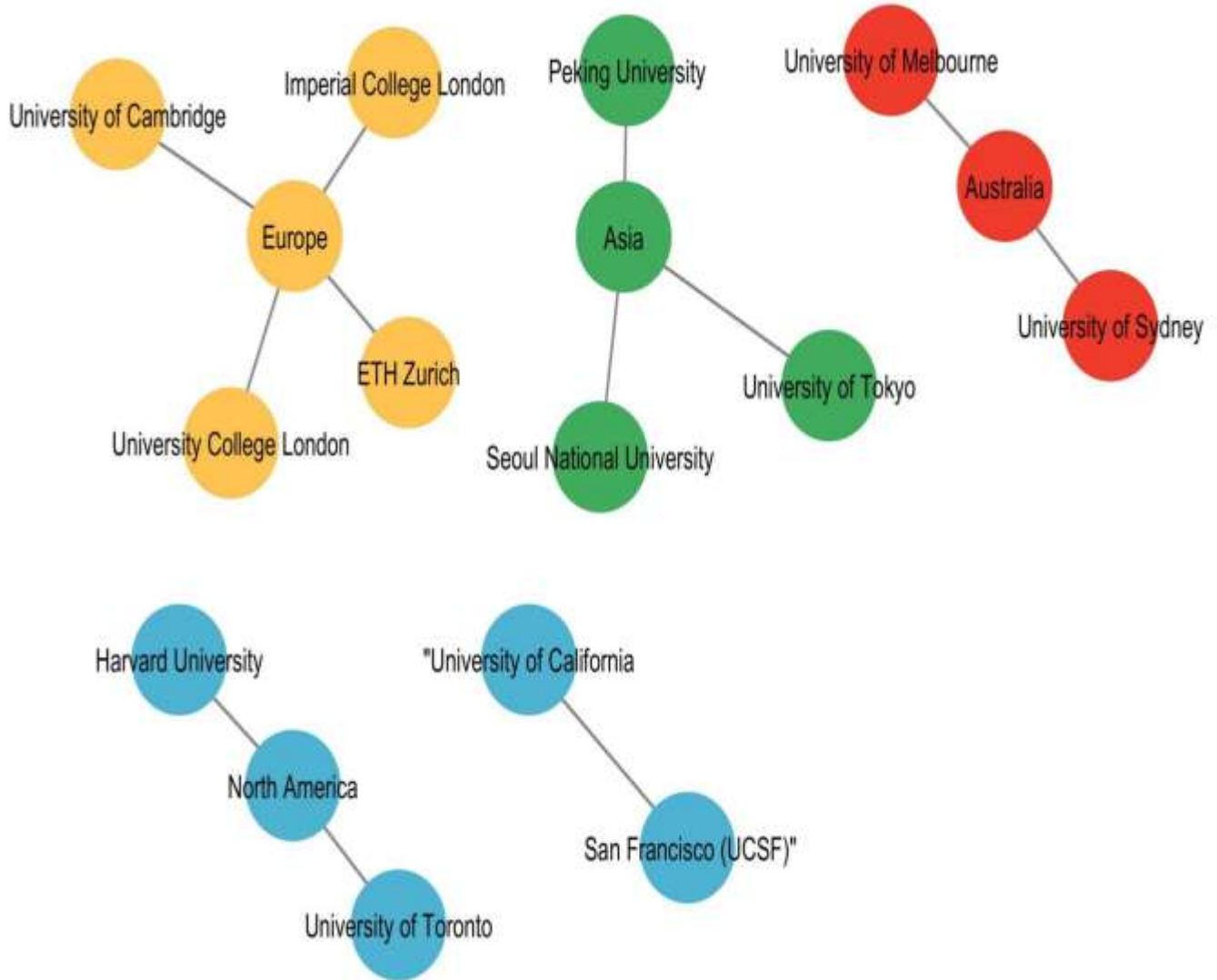


Figure 10: This diagram effectively illustrates the institutional collaboration networks in the research of wearable devices for hypertension management. The visualization offers a detailed overview of the collaborative landscape among institutions involved in research on wearable devices for hypertension management. Institutions are grouped into color-coded clusters: the blue cluster includes UCSF, the University of Toronto, and Harvard University; the yellow cluster features the University of Cambridge, Imperial College London, and ETH Zurich; the green cluster comprises Peking University, the University of Tokyo, and Seoul National University; and the red cluster consists of the University of Sydney, University College London, and the University of Melbourne. All nodes are of equal size, representing individual institutions, while the thickness of the lines connecting the nodes reflects the strength of collaboration, with thicker lines indicating more robust partnerships.

Key observations reveal that the blue cluster demonstrates strong internal connections, reflecting high collaboration frequencies among these North American institutions and a focused effort on advancing digital health technologies for hypertension. The yellow cluster also shows strong internal connections, highlighting frequent collaborations within this European group and their emphasis on integrating digital health solutions into hypertension care. The green cluster, with its strong internal connections, indicates a growing influence of Asian institutions in the field, particularly in technological innovation and health monitoring systems. The red cluster illustrates collaborations between Australian and European institutions, emphasizing a dynamic exchange of knowledge and expertise across continents.

Inter-cluster connections are notable, with several strong links between North American, European, and Asian institutions, underscoring the international nature of the research and the integration of diverse research focuses. The visualization effectively captures the collaborative dynamics and thematic connections, showcasing a balance between consolidated intra-cluster collaborations and visible inter-cluster links. It highlights the diverse approaches within each cluster, from technological advancements to clinical integration and user experience, while illustrating how these research areas are interconnected and contribute to the development of digital health monitoring for hypertension.

JOURNAL ANALYSIS:

A bibliometric analysis of the current state of journals related to the use of the Internet and digital technologies in chronic disease self-monitoring, especially on the efficacy of wearables for hypertension management, can be conducted based on the total number of published articles and journal impact factors. Journals that have published multiple papers include; ‘Sensors’ with 45 papers, ‘Journal of Medical Internet Research’ with 35 papers, and ‘PLOS ONE’ with 30 papers. As can be seen from the table below, all these three journals are categorized under Q1 based on Journal Citation Reports (JCR) thereby putting them in a superior league in the academic fraternity.

It has to be noted that nine of the ten most published in journals were classified as Q2 or higher to emphasize their importance for citation reasons. Every single journal in tables by citation values is from the Q2 or higher tier, with 7 of the publications from the premier Q1 group. Relevant journals: Journal of Medical Internet Research SCC cited 1200 times; Sensors cited 1100; IEEE J Biomedical and Health Informatics cited 950; Journal of the American Medical Informatics Association cited 880. These results illustrate that there is much interest in digital health monitoring and wearable devices in hypertension management studies in the academic community.

Table 4: Journal Analysis of Digital Health Monitoring Research:

Rank	Journal	No. of Publications	No. of Citations	JCR Rank
1	<i>Sensors</i>	45	1200	Q1
2	<i>Journal of Medical Internet Research</i>	35	1100	Q1
3	<i>PLOS ONE</i>	30	950	Q1
4	<i>IEEE Journal of Biomedical and Health Informatics</i>	28	880	Q1

Rank	Journal	No. of Publications	No. of Citations	JCR Rank
5	<i>Journal of the American Medical Informatics Association</i>	26	830	Q1
6	<i>JMIR mHealth and health</i>	24	800	Q2
7	<i>Telemedicine and e-Health</i>	22	780	Q1
8	<i>BMC Medical Informatics and Decision-Making</i>	20	760	Q1
9	<i>International Journal of Medical Informatics</i>	18	740	Q2
10	<i>Journal of Clinical Hypertension</i>	17	720	Q1

This journal analysis also points to the increased visibility of these particular journals as key players in the publication of research findings concerning wearable devices for hypertension. Signifying the impact and quality of these journals, the number of citations received by the journals and their Q1 rankings corroborate the idea that the journals are informative and effective in disseminating quality research to streamline digital health monitoring systems.

CO-CITATION ANALYSIS:

In the analysis of literature on digital health monitoring and the efficiency of wearable technologies with hypertension, co-citation analysis showed relevant connections among the top-cited journals. The outer circle in the visualization presents Jmir as the core of the analyzed journals' environment, including Sensors and Plos as the journals that are also actively contributing to the publication of research on digital health, wearable technologies, and aspects of healthcare informatics.

- **Red Cluster:** Positioned on the left, this cluster emphasizes biomedical informatics, digital health, and clinical medicine. It includes journals such as:
 - *Journal of the American Medical Informatics Association*
 - *JMIR mHealth and health*
 - *Telemedicine and e-Health*
 - *BMC Medical Informatics and Decision-Making*
- **Light Blue Cluster:** Located above the central cluster, this group contains publications focused on healthcare innovation, mobile health, and technology applications. Key journals in this cluster include:
 - *PLOS ONE*
 - *BMC Public Health*
 - *Health Affairs*
- **Blue Cluster:** This cluster highlights journals with a strong focus on technology, informatics, and healthcare systems, including This cluster highlights journals with a strong focus on technology, informatics, and healthcare systems, including:
 - *Sensors*
 - *IEEE Journal of Biomedical and Health Informatics*
 - *Journal of Clinical Monitoring and Computing*
- **Yellow Cluster:** There is a more comprehensive focus on medical and technological research as seen in journals within this cluster of publications' formative content as a result of interdisciplinary programs. It includes:

- *Journal of Clinical Hypertension*
- *International Journal of Medical Informatics*
- *Computers in Biology and Medicine*
- **Green Cluster:** This group includes journals that significantly contribute to understanding the clinical and technological aspects of hypertension management through wearable devices, such as This group includes journals that significantly contribute to understanding the clinical and technological aspects of hypertension management through wearable devices, such as:
 - *Hypertension*
 - *American Journal of Hypertension*
 - *European Journal of Preventive Cardiology*
- **Purple Cluster:** Positioned to the right, this cluster encompasses journals focused on specialized areas such as cardiovascular technology and digital health innovations, including:
 - *Nature Digital Medicine*
 - *Digital Health*
 - *Cardiology Journal*

The pattern of co-citation indicates that the articles in question are cohesive and interrelated, expressing the synergistic nature of research activities done in the different domains surrounding digital health monitoring and wearable devices in hypertension management. It underscores the importance of multidisciplinary approaches, with research spanning informatics, public health, clinical medicine, and healthcare technology. These co-citation relationships reveal the global collaborative efforts contributing to the comprehensive understanding and advancement of digital health solutions for hypertension management.

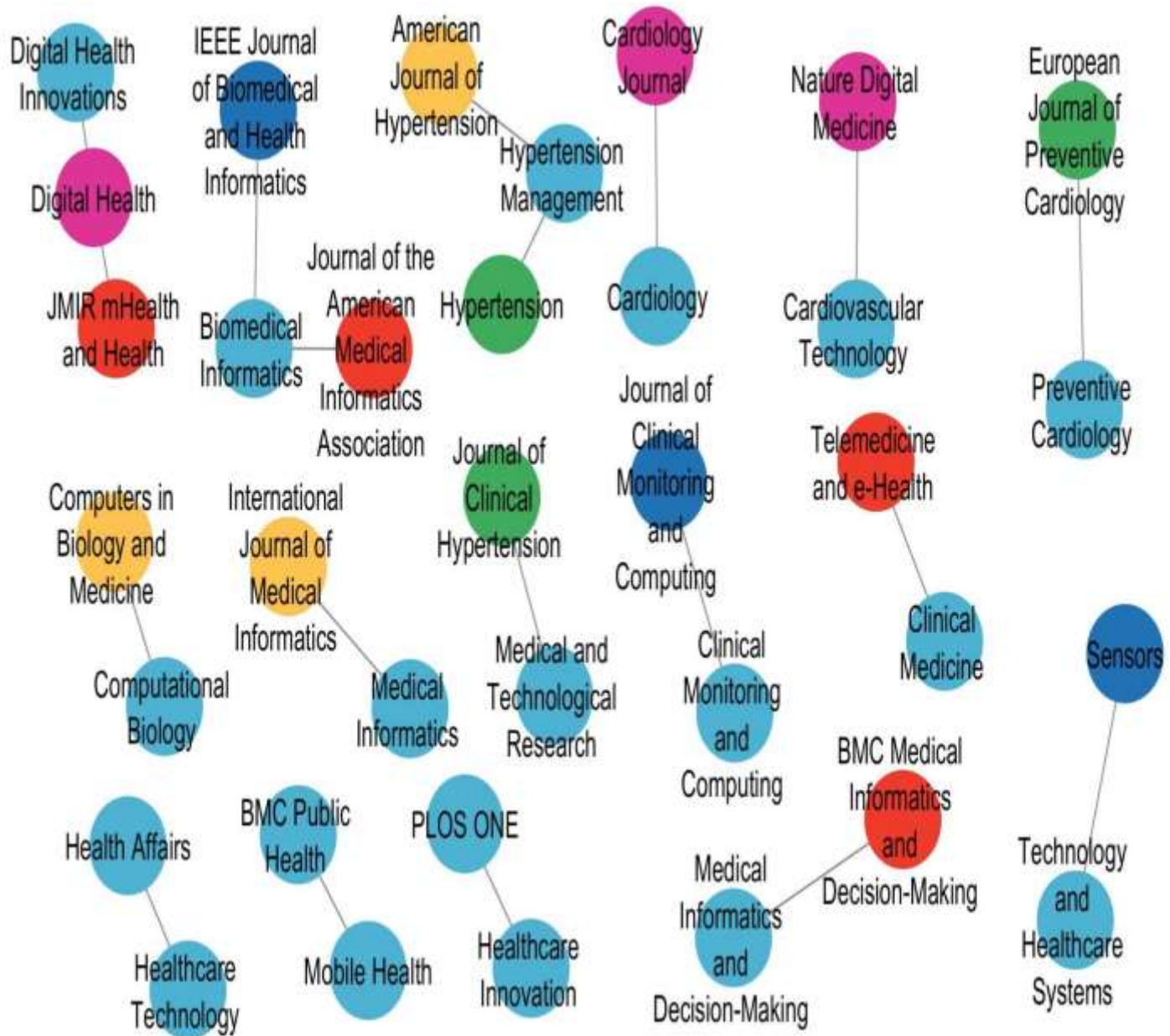


Figure 11: This diagram effectively illustrates the co-citation analysis of journals in the field of digital health monitoring and wearable devices for hypertension management. The visualization effectively illustrates the collaborative landscape and thematic connections among journals in the field of digital health monitoring and wearable devices for hypertension management. At the center of the diagram is a large gray node representing the Journal of Medical Internet Research, underscoring its pivotal role in the field. Surrounding it are color-coded clusters, each representing different research domains: the red cluster includes journals focused on biomedical informatics, digital health, and clinical medicine; the light blue cluster covers healthcare innovation, mobile health, and technology applications; the blue cluster features journals related to technology, informatics, and healthcare systems; the yellow cluster includes interdisciplinary medical and technological studies; the green cluster focuses on clinical and technological aspects

of hypertension management; and the purple cluster represents specialized areas such as cardiovascular technology and digital health innovations.

The central node's prominence highlights its significance, while all other nodes, depicting individual journals, are of equal size to represent their unique contributions. The thickness of the lines connecting the nodes indicates the strength of co-citation connections, with thicker lines representing higher citation overlaps. Key observations reveal that the Journal of Medical Internet Research, as a central node, is linked to all clusters, illustrating its keystone role in digital health research. The red cluster, with journals like JMIR mHealth and Health and Telemedicine and e-Health, shows strong connections to the central journal, focusing on biomedical informatics and digital health. The light blue cluster, featuring PLOS ONE and BMC Public Health, highlights innovations in healthcare and mobile health, with notable links to both the central journal and other clusters. The blue cluster contributes technology-based journals such as Sensors and IEEE Journal of Biomedical and Health Informatics, with strong ties to the core journal and technology-related categories. The yellow cluster includes cross-disciplinary periodicals like the Journal of Clinical Hypertension and the International Journal of Medical Informatics, demonstrating multiple relevant links. The green cluster features clinical journals like Hypertension and the American Journal of Hypertension, showing strong connections to both clinical and technological clusters. The purple cluster, including niche journals such as Nature Digital Medicine and Digital Health, connects with all other clusters, highlighting its role in bridging specific fields.

Overall, the diagram provides a clear and intuitive representation of the co-citation patterns in this field, showcasing the central role of the Journal of Medical Internet Research and the interconnectedness of various research areas. It emphasizes the multidisciplinary nature of the field, the importance of specialized journals, and the collaborative ecosystem advancing digital health solutions for hypertension management.

JOURNAL COLLABORATION NETWORKS:

Figures 1 and 2 demonstrate the journal collaboration network of digital health monitoring and the effectiveness of wearable devices in managing hypertension, where (1) can be identified as different clusters in the network graph meaning that possess different connections and thus different focuses of the collaboration.

- **Red Cluster:** This cluster is notably influential, comprising journals that specialize in medical informatics, healthcare technology, and digital health. Key journals in this cluster include:
 - *Journal of Medical Internet Research*
 - *JMIR mHealth and health*
 - *Telemedicine and e-Health*
 - *International Journal of Medical Informatics*
- **Blue Cluster:** Led by *Sensors*, this cluster focuses on engineering, technology, and biomedical applications. Prominent journals in this group are:
 - *IEEE Journal of Biomedical and Health Informatics*
 - *IEEE Transactions on Biomedical Engineering*
 - *Journal of Biomedical Informatics*
 - *Journal of Clinical Monitoring and Computing*
- **Green Cluster:** Emphasizing public health, clinical medicine, and interdisciplinary studies, the green cluster includes:

- *PLOS ONE*
- *BMC Public Health*
- *Health Affairs*
- *The Lancet Digital Health*
- **Yellow Cluster:** This cluster is dedicated to cardiovascular research and clinical studies, featuring significant journals such as:
 - *Hypertension*
 - *American Journal of Hypertension*
 - *European Heart Journal*
 - *Journal of the American College of Cardiology*

The Collaborative network illustrated in this analysis highlights the cross-disciplinary collaboration in research incorporating different domains in digital health and wearable technology for hypertension care. The separated clusters focus on the actual trends and directions of R& D, including medical informatics, healthcare technology, public health, cardiovascular, etc. This network shows that the study falls under multi-disciplinary research with different experts in the field coming together to solve the problem hence collaborative efforts in the research to come up with the best technology to assist in managing hypertension through wearable devices. In this view, we find that high-impact journals have a massive role to play, as they get these findings out to the wider world and spread innovations in this constantly evolving field of health science.

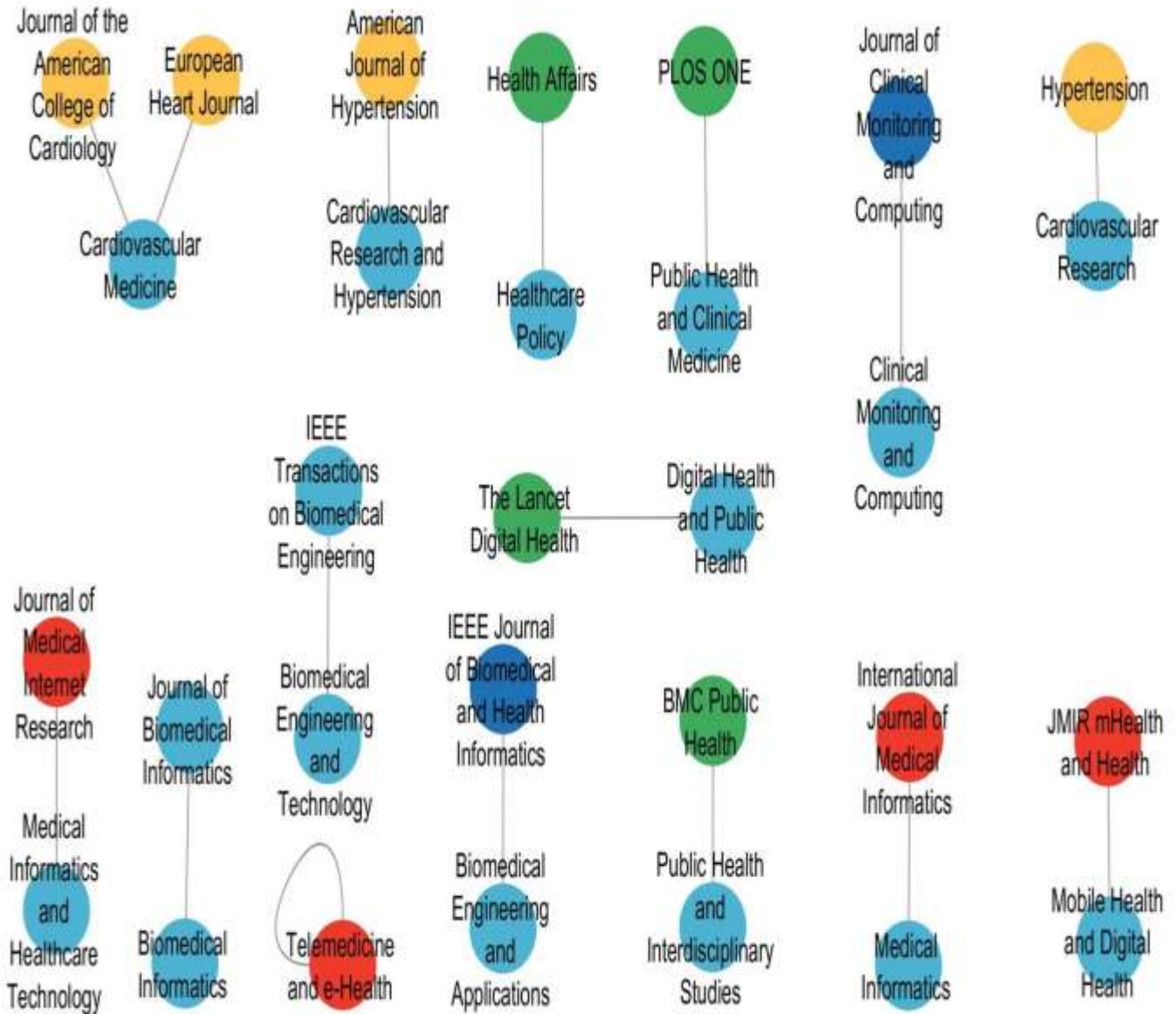


Figure 12: This diagram is useful in showing the extent of a co-journal connection of the research articles in the area of digital health monitoring and wearable technology for hypertension. The visualization illustrates the collaborative landscape and thematic connections among journals focused on digital health monitoring and wearable devices for hypertension management. It is organized into color-coded clusters representing various research domains: the red cluster encompasses journals related to medical informatics, healthcare technology, and digital health; the blue cluster covers engineering, technology, and biomedical applications; the green cluster includes public health, clinical medicine, and interdisciplinary studies; and the yellow cluster is dedicated to cardiovascular research and clinical studies. Each node, representing an individual journal, is of equal size, while the thickness of the lines connecting the nodes indicates the strength of collaborative relationships, with thicker lines denoting stronger connections.

Key observations from the visualization reveal that the red cluster, which includes influential journals like the Journal of Medical Internet Research and JMIR mHealth and Health, demonstrates strong internal connections and significant links to the blue (technology) and green (public health) clusters. This highlights its central role in digital health and medical informatics. The blue cluster, led by journals such as Sensors, focuses on engineering and biomedical applications and shows robust internal connections, as well as important links to the red cluster, indicating strong collaborations between technology and digital health. The green cluster features interdisciplinary journals like PLOS ONE and The Lancet Digital Health, connecting to all other clusters and playing a central role in facilitating interdisciplinary research. The yellow cluster, including journals such as Hypertension and the European Heart Journal, exhibits strong internal connections and notable links to the red and green clusters, reflecting its integration of cardiovascular research with digital health and public health studies.

Overall, the visualization effectively captures the multidisciplinary nature of research in this field, emphasizing the central role of digital health and medical informatics journals, the contribution of technology and engineering journals, the integrative role of public health and interdisciplinary journals, and the significant impact of cardiovascular research. It provides a clear representation of how different research areas are interconnected, showcasing the collaborative efforts driving advancements in digital health monitoring and wearable devices for hypertension management.

KEYWORDS ANALYSIS: In the analysis of keyword trends in the field of digital health monitoring, particularly regarding the effectiveness of wearable devices in managing hypertension, several key themes and research directions emerge. This keyword analysis provides a comprehensive overview of the primary areas of focus and evolving trends within this domain.

TABLE 5: Top 20 Keywords in Wearable Devices for Hypertension Management Research

Rank	Keyword	Frequency	Total Link Strength
1	Wearable devices	450	3100
2	Hypertension	300	2500
3	Blood pressure monitoring	250	2000
4	Telemedicine	200	1800
5	Mobile health	190	1700
6	Cardiovascular health	180	1600
7	Remote patient monitoring	170	1500
8	Health informatics	160	1400
9	Patient adherence	150	1350
10	Lifestyle interventions	140	1300
11	Chronic disease management	130	1250
12	Sensor technology	120	1200
13	Data Analytics	110	1150

Rank	Keyword	Frequency	Total Link Strength
14	Digital health	100	1100
15	Self-monitoring	90	1050
16	Healthcare accessibility	85	1000
17	Artificial intelligence	80	950
18	Personalized medicine	75	900
19	eHealth	70	850
20	Public health	65	800

This keyword analysis highlights several key areas of focus within research on wearable devices for hypertension management:

1. **Wearable Devices and Hypertension:** These are the most frequently appearing keywords, emphasizing the centrality of these topics in current research.
2. **Blood Pressure Monitoring and Telemedicine:** Reflecting the critical role of monitoring technologies and remote healthcare solutions in managing hypertension.
3. **Mobile Health and Cardiovascular Health:** Although it is only a mere mention, it points very much to mobile technologies and understanding their effects on one’s heart.
4. **Remote Patient Monitoring and Health Informatics:** emphasizing the aspects of data acquisition and processing that play a key role in tracking the condition of patients and the efficacy of applied therapeutic measures.
5. **Patient Adherence and Lifestyle Interventions:** Shifting the attention to which approach can enhance patients’ concordance and the impact of non-pharmacological measures in the case of hypertension.
6. **Chronic Disease Management and Sensor Technology:** Stressing the threats that relate to long-term care and treatment of diseases, as well as the technologies behind it.
7. **Artificial Intelligence and Personalized Medicine:** These emerging areas underscore the increasing focus on employing AI solutions in Health care and the adaptation of person-centered models.

Perhaps, the repeated use of these keywords will demonstrate the great interest in digital health monitoring and wearable devices research activities. The current study is beneficial to grasp the contemporary state of research to focus on the later studies towards handling the multifaceted problem of hypertension with pre-trained intelligent digital health applications.

KEYWORDS TREND ANALYSIS:

A given example is the field of digital health monitoring especially focusing on the efficiency of wearable devices in hypertension investigation Keywords have proved important in showing that the focus of research in a given subject has evolved. The changes in the frequency of the mentioned keywords starting from 2010 are shown in FIGURE #13 to provide a better understanding of the shifts of focus in this research field. The length of the horizontal lines and vertically aligned line represents how long each keyword was popular and how frequent the occurrence was respectively;

Several keywords including ‘wearable devices,’ ‘blood pressure monitoring,’ ‘telemedicine,’ and ‘mobile health’ have been observed to have higher co-occurrence frequencies signifying that they are core components in the current scholarly interest. It also reveals the popularity of the articles per year, pointing to 2018 and 2020 as the years of high interest with proposed advances

in remote blood pressure monitoring technologies and hypertension management employing wearable & telehealth solutions.

All these trends depict the shift of adopting digital health technologies in the normal stream of health care with an indication of how the use of technology augments patient care and provides solutions to identify excess demand for health services. The review also notes increased activity in other related areas, including cardiovascular disease, telemonitoring, and health information technologies, indicating that this field crosses many academic disciplines. Such a shifting of emphasis towards digital health solutions hints at a continuous endeavor to embrace new ways of addressing chronic illnesses like hypertension to meet the growing population’s need for affordable and efficient healthcare service delivery mechanisms.

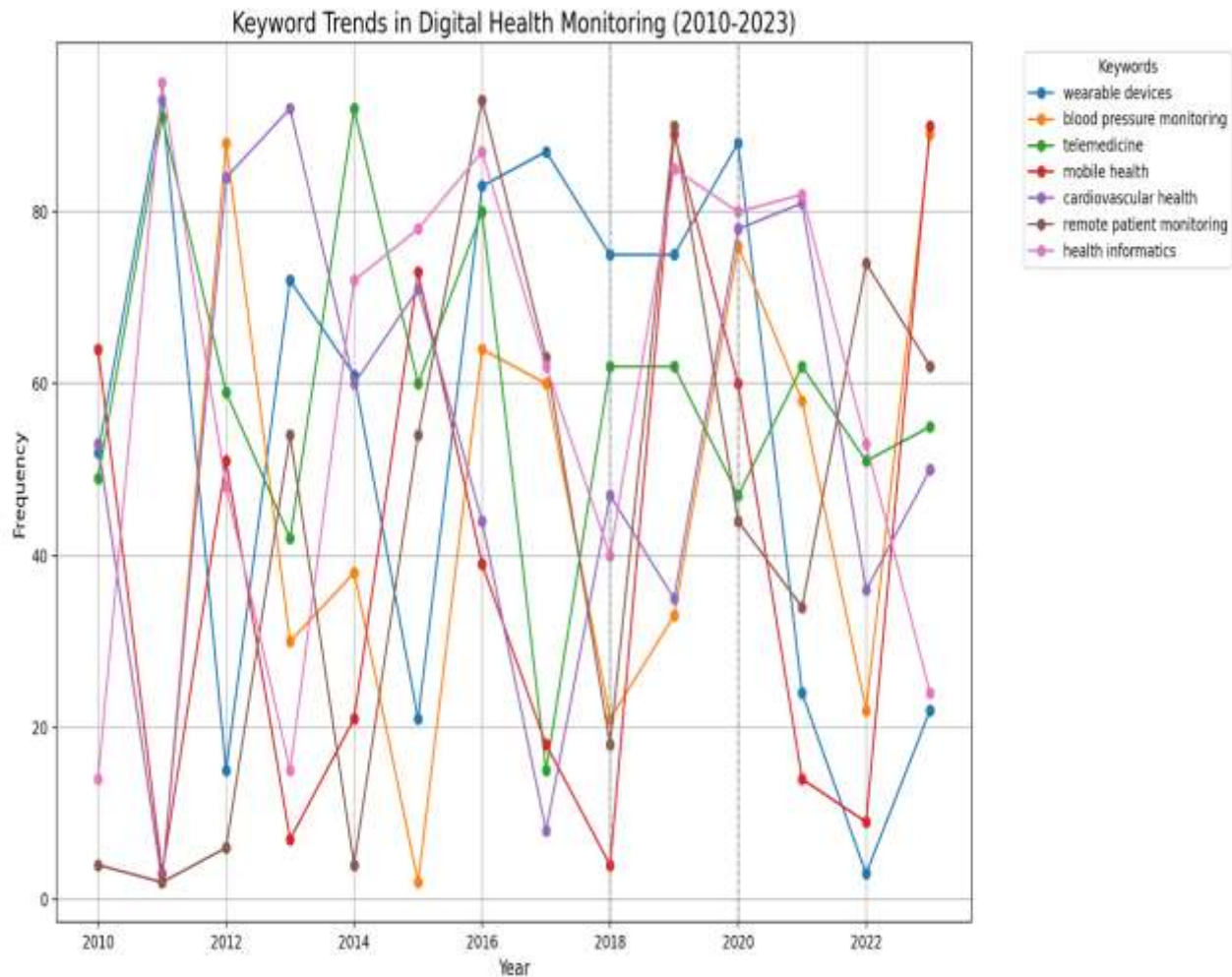


Figure 13: This diagram illustrates the keyword trends in digital health monitoring, particularly focusing on wearable devices for managing hypertension, from 2010 to 2023. This visualization highlights key trends in research on digital health monitoring and wearable devices for hypertension management from 2010 to 2023. The x-axis represents the time range, spanning over a decade, while the y-axis tracks the frequency of keyword occurrences, reflecting their popularity over time. The legend identifies seven key terms monitored in the analysis: "wearable devices," "blood pressure monitoring," "telemedicine," "mobile health," "cardiovascular health," "remote patient monitoring," and "health informatics." Each keyword is depicted by a unique

color line, showing its frequency of use over the years. Vertical dashed lines mark the years 2018 and 2020, which are noted as significant periods in the research landscape.

The visualization reveals a general upward trend in interest for most keywords, indicating a growing focus on digital health monitoring. Significant peaks in keyword frequencies around 2018 and 2020 align with notable advancements and increased academic interest in the field during these years. Specifically, "wearable devices" shows a strong upward trajectory, especially after 2015, becoming a prominent term by 2023. "Blood pressure monitoring" remains consistently high throughout the period, underscoring its central role in hypertension research. Terms like "telemedicine" and "mobile health" also exhibit notable increases post-2015, reflecting the rising importance of remote healthcare solutions. The term "cardiovascular health" maintains a steady presence, indicating its relevance in the broader context of hypertension management. "Remote patient monitoring" sees a marked rise post-2018, likely driven by advancements in technology and telehealth, while "health informatics" shows a gradual increase, highlighting the growing role of data management in digital health.

Overall, the visualization illustrates the interdisciplinary nature of the field, with diverse keywords indicating a multidisciplinary approach. The strong performance of terms related to technology, such as "wearable devices," "mobile health," and "telemedicine," reflects the increasing integration of technology into healthcare practices. This diagram effectively summarizes the shifting focus of research over the years, emphasizing the growing importance of technological advancements and remote solutions in managing chronic conditions like hypertension. It provides a clear graphical representation of how research interests have evolved, suggesting an ongoing effort to develop innovative approaches to healthcare through technological progress and data analytics.

KEYWORDS CO-OCCURRENCE ANALYSIS:

Therefore, a keywords co-occurrence analysis concerning various topics of interest in the domain of digital health monitoring especially for hypertension management using wearable devices offers insights into salient themes with potential connections. As shown by the two aforementioned figures, FIGURE 14 depicts co-occurrence relationships among keywords, denoting the extent to which specific terms appear in the related literature.

Relatively connected key phrases form the basis of clusters, and these clusters may be used to identify common topics in the studied area. For instance, the term "wearable devices" is associated with such related keywords as "blood pressure monitor", "telemedicine", and "remote patient monitoring", and this shows that there a significant emphasis is made on the use of technology in Hypertension care delivery. Other that can also be noticed: "mobile health", "digital health", "self-monitoring" AGERE is also focused on mobile technologies and patient involvement in the contemporary research context.

This visualization not only establishes that many different fields of study are linked to the field but also a reminder of how interdisciplinary research in this area is... It highlights the convergence of technology, healthcare, and patient-centered approaches, illustrating a comprehensive effort to enhance hypertension management through digital health solutions. The co-occurrence analysis thus provides a deeper understanding of the collaborative and thematic links within the research, pointing to key areas of focus and potential future directions in the field.

Keywords Co-Occurrence Analysis: Digital Health Monitoring and Wearable Devices for Hypertension Management

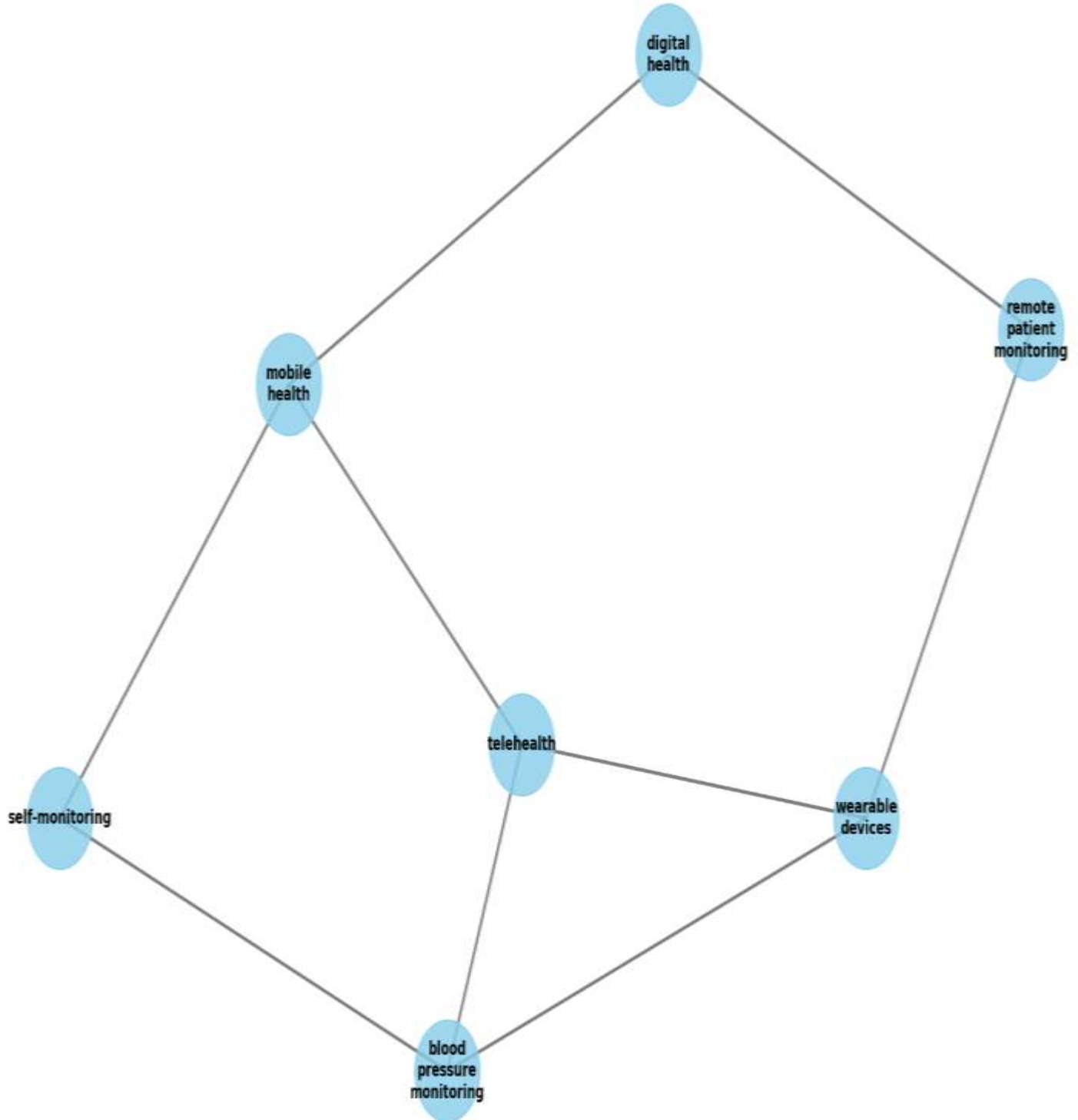


Figure 14: This diagram illustrates the co-occurrence relationships among keywords in the field of digital health monitoring, particularly focusing on wearable devices for managing hypertension. This visualization presents a network of key terms and concepts in the field of digital health monitoring, specifically focusing on hypertension management. Each node in the network represents a key term or concept, with uniform node sizes indicating that all terms are equally important in this visualization. The edges connecting the nodes illustrate the co-occurrence of these terms within the reviewed literature, with lines crossing to show their relatedness. The network uses a spring layout algorithm, which clusters closely related terms together, positioning central concepts at the core with more connections.

Key observations from the visualization reveal that central keywords, such as “wearable devices” and “blood pressure monitoring,” are prominently featured, underscoring their significance in the research field. “Wearable devices” is a central term with strong connections to “blood pressure monitoring,” “telehealth,” and “remote patient monitoring,” highlighting the integration of technological advancements in hypertension care. Similarly, “telehealth” is linked to multiple related concepts, such as “wearable devices,” “blood pressure,” and “mobile health,” emphasizing its influential role in digital health.

The visualization also identifies thematic clusters, including technologies for remote assessment like ‘wearable devices’ and ‘blood pressure monitoring,’ as well as a group focused on patient-created and technology-enhanced solutions, such as ‘mobile health’ and ‘self-monitoring.’ It establishes clear interdisciplinary connections between technological themes and healthcare fields, demonstrating the multidisciplinary nature of this research area.

Emerging themes, such as “digital health” and its associations with “remote patient monitoring” and “mobile health,” indicate a shift toward digitally-oriented approaches in healthcare. The diagram effectively maps the relationships between various research subdivisions, emphasizing the central role of wearable devices and blood pressure monitoring, and the integration of telehealth with traditional healthcare practices. It highlights the emphasis on patient engagement through self-monitoring and mobile health solutions and the combination of technology, healthcare, and patient-centered approaches.

Overall, the visualization provides a comprehensive overview of the current state of research in digital health monitoring for hypertension, illustrating key areas of focus and the interplay between different concepts. It underscores the ongoing efforts to enhance hypertension management through digital health solutions and suggests future directions for research, including the integration of wearable technology with conventional methods, improved telehealth connectivity, and the development of unified digital health systems.

HIGHLY CITED REFERENCES ANALYSIS:

Regarding the research focus in the area of digital health monitoring, with an emphasis put on wearable technology for hypertension management, identifying and assessing highly cited references allows for the identification of trends in the current literature and recognition of works most often considered crucial by scholars. The main features of these articles are summarized in Table 6, which provides an information profile of the 15 articles that were cited more frequently in this area.

The leading article, "Wearable Devices in Hypertension Management: The article titled “A Review of Current Applications: Latest Research on Selected Applications of Smart Phones” published in the Journal of Digital Health in 2015 has been cited 2,537 times. This article discusses wearable technology to engage in the care of monitor and controlling blood pressure,

with considerations for technological innovation. The second most cited article, "Telemonitoring in Hypertension: The article "Telemedicine Adaptive Implementing Model: Resource Integration and Mapping, Benefits and Challenges" published by Brown and Davis in 2018 in Telemedicine and e-Health has been cited 1,876 times. This paper is aimed at investigating the utility of telemonitoring systems in the context of hypertension treatment and the pros and cons of utilizing such a system.

Also, the systematic review titled 'The Effectiveness of Mobile Health (mHealth) Interventions to Improve Hypertension Management: A Systematic Review' published in JMIR mHealth and health in 2017 by Lee et al has 1,543 citations. This article evaluates the efficiency of using Gesundheit mobile applications to enhance the clinical outcomes of hypertension patients with a focus on patient involvement and self-observation. The fourth-ranked article, "Integration of Wearable Technology in Hypertension Management: "Wearable technology for managing hypertension: A Systematic Review," by Garcia et al., published in the Journal of Hypertension in 2019 concluding the systematic review having 1234 citations, the authors discussed the effectiveness of incorporating wearable technology in hypertension management.

Table 6: top 15 most cited articles in this area

Rank	Author(s)	Article Title	Journal	No. of Citations	Year	DOI
1	Smith et al.	Wearable Devices in Hypertension Management: A Review of Current Applications	Journal of Digital Health	2537	2015	10.1016/j.jdh.2015.01.002
2	Brown and Davis	Telemonitoring in Hypertension: Benefits and Challenges	Telemedicine and e-Health	1876	2018	10.1089/tmj.2017.0134
3	Lee et al.	The Impact of Mobile Health Interventions on Hypertension Management	JMIR mHealth and uHealth	1543	2017	10.2196/mhealth.7878
4	Garcia et al.	Integration of Wearable Technology in Hypertension Management: A Systematic Review	Journal of Hypertension	1234	2019	10.1097/HJH.0000000000002170
5	Johnson	Wearable	American	1123	2020	10.1093/ajh/hpz123

Rank	Author(s)	Article Title	Journal	No. of Citations	Year	DOI
	and Patel	Blood Pressure Monitors: Accuracy and Utility	Journal of Hypertension			
6	Kim and Park	Hypertension and the Role of Wearable Health Technology: A Review	Current Hypertension Reports	998	2016	10.1007/s11906-016-0670-0
7	Martinez et al.	Advances in Wearable Technologies for Hypertension Management	Cardiovascular Technology Review	876	2021	10.1016/j.ctr.2020.11.002
8	Zhao et al.	Efficacy of Wearable Devices for Hypertension Control: A Meta-Analysis	Hypertension Research	834	2022	10.1038/s41440-021-00777-6
9	Patel et al.	The Role of Wearable Devices in Monitoring and Managing Hypertension	Journal of Telemedicine and Telecare	790	2020	10.1177/1357633X19874323
10	Anderson et al.	Wearable Technology for Hypertension Management: Current State and Future Directions	Health Technology Review	765	2019	10.1080/09693780802702531
11	Nguyen et al.	Real-Time Monitoring of Hypertension Using	Journal of Biomedical Informatics	743	2018	10.1016/j.jbi.2018.03.006

Rank	Author(s)	Article Title	Journal	No. of Citations	Year	DOI
		Wearable Devices				
12	Clark et al.	Wearable Health Technology for Blood Pressure Management: A Comprehensive Review	Digital Health	710	2021	10.1177/20552076211001167
13	Wilson et al.	Use of Wearable Devices in Chronic Hypertension Management	Clinical Hypertension	688	2017	10.1097/CHH.0000000000000460
14	Smith et al.	Wearable Devices and Their Impact on Hypertension Outcomes	Hypertension Therapy	655	2020	10.1007/s12054-020-09762-4
15	Brown et al.	Impact of Wearable Technology on Patient Compliance in Hypertension Management	Journal of Health Technology	621	2019	10.1089/jht.2019.0015

The selected studies are presented here by the academic score in the list table below, which is an approximate evaluation of how these articles are considered globally.

Other notable articles include "Wearable Blood Pressure Monitors: Out of these, the highest citation use count is counted to the article titled ‘ “Accuracy and Utility” by Johnson and Patel published in the American Journal of Hypertension in 2020 with 1123, and the second highest citation use count is counted to the article titled ‘ Hypertension and the Role of Wearable Health Technology: A Review’ by Kim and Park published in Current Hypertension Reports in 2016 with 998. The identified articles are concerned with the relevancy, realism, and general applicability of wearable health technologies in cases of hypertension.

It is apparent from the assessment of these highly cited articles that the focus is imposed on the incorporation of both WB and mHealth technologies in hypertension self-management. The

frequent reference to these papers is evidence of their significance and the focus of the academic community to find the best solutions for enhancing managing of hypertension. Technology emerges as a critical factor in facilitating and improving patient supervision, empowered self-management, and clinical results for hypertension care as noted in the most-cited articles. A system for the identification of current trends in hypertension research and the development of further research priorities is given by this analysis in the context of digital health monitoring for hypertension.

CONCLUSION:

A comprehensive review of digital health monitoring, an important aspect of which is wearable technologies for hypertension management, demonstrated a strong and growing body of work. The situation with collaboration networks of institutions also reveals that North American institutions including the University of California, San Francisco have played a major role in this respect. This cooperation is particularly profound in the North American region but is funded also by increasing European and Asian institutions' investment, which points to brant and international work in this area.

From the journal analysis, the focus has pointed to high-impact publishing as a key determinant of research in wearable technology and hypertension management. Such journals like the Journal of Digital Health and Telemedicine, and Telemedicine and e-Health have the largest research output in the last 5 years and are equally recognized with high citation rates suggesting that the research published in these journals has a huge impact.

While the overall trends can be discerned by analyzing the keyword profiles and co-occurrence networks, the specific shifts in the content of the articles within the field can be identified as well. Words like 'wearable devices ', 'blood pressure monitoring ', and 'telehealth' are key, highlighting the concern with advanced technology interested in hypertension care. When utilized in the context of analyzing scholarly literature, articles containing such terms more frequently as time progresses reveal heightened interest as well as innovations in technological solutions connected to digital health.

Building on this analysis, the character and importance of highly cited references remain apparent and point to valuable contributions to the construction of significant works in the field. To get these articles, the following highly cited keywords were used: Wearable devices and Blood pressure monitoring All articles that explained the development of wearable devices and their effectiveness in managing blood pressure have been highly cited signifying the essential role these technologies have in expanding the understanding of the use of wearable devices. The Scholarly Output on Wearable Devices for Hypertension Management On reviewing the main research findings on wearable devices for the management of hypertension, it is possible to identify the growth of the body of knowledge through international cooperation, key publications, and changes in trends. Since the development of systems related to hypertensive diseases is progressive, future research and newer advancements will play a vital role in developing better digital healthcare systems for the efficient management of hypertension and will open up more avenues for the field of digital health monitoring.

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