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Bibliometric Analysis of Autosuggestion as a Public Health Innovation for Hypertension Control in Coastal Agro-Marine Communities

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Abstract
Hypertension is a critical public health concern, especially in coastal communities engaged in the agro-marine industry. Traditional medical approaches often overlook alternative strategies that could aid in hypertension management. Autosuggestion, a psychological technique, has shown promise as a non-pharmacological method to promote positive behavioural changes for hypertension control. However, its application in public health, particularly in coastal areas with distinct socio-economic challenges, remains underexplored. This study aims to conduct a bibliometric analysis to investigate research trends using autosuggestion as a public health innovation for hypertension management in coastal agro-marine communities. The objectives include identifying key research areas, gaps in the existing literature, and emerging trends to guide future public health interventions. A comprehensive bibliometric analysis was conducted using peer-reviewed databases to evaluate publications on autosuggestion, hypertension control, public health innovation, and coastal communities within the agro-marine context. The study examined citation patterns, co-authorship networks, and keyword frequency trends. The findings revealed a rising interest in non-pharmacological interventions for hypertension, with autosuggestion recognised as a novel approach. Notably, there is a geographic concentration of studies in certain coastal regions, but significant gaps exist regarding the application of these strategies in agro-marine industries. There is a need for expanded collaborative research networks, as few studies link public health, psychology, and the agro-marine sector. In conclusion, while autosuggestion shows potential as an innovative intervention for hypertension control in coastal agro-marine communities, further interdisciplinary research and collaboration are essential to maximising its effectiveness.
Keywords: *Autosuggestion, Hypertension Control, Public Health Innovation, Coastal Communities, Agro-Marine Industry*

Introduction
Hypertension is a leading cause of morbidity and mortality worldwide(Ari Mashuri et al., 2024), and its prevalence is particularly concerning in coastal communities that depend on the agro-marine industry (Tyre et al., 2023). The demanding physical work and environmental stress unique to these communities

(Dahlui et al., 2020; McMurtrie et al., 2019), coupled with limited access to health care, exacerbate the risk of hypertension (Banegas et al., 2015). Traditional methods of hypertension control, such as medication and lifestyle interventions, may be less effective in this context due to socioeconomic constraints and cultural barriers (Kaholokula et al., 2015). Autosuggestion, a psychological technique, offers a non-pharmacological alternative by encouraging positive behavior change through self-affirmation and mental conditioning (Myga et al., 2024). This approach is aligned with the holistic health model, but its application in public health, especially in coastal marine agro-communities, is still poorly studied (Ludwig et al., 2013).

In hypertension control, non-pharmacological approaches are becoming increasingly important (Kaur et al., 2024; Lu et al., 2024), especially in coastal communities that are prone to chronic health problems (Myga et al., 2022a). Autosuggestion, a psychological technique that relies on self-affirmation, offers excellent potential as a public health intervention in reducing blood pressure in hypertensive patients (Brackmann et al., 2016). These innovations are particularly relevant in agro-marine communities, where environmental and lifestyle factors significantly increase the risk of hypertension (Kimera et al., 2023; Tu et al., 2018). However, research examining the application of autosuggestion in the context of coastal communities is still minimal. This study aims to provide bibliometric analysis to identify publication trends, collaborations between researchers, and developing research topics related to autosuggestion in hypertension control in agro-marine coastal communities.

Nevertheless, despite the relative interest in non-pharmacological interventions for hypertension, little research has been dedicated to exploring how autosuggestion can be integrated into public health strategies, especially in areas where healthcare accessibility is limited (Ghose & Yaya, 2018; Kobayashi et al., 2019; Li et al., 2022). Coastal communities involved in the agro-marine industry face unique occupational health challenges (Correa Velez & Norman, 2021; Gismondi et al., 2020; Kenneson et al., 2017), such as strenuous physical activity and environmental stress, making them ideal candidates to explore the efficacy of autosuggestion (Hazen et al., 2022; Shanks & Pearson, 2014; M.-M. Zhang et al., 2021). A comprehensive bibliometric analysis of the existing literature can provide valuable insights into emerging research trends, gaps, and areas of interest in this field (Anchala et al., 2012; Lowe et al., 2021; Raman et al., 2024; Young et al., 2024). The main objective of this study is to analyze the body of research on autosuggestion as a public health innovation to control hypertension, with a particular focus on coastal marine agro-communities. Through

bibliometric methods, the study aims to identify critical trends, geographic focal points, prominent institutions, and collaboration networks while highlighting gaps in the literature and areas for future research.

Method

Systematic bibliometric analysis was conducted using the leading Scopus database to identify peer-reviewed publications related to autosuggestion, hypertension control, public health innovations, and coastal communities in the context of the agro-marine industry. The search includes publications from the last two decades (2000–2024) to capture the latest developments in this field by developing five relevant critical keywords, including: "Autosuggestion", "Hypertension Control", "Public Health Innovation", "Coastal Communities", and *Agro-Marine Industry*. Inclusion criteria are articles that focus on non-pharmacological methods for hypertension control, especially those involving autosuggestion in public health or occupational health. Studies that specifically target coastal or agro-marine communities are prioritized. Exclusion criteria included studies that focused solely on pharmacological treatments or did not provide a clear association with public health innovations or autosuggestion. From the search, 5027 Scopus documents were obtained by the criteria set.

Data were extracted by year of publication, country of origin, institutional affiliation, and primary focus of each study. Co-authorship patterns and citation networks were analyzed to map collaboration trends (Boch et al., 2022; Kaur et al., 2024; Silberzan et al., 2024). Keyword frequency analysis is carried out to track thematic developments over time (Castro et al., 2023; Ghasemzadeh et al., 2022; Hudon et al., 2017; Kumar et al., 2019; Widiastuti et al., 2024). Data was analyzed using the bibliometric tool VOSviewer and R studio, bibliophily (Becerra et al., 2020; Ghasemzadeh et al., 2022; Soontiens-Olsen et al., 2023). Researchers use publicly available Software Tools, including VOSviewer, R Studio, and Biblioshiny, to facilitate the analysis. The software makes it easy to identify trends, network maps, map research trends, identify relationships between authors, and analyze citations.

A comprehensive literature search uses the Scopus scientific database, using *Boolean* logic as follows: ("*Autosuggestion*" OR "*Self-Suggestion*"). Accommodate variations in the use of the term autosuggestion or its synonyms. AND ("*Hypertension Control*" OR "*Blood Pressure Management*") To ensure research focuses on blood pressure control AND ("*Public Health Innovation*" OR "*Health Intervention*" OR "*Health Promotion*"). To include literature that focuses on health innovations or interventions.

AND ("*Coastal Communities*" OR "*Coastal Populations*" OR "*Seaside Communities*"). Narrowing to communities in coastal areas. AND ("*Agro-Marine*" OR "*Agro-Marine Industry*" OR "*Marine Agriculture*"). To focus on communities related to the agro-marine industry.

This study uses bibliometric analysis to analyze and evaluate relevant literature (Barragan et al., 2024; Fang et al., 2024; Odu et al., 2024). Bibliometric analysis has become essential in contemporary research, especially in health and medicine (Ale et al., 2020; Bargaoui et al., 2023; Egan et al., 2014; Lee et al., 2019). This method provides insight into the scientific literature's structure, dynamics, and trends, allowing researchers (Krishna et al., 2023; Nalbant et al., 2023; Oh & Galis, 2014; Villanueva De La Cruz et al., 2023; H. Zhang et al., 2024), policymakers, and institutions to make informed decisions regarding research priorities and funding allocation for such activities. Bibliometric data was analyzed using quantitative and qualitative approaches (Baratta et al., 2022; Ellegaard & Wallin, 2015; Judijanto et al., 2023; Krishna et al., 2023; Nalbant et al., 2023; Oh & Galis, 2014; Susanto et al., 2023; Villanueva De La Cruz et al., 2023; H. Zhang et al., 2024). Citation analysis identifies critical studies and influential researchers, while co-authorship and keyword analysis provide insight into collaboration networks and emerging research themes. Temporal trends are evaluated to determine the growth of interest in autosuggestion as a public health innovation (Hurst et al., 2023; Lucas et al., 2024; Villanueva De La Cruz et al., 2023).

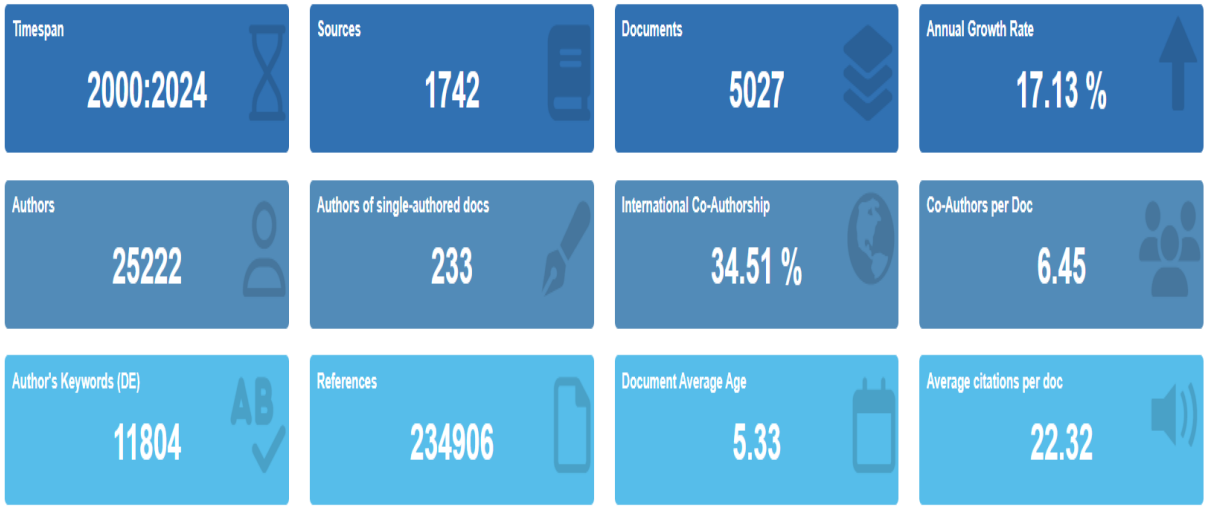
Results

Based on the results of the research that has been carried out, on this occasion, it is explained related to the primary information of the article studied, research trends on autosuggestion and hypertension control, coastal communities, leading countries and institutions, research gap collaboration networks, and future directions. For more details, it is explained as follows.

Essential Information of Articles Studied.

The leading information from the article studied, based on Boolean searches and determined keywords, is obtained as follows.

Figure 1 . *Main Information from the article studied global-related Autosuggestion", "Hypertension Control", "Public Health Innovation", "Coastal Communities," and Agro-Marine Industry.*



Based on the image containing the research statistics, here is an analysis of the data presented: Timespan (Time Range): This study covers the period from 2000 to 2024. This shows that the data analysed covers nearly 25 years of research publications, allowing for assessing long-term trends in research growth and collaboration (Seshadri et al., 2023). Sources: There are 1,742 sources in the form of scientific publication journals. This shows that this study reflects the breadth of the data used for the analysis. Documents: There were 5,027 documents used in this study. This large size allows for an in-depth and representative analysis of the topic being studied (C. Sun et al., 2021). Annual *Growth Rate*: This annual growth rate of 17.13% shows that publications in the analysed field continue to increase rapidly (Boch et al., 2022; Prieto-Díaz et al., 2023; Vallée et al., 2021). This figure represents a yearly increase in publications, reflecting this research topic's increasing interest or relevance in the scientific community. *Authors*: 25,222 authors were found contributing to these documents, indicating that the study involved many researchers from different disciplines or institutions. This shows extensive collaboration and participation in this study(Hamdani et al., 2022; Subramanian et al., 2011).

Authors of Single-Authored Docs: There were only 233 authors who wrote a single document, meaning that most of the documents in this study involved collaboration between authors. This reflects a strong trend of collaboration in this area of research. *International Co-Authorship*: As many as 34.51% of documents involve international collaboration. This shows that more than a third of the research was conducted jointly by researchers from different countries, indicating the global and collaborative nature

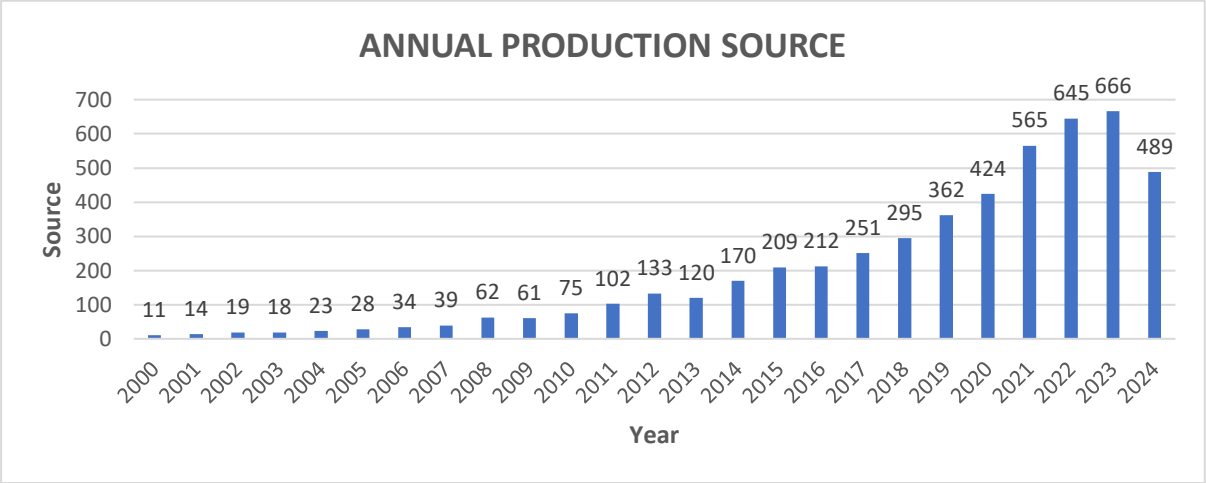
of the study. Co-Authors per Doc: There are an average of 6.45 authors per document. This indicates a high level of collaboration among researchers, where large groups of authors often conduct research. *Author's Keywords*: Authors use 11,804 keywords. This indicates the existence of many diverse topics or subtopics in this study, reflecting the breadth of the explored topic. *References*: A total of 234,906 references were used in these documents. This indicates the large amount of literature referenced in this study, which indicates the depth and breadth of previous research used as a basis for this publication.

Document Average Age: The average age of documents is 5.33 years, which indicates that most of the references used are relatively recent, indicating that the study tends to keep up with the latest developments in the field (Jafar et al., 2022; Remch et al., 2023; Tin et al., 2022). *Average Citations per Doc*: Each document, on average, is cited 22.32 times. This shows that these documents considerably impact the scientific community, with a reasonably high citation rate (Han et al., 2024; Myga et al., 2022b; Şimşek et al., 2022). From the data found, we can conclude that the analyzed research field is experiencing rapid growth with a high level of local and international collaboration. The number of documents, authors, and citations shows that this topic is relevant and essential to the scientific community(Aggarwal et al., 2023; Blecker et al., 2023; Philbert et al., 2023). The collaboration involving multiple authors per document and the number of references used reflects the collaborative and multidisciplinary nature of the research conducted (Peter et al., 2024; Romano et al., 2023; Subramanian et al., 2011). An annual growth rate of 17.13% shows that this field is growing dynamically, with contributions increasing yearly.

Trends In Research On Autosuggestion and Hypertension Control

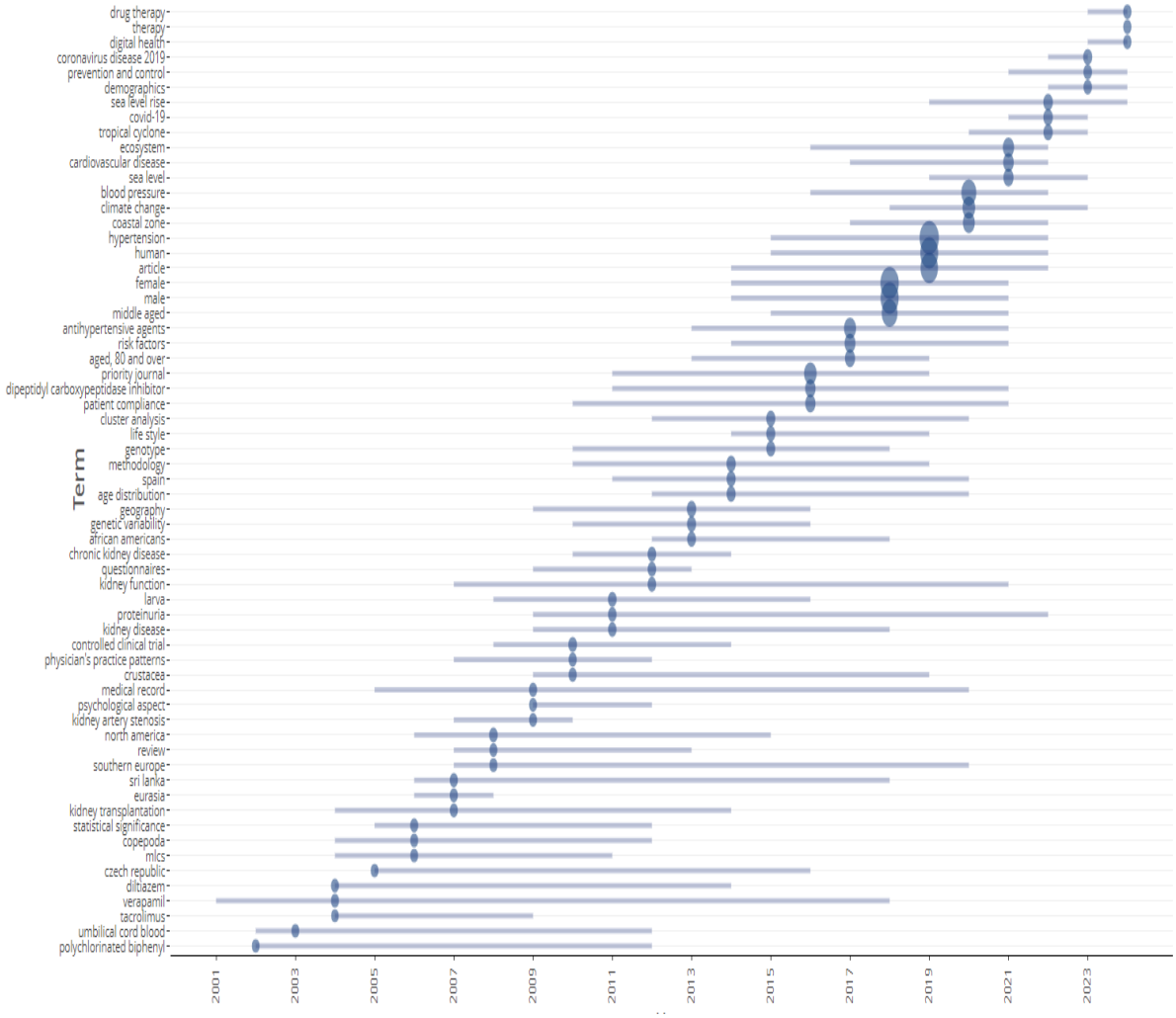
Research trends on autosuggestion and hypertension control analysis results reveal a steady increase in research on non-pharmacological hypertension control methods over the past decade, with autosuggestion gaining attention as a promising intervention.

Figure 2. Annual Production Journal in global research related to autosuggestion, hypertension control



From 2000 to 2014, the data showed a steady but slow increase in production sources. The value increased gradually from 11 in 2000 to 170 in 2014. Although there was a slight fluctuation in the data, the overall trend showed positive growth with a moderate increase. Between 2015 and 2021, there was a more significant increase in production sources, jumping from 209 in 2015 to 645 in 2021. This period marked significant growth, especially from 2017 to 2021, where the increase was seen more steeply, indicating an increase in demand or better production capacity during those years. 2022 production peaked with 666 sources, showing a slight increase from 2021. However, in 2024, production seems to decline to 489, indicating decreased production sources. This decline can be caused by market saturation, declining demand, or external disruptions such as economic downturns or other supply chain issues (Htay et al., 2024; Islam et al., 2023).

Figure 3 . Trends development global research topics related to *"Autosuggestion*", "*Hypertension Control*", "*Public Health Innovation*", "*Coastal Communities,*" and *Agro-Marine Industry*



This visual shows the trend of topics in the study from 2001 to 2024. Horizontal dots and lines describe the frequency with which a particular topic appears during that period. The graph shows an increase in topics and research intensity starting around 2010, with a sharp increase from 2015 to 2024. This suggests that the fields featured have received greater attention from researchers in recent decades. In recent years, mainly since 2020, there has been a surge in health-related topics, most likely caused by the COVID-19 pandemic, which has sparked much research in the field of global health (Kimani et al., 2019; Subramanian et al., 2011).

***Trends of Dominant Topics* and Their Increase.**

COVID-19, digital health, drug therapy, and prevention and control are the most prominent topics in recent years, primarily related to the pandemic. This topic is increasing rapidly from 2020 to 2023, reflecting a global focus on disease control, therapies, and digital health technologies. *Hypertension* remains a consistently emerging topic, demonstrating the continued relevance of research on the management of hypertension in public health, including research on treatment, control, and associated risk factors.

Figure 4. *Word clouds* display the words or terms that appear most often in research.

Based on this word cloud, it can be seen that several topics, such as climate change, sea level rise, and coastal zones, have received more attention since 2010, reflecting the increasing interest in the relationship between public health and environmental factors (Bothe et al., 2024; Roberts et al., 2023; Subramanian et al., 2011). *Ecosystems* and *demographics* also emerge, demonstrating the importance of understanding the interaction between the environment and social dynamics about health, especially in coastal areas and vulnerable populations. Some demographic-related topics, such as middle-aged, female, and male, suggest that research is beginning to consider age and gender factors in diseases such as hypertension. This is important to improve the personalized treatment and prevention of chronic diseases. *Aged 80 and over*, *risk factors* and *genetic variability* suggest that research is beginning to focus on older populations and genetic factors that may influence the risk of

hypertension and other related diseases (Coll-Brito et al., 2021; Myga et al., 2022b; Subramanian et al., 2011).

Digital health and *psychological aspects* have become increasingly frequently researched in recent years, showing concern for the use of technology to support the treatment and management of chronic diseases, including hypertension. *Antihypertensive agents* are also an important focus, showing that research on medical therapies to manage hypertension continues to grow and become a major topic in recent decades. Starting in 2020, *the topics of coronavirus disease 2019, digital health*, and *prevention and control* emerged in response to the global pandemic. This indicates a shift in research priorities focused on mitigating the impact of the pandemic and the use of technology to support healthcare worldwide (Amirul Islam et al., 2021; Hamdani et al., 2022; Thakkar et al., 2022).

This graph shows that research topic trends have changed significantly since the 2000s, with a sharp increase in studies on topics related to global health, chronic diseases such as hypertension, technology-based interventions, and the development of psychological aspects. Topics such as climate change, digital health, and disease control have received greater attention in the past decade, while research on hypertension and related risk factors remains a priority (Frieden et al., 2019). The COVID-19 pandemic has also played a massive role in accelerating research on new topics and increasing the worldwide focus on prevention and treatment(He et al., 2024). Autosuggestion, as part of the psychological aspect, has emerged as a potential psychological method in the management of high blood pressure (hypertension), mainly due to the relationship between mental and physical conditions (Myga et al., 2022b). Recent trends suggest that research on autosuggestion is growing, with a focus on behaviour-based interventions that can help hypertensive patients control stress and anxiety, which are critical triggers for hypertension (Raja-Ismail et al., 2024). Research also shows an increase in interest in applying digital technology to support the practice of autosuggestion, for example, through mental health and fitness apps(Luo et al., 2022)(Kim & Rhim, 2023; Lefferts et al., 2023). This contributes to the trend of more comprehensive and personalized hypertension management.

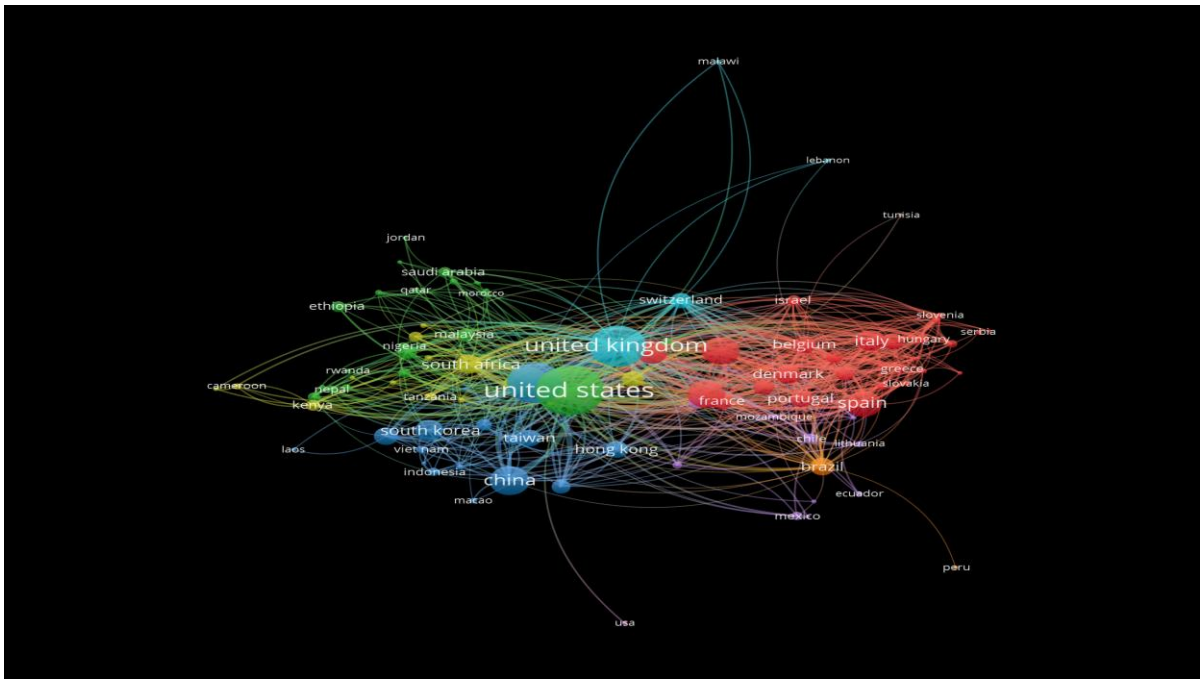
***We are leading countries and Institutions*.**

The United States, China, and the United Kingdom emerged as significant contributors to research on hypertension control, with leading institutions including Harvard University, *Peking University*, and *King's College London*. The United States (US) and the United Kingdom (UK) occupy central positions and have large node sizes,

indicating that these two countries play a significant role in global research. They are connected with many other countries, signalling a leading role in international research collaboration. Countries such as China, Germany, France, and Spain also appear to have a significant role in research collaboration networks, albeit smaller than the US and UK. China, Taiwan, South Korea, and Hong Kong are forming their clusters in the blue cluster, indicating strong collaboration among East Asian countries and the surrounding region(Sari et al., 2017).

Based on the visualisation of research collaboration data, countries such as the United States, China, and the United Kingdom lead in the number of publications and research related to hypertension and autosuggestion. Institutions such as *Johns Hopkins University*, *Harvard School of Public Health*, and BMC *Public Health* are influential research centers and publications in this field(Al Rifat et al., 2021)(Faezi et al., 2023).

Figure 5. *Visualisation of* collaborative networks between countries in global research related to autosuggestion and hypertension control.



The data visualisation indicates that global research collaboration is primarily driven by major countries such as the United States, the United Kingdom, and China. It also reveals distinct regional clusters demonstrating close collaboration in Europe, East Asia, and Latin America. Conversely, countries in Africa and parts of Asia seem to need more connections, implying an imbalance in international research

partnerships. Despite having robust health infrastructures, access to cutting-edge technologies, and substantial financial backing for public health research, these countries offer ample opportunities for further exploration of the impact of autosuggestion on hypertension. Studies exploring the relationship between autosuggestion and hypertension management in coastal agro-marine communities are more prevalent in Southeast Asia, particularly in Indonesia and the Philippines (Al Rifat et al., 2021)(Lao et al., 2013).

Collaboration Networks

Collaborative research networks are primarily centered around psychological and public health experts. Cross-disciplinary collaboration between public health, psychology, and occupational health still needs to be improved, especially in studies focusing on the agro-marine sector. This highlights the need for more interdisciplinary research (Abdisa et al., 2022; Villarino et al., 2021).

Fig 6. Three-field plot *visualisation*, which shows the relationship between three main elements: CR (*Cited References*), AU (*Author*), and DE (*Keywords*).

This Three-Field Plot illustrates the correlation between frequently referenced sources, lead authors, and widely discussed research topics. While the primary focus is hypertension, the research delves into environmental factors such as climate change and coastal zones, highlighting an interdisciplinary approach. Lead authors like Zhang Y and Wang W have made significant contributions to advancing research in this area, drawing on an extensive array of references to support their studies. The study encompasses clinical and public health aspects, addressing the management of hypertension, cardiovascular disease, and related risk factors(Cooper-Dehoff et al., 2021)(Sari et al., 2017; Zanuzzi et al., 2024).

International collaborations are pivotal in this research, as is evident in the close connections among institutions in different countries. The BMC Public Health Journal serves as a critical platform for collaborative research, with authors from various institutions routinely working together to advance hypertension research. Network visualization indicates that authors such as Zhang Y and Wang W frequently engage in cross-country collaborative research, particularly on topics related to hypertension treatment and intervention strategies.

Research Gap and Future Direction

While autosuggestion shows potential as a non-pharmacological intervention, significant gaps remain in its application for hypertension control in coastal agro-marine communities (Mabon et al., 2021). Future research should focus on understanding the socio-cultural and occupational health factors that can influence the success of autosuggestion interventions in this unique environment (Yavo-Ayalon et al., 2023). Research Gap: Although much research has been conducted, the application of autosuggestion in hypertension control and coastal public health still needs to be improved (Ludwig et al., 2013). More research is still needed to focus on the effects of autosuggestion on various populations, particularly in coastal agro-marine communities(Brackmann et al., 2016). Most of the research has focused on medical interventions(Peng et al., 2024), while psychological aspects such as autosuggestion have yet to be examined in depth in the specific context of coastal communities. Future Directions: Future research should focus more on implementing autosuggestion in hypertension management in the broader environment, including in communities with limited access to health services. In addition, the long-term impact of autosuggestion in reducing blood pressure should be further explored through longitudinal studies(Feitosa et al., 2022; Sims et al., 2020).

Discussion

Interpretation of Key Findings

The study shows the increasing recognition of autosuggestion as a viable tool for hypertension management, especially as a supplement to traditional medical treatments. However, the limited application to coastal communities suggests that further research is needed to adapt these techniques to the specific needs of these communities. Relationship between Autosuggestion and Hypertension: Research suggests that autosuggestion can effectively manage blood pressure through stress reduction and improved mental calm. Use of Technology: The use of digital-based apps to support the practice of autosuggestion is growing in popularity, allowing for easier access for the general public to manage hypertension independently.

Implications for Public Health in Coastal Agro-Marine Communities

These findings have significant implications for public health interventions in coastal communities. By integrating autosuggestion into public health strategies, healthcare providers can offer low-cost, easily accessible tools for hypertension control (Koshimizu et al., 2020). This is especially important in areas with limited access to medicines and formal health services. In coastal communities, economic and environmental stressors often trigger stress, which is a risk factor for hypertension. Autosuggestion can serve as a simple and inexpensive intervention that helps reduce stress levels, lowering hypertension risk in these areas (Bamgboye et al., 2024). However, more research is needed to adapt these interventions to coastal agro-marine communities' unique socio-economic and cultural contexts.

Limitations of the Study

One limitation of this study is its focus on published studies, which may not capture ongoing or unpublished interventions. In addition, the geographic scope of available research is biased toward high-income countries, with limited studies from developing countries where hypertension control is an urgent concern. Many studies still focus on populations with access to health services and technology, while applications in underserved communities, such as coastal communities, have not been widely explored (Mueller et al., 2024). Longitudinal studies on the long-term effectiveness of autosuggestion are still rare, making it difficult to assess the long-term impact on the management of hypertension.

Recommendations for Future Research

Future studies should prioritize cross-disciplinary collaboration and focus on tailoring autosuggestive interventions to coastal communities' socio-cultural and economic contexts (Boch et al., 2022; Korda et al., 2023). The researchers should also explore the long-term efficacy of autosuggestion in managing hypertension in this population. More studies are needed to explore the application of autosuggestion in managing hypertension in vulnerable communities such as coastal communities and communities with limited access to health services (Charles-Ayinde et al., 2020; Myga et al., 2024). Expansion of international collaboration between institutions in developing and developed countries in exploring technology-based solutions to promote autosuggestion and behavior-based interventions (Kaur et al., 2024; Maïer et al., 2022). Long-term studies on the effects of autosuggestion and how their use can be integrated with traditional medical treatment to improve health outcomes in hypertensive patients (Y.-Q. Sun et al., 2020).

Conclusion

Summary of Findings

This bibliometric analysis highlights the role of emerging autosuggestion as a public health innovation for hypertension control, especially in coastal agro-marine communities. While research in this area is still developing, there is clear potential for further exploration and application.

Research shows that autosuggestion can have a positive impact on managing blood pressure in people with hypertension, primarily through reducing stress and anxiety. Developed countries such as the United States, China, and the United Kingdom are leading the way in this study, with collaborative solid networks between researchers from various global institutions.

Although autosuggestion shows excellent potential, there is still a gap in research exploring its application in underserved communities, such as coastal agro-marine communities. Further research is needed to evaluate the effectiveness of these methods in a broader context, especially in regions with limited access to health services.

Final Thoughts

Autosuggestions can be crucial to hypertension management strategies in underserved coastal communities. They offer a noninvasive and cost-effective approach to improving public health, particularly hypertension control.

Recommendations

To maximize the potential of autosuggestion, future research should focus on interdisciplinary studies, cross-regional collaborations, and the development of tailored interventions to address the specific challenges coastal agro-marine communities face. They are expanding the study of the effect of autosuggestion in a broader population and underserved areas. Encourage international collaboration to promote autosuggestion-based hypertension management methods in vulnerable communities.

Integrate autosuggestion with traditional medical approaches to create more comprehensive health solutions. It is developing digital-based technologies that support the practice of autosuggestion as part of the self-management of hypertension in coastal communities. This research shows a promising direction to reduce the burden of hypertension through psychologically-based interventions, especially in underserved communities and exposed to high environmental risks.

Conflict Of Interest

The author states that there is no conflict of interest regarding the publication of this paper. All aspects of the research, including design, data collection, analysis, and interpretation, are conducted independently and impartially. No financial or personal relationships affected the results of this study.

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