Table 1 Descriptive data for the study group (n = 2462)

Variable	Value
Age [mean (SD) years]	50.5 (11.1)
Sex (% women)	58.3
BMI [mean (SD) kg/m^2]	27.7 (4.7)
Diabetes (%)	9.0
Clinic BP [mean (SD) mmHg]	
Systolic	147.9 (21.6)
Diastolic	90.0 (12.2)
24-hour BP [mean (SD) mmHg]	
Systolic	126.6 (15.5)
Diastolic	76.8 (10.6)
Daytime BP [mean (SD) mmHg]	
Systolic	129.7 (15.9)
Diastolic	79.8 (11.1)
Night-time BP [mean (SD) mmHg]	
Systolic	118.8 (16.2)
Diastolic	69.3 (10.7)
White-coat effect[a] [mean (SD) mmHg]	
Systolic	18.2 (15.3)
Diastolic	10.2 (9.3)

[a]Difference between clinic and ambulatory BP.

SD = standard deviation; BMI = body mass index;