

## DAFTAR PUSTAKA

1. D. B, J. VG, R. H, J.J. P, G.A. VM. Diagnostic value of simultaneous non-invasive continuous, ambulatory finger blood pressure and electrocardiogram monitoring in a patient with hypertrophic obstructive cardiomyopathy. *Blood Press Monit.* 2002;7(6):329–33.
2. Whelton PK, Carey RM, Aronow WS, Casey DE, Collins KJ, Himmelfarb CD, et al. 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA guideline for the prevention, detection, evaluation, and management of high blood pressure in adults: Executive summary: A report of the American college of cardiology/American Heart Association task . Vol. 71, *Hypertension.* 2018. 1269–1324 hal.
3. Williams B, Mancia G, Spiering W, Rosei EA, Azizi M, Burnier M, et al. 2018 practice guidelines for the management of arterial hypertension of the European society of cardiology and the European society of hypertension ESC/ESH task force for the management of arterial hypertension. Vol. 36, *Journal of Hypertension.* 2018. 2284–2309 hal.
4. Pioli MR, Ritter AMV, de Faria AP, Modolo R. White coat syndrome and its variations: Differences and clinical impact. *Integr Blood Press Control.* 2018;11:73–9.
5. Pierin AMG, Ignez EC, Jacob Filho W, Barbato AJG, Mion D. Blood pressure measurements taken by patients are similar to home and ambulatory blood pressure measurements. *Clinics.* 2008;63(1):43–50.
6. Chan KS, Lai KPL, Chan PF, Luk MHM, Chao VKD. Evaluation of the applicability of deep breathing test in the diagnosis of hypertension with white-coat effect in Chinese patients in primary care. *Clin Hypertens.* 2019;25(1):1–9.
7. MacDonald MB, Laing GP, Wilson MP, Wilson TW. Prevalence and predictors of white-coat response in patients with treated hypertension. *Cmaj.*

- 1999;161(3):265–9.
8. Myers MG. The white-coat effect in treated hypertension. *Blood Press Monit.* Juni 1996;1(3):247—249.
  9. Points K. 39 . 3B : Types of Breathing. 2021;3–5.
  10. Jagomägi K, Raamat R, Talts J, Länsimies E, Jurvelin J. Effect of deep breathing test on finger blood pressure. *Blood Press Monit.* 2003;8(5):211–4.
  11. A R Siyad. Hypertension. 2011;3(1):1–16. [www.hygeiajournal.com](http://www.hygeiajournal.com)
  12. Krüger-Genge A, Blocki A, Franke RP, Jung F. Vascular endothelial cell biology: An update. *Int J Mol Sci.* 2019;20(18):1–21.
  13. Cuspidi C, Sala C, Grassi G, Mancia G. White Coat Hypertension: to Treat or Not to Treat? *Curr Hypertens Rep.* 2016;18(11):1–9.
  14. De Simone G, Schillaci G, Chinali M, Angeli F, Reboldi GP, Verdecchia P. Estimate of white-coat effect and arterial stiffness. *J Hypertens.* 2007;25(4):827–31.
  15. Mancia G, Bombelli M, Facchetti R, Madotto F, Quarti-Trevano F, Friz HP, et al. Long-term risk of sustained hypertension in white-coat or masked hypertension. *Hypertension.* 2009;54(2):226–32.
  16. Androulakis E, Papageorgiou N, Lioudaki E, Chatzistamatiou E, Zacharia E, Kallikazaros I, et al. Subclinical Organ Damage in White-Coat Hypertension: The Possible Role of Cystatin C. *J Clin Hypertens.* 2017;19(2):190–7.
  17. Chappleau MW. Chapter 33. Baroreceptor Reflexes. Third Edit. Vol. c, Primer on the Autonomic Nervous System. Elsevier Inc.; 2012. 161–166
  18. Rowaiye OO, Jankowska EA, Ponikowska B. Baroreceptor sensitivity and diabetes mellitus. *Cardiol J.* 2013;20(5):453–63.
  19. Bernardi L, Porta C, Spicuzza L, Bellwon J, Spadacini G, Frey AW, et al. Patients With Chronic Heart Failure. 2015;143–6.

20. Mori H, Yamamoto H, Kuwashima M, Saito S, Ukai H, Hirao K, et al. How does deep breathing affect office blood pressure and pulse rate? *Hypertens Res.* 2005;28(6):499–504.
21. Herakova N, Nwobodo NHN, Wang Y, Chen F, Zheng D. Effect of respiratory pattern on automated clinical blood pressure measurement: an observational study with normotensive subjects. *Clin Hypertens.* 2017;23(1):1–7.
22. Augustovski FA, Calvo CB, Deprati M, Waisman G. The deep-breath test as a diagnostic maneuver for white-coat effect in hypertensive patients. *J Am Board Fam Pract.* 2004;17(3):184–9.
23. Tomičić M, Petric D, Rumboldt M, Carević V, Rumboldt Z. Deep breathing: A simple test for white coat effect detection in primary care. *Blood Press.* 2015;24(3):158–63.
24. Thalenberg JM, Póvoa RMDS, Bombig MTN, De Sá GAC, Atallah ÁN, Luna Filho B. Slow breathing test increases the suspicion of white-coat hypertension in the office. *Arq Bras Cardiol.* 2008;91(4):267–73.
25. Adler TE, Coovadia Y, Cirone D, Khemakhem ML, Usselman CW. Device-guided slow breathing reduces blood pressure and sympathetic activity in young normotensive individuals of both sexes. *J Appl Physiol.* 2019;127(4):1042–9.
26. Akhani P, Nayak V, Joshi R, Harsoda J. A comparative study of autonomic reactivity in normotensive and pre-hypertensive young adult Indian males. *Natl J Physiol Pharm Pharmacol.* 2020;10(0):1.
27. Pickering TG, Hall JE, Appel LJ, Falkner BE, Graves J, Hill MN, et al. Recommendations for blood pressure measurement in humans and experimental animals: Part 1: Blood pressure measurement in humans - A statement for professionals from the Subcommittee of Professional and Public Education of the American Heart Association Co. *Circulation.*

2005;111(5):697–716.

28. Mahe G, Comets E, Nouni A, Paillard F, Dourmap C, Le Faucheur A, et al. A minimal resting time of 25 min is needed before measuring stabilized blood pressure in subjects addressed for vascular investigations. *Sci Rep.* 2017;7(1):1–8.
29. Ogedegbe G, Pickering TG, Clemow L, Chaplin W, Spruill TM, Albanese GM, et al. The misdiagnosis of hypertension: The role of patient anxiety. *Arch Intern Med.* 2008;168(22):2459–65.
30. Ma X, Yue ZQ, Gong ZQ, Zhang H, Duan NY, Shi YT, et al. The effect of diaphragmatic breathing on attention, negative affect and stress in healthy adults. *Front Psychol.* 2017;8(JUN):1–12.
31. Zheng D, Giovannini R, Murray A. Effect of respiration, talking and small body movements on blood pressure measurement. *J Hum Hypertens.* 2012;26(7):458–62.
32. Radaelii A, Raco R, Perfetti P, Viola A, Azzellino A, Signorini MG, et al. Effects of slow, controlled breathing on baroreceptor control of heart rate and blood pressure in healthy men. *J Hypertens.* 2004;22(7):1361–70.
33. Yepryntseva IO, Shchyrova LS, Shekh VE. Effect of slow breathing on the blood pressure and the Valsalva ration in prehypertensive Indian students. *Biologija.* 2019;65(2):122–31.
34. Parameswaran K, Todd DC, Soth M. Altered respiratory physiology in obesity. *Can Respir J.* 2006;13(4):203-210.



### REKOMENDASI PERSETUJUAN ETIK

Nomor : 758/UN4.6.4.5.31/ PP36/ 2020

Tanggal: 19 Nopember 2020

Dengan ini Menyatakan bahwa Protokol dan Dokumen yang Berhubungan Dengan Protokol berikut ini telah mendapatkan Persetujuan Etik :

No Protokol	UH20080384	No Sponsor Protokol	
Peneliti Utama	<b>dr. Asyura Abdullah</b>	Sponsor	
Judul Peneliti	Pengaruh Deep Breath Pada Dinamika Tekanan Darah		
No Versi Protokol	2	Tanggal Versi	17 Nopember 2020
No Versi PSP	2	Tanggal Versi	17 Nopember 2020
Tempat Penelitian	<b>Departemen Ilmu Penyakit Dalam FKUH Makassar</b>		
Jenis Review	<input type="checkbox"/> Exempted <input checked="" type="checkbox"/> Expedited <input type="checkbox"/> Fullboard Tanggal	Masa Berlaku <b>19 Nopember 2020</b> sampai <b>19 Nopember 2021</b>	Frekuensi review lanjutan
Ketua Komisi Etik Penelitian Kesehatan FKUH	Nama <b>Prof.Dr.dr. Suryani As'ad, M.Sc.,Sp.GK (K)</b>	Tanda tangan	
Sekretaris Komisi Etik Penelitian Kesehatan FKUH	Nama <b>dr. Agussalim Bukhari, M.Med.,Ph.D.,Sp.GK (K)</b>	Tanda tangan	

**Kewajiban Peneliti Utama:**

- Menyerahkan Amandemen Protokol untuk persetujuan sebelum di implementasikan
- Menyerahkan Laporan SAE ke Komisi Etik dalam 24 Jam dan dilengkapi dalam 7 hari dan Laporan SUSAR dalam 72 Jam setelah Peneliti Utama menerima laporan
- Menyerahkan Laporan Kemajuan (progress report) setiap 6 bulan untuk penelitian resiko tinggi dan setiap setahun untuk penelitian resiko rendah
- Menyerahkan laporan akhir setelah Penelitian berakhir
- Melaporkan penyimpangan dari protokol yang disetujui (protocol deviation / violation)
- Mematuhi semua peraturan yang ditentukan