**Table 4 Logistic regression analysis of risk factors for hypertension**

| Risk factor | β-coefficient | P-value | OR (95% CI) |
|---|---|---|---|
| Personality type | 1.326 | < 0.001 | 3.77 (2.48–5.73) |
| Physical activity level | 0.431 | 0.005 | 1.54 (1.14–2.08) |
| Family history of hypertension | 0.539 | 0.011 | 1.71 (1.13–2.59) |
| Diabetes mellitus | 0.637 | 0.016 | 1.89 (1.13–3.17) |
| Body mass index | 0.045 | 0.039 | 1.05 (1.00–1.09) |

*OR = odds ratio; CI = confidence interval.*