

## Multimedia Appendix 1

**Table S1.** Demographics and baseline characteristics of patients who completed 52 weeks

	<b>App arm (n=8)</b>	<b>Usual-care arm (n=9)</b>	<b>P value</b>
Age, y (SD)	34.6 (6.0)	42.6 (12.1)	.11
Female, n (%) <sup>a</sup>	7 (87.5)	8 (88.9)	.93
<b>Race and ethnicity, n (%)</b>			.11
Hispanic	5 (62.5)	2 (22.2)	
Non-Hispanic Black	0	3 (33.3)	
Non-Hispanic White	3 (37.5)	4 (44.4)	
<b>Geographic area of residence, n (%)</b>			.20
Rural	2 (25.0)	0	
Urban	4 (50.0)	4 (44.4)	
Suburban	2 (25.0)	5 (55.6)	
<b>Income range, n (%)</b>			.99
<\$40,000	5 (62.5)	5 (55.6)	
≥\$40,000	3 (37.5)	4 (44.4)	
<b>Work type, n (%)</b>			.35
Full-time (at least 40 hours per week)	5 (62.5)	3 (33.3)	
Less than full-time or other <sup>a</sup>	3 (37.5)	6 (66.7)	

<sup>a</sup>Fisher exact test.

**Table S2.** Summary of key patient-reported outcomes at 18 and 52 weeks

			App		Usual care		P value
			Values, n (%)	Values, mean (SD)	Values, n (%)	Values, mean (SD)	
<b>Coprietary outcomes</b>							
<b>PAM-13<sup>a</sup></b>							
<b>Week 18 analysis</b>							
		Baseline	18 (100%)	56.6 (13.6)	18 (95%)	58.6 (11.3)	—
		Week 18	18 (100%)	67.1 (12.1)	18 (95%)	67.4 (15.6)	—
		Change from baseline to week 18	—	10.5 (13.2)	—	8.8 (9.4)	.65
<b>Week 52 analysis</b>							
		Baseline	8 (100%)	58.2 (10.8)	9 (100%)	61.4 (12.5)	—
		Week 52	8 (100%)	78.4 (18.5)	9 (100%)	62.5 (15.9)	—
		Change from baseline to week 52	—	20.2 (17.7)	—	1.6 (14.2)	.04
<b>PPES-7<sup>b</sup></b>							

		<b>Week 18 analysis</b>					
		Baseline	17 (94%)	22.6 (4.1)	19 (100%)	22.9 (1.9)	—
		Week 18	17 (94%)	23.2 (3.1)	19 (100%)	24.6 (2.9)	—
		Change from baseline to week 18	—	0.6 (3.1)	—	1.7 (2.7)	.27
		<b>Week 52 analysis</b>					
		Baseline	8 (100%)	23.5 (3.0)	9 (100%)	22.6 (2.9)	—
		Week 52	8 (100%)	25.0 (2.6)	9 (100%)	22.7 (3.1)	—
		Change from baseline to week 52	—	1.5 (2.6)	—	0.1 (3.1)	.33
<b>Secondary outcomes</b>							
		<b>PHQ-9<sup>c</sup></b>					
		<b>Week 18 analysis</b>					
		Baseline	18 (100%)	15.3 (5.1)	19 (100%)	14.1 (5.0)	—
		Week 18	18 (100%)	7.5 (5.7)	19 (100%)	7.1 (5.0)	—

		Change from baseline to week 18	—	-7.8 (7.2)	—	-7.0 (6.5)	.73
		<b>Week 52 analysis</b>					
		Baseline	8 (100%)	13.5 (3.3)	9 (100%)	13.2 (6.4)	—
		Week 52	8 (100%)	4.0 (3.2)	9 (100%)	8.6 (5.5)	—
		Change from baseline to week 52	—	-9.5 (4.0)	—	-4.7 (6.0)	.07
		<b>PDQ-D5<sup>d,e</sup></b>					
		<b>Week 18 analysis</b>					
		Baseline	18 (100%)	9.7 (4.1)	19 (100%)	10.7 (5.4)	—
		Week 18	18 (100%)	7.2 (4.7)	19 (100%)	5.3 (4.8)	—
		Change from baseline to week 18	—	-2.6 (5.6)	—	-5.5 (4.3)	.08
		<b>WHO-5<sup>f</sup></b>					
		<b>Week 18 analysis</b>					
		Baseline	18 (100%)	20.2 (8.3)	19 (100%)	29.7 (11.8)	—

		Week 18	18 (100%)	52.0 (19.5)	19 (100%)	60.4 (20.6)	—
		Change from baseline to week 18	—	31.8 (19.7)	—	30.7 (23.4)	.88
		<b>Week 52 analysis</b>					
		Baseline	8 (100%)	23.0 (6.0)	9 (100%)	27.6 (13.2)	—
		Week 52	8 (100%)	64.5 (9.9)	9 (100%)	47.6 (23.5)	—
		Change from baseline to week 52	—	41.5 (12.3)	—	20.0 (19.5)	.02

<sup>a</sup>PAM-3: 13-item Patient Activation Measure.

<sup>b</sup>PPES-7: 7-item Patient-Provider Engagement Scale.

<sup>c</sup>PHQ-9: 9-item Patient Health Questionnaire.

<sup>d</sup>PDQ-D5: 5-item Perceived Deficits Questionnaire–Depression.

<sup>e</sup>PDQ-D5 was not evaluated at week 52.

<sup>f</sup>WHO-5: 5-item World Health Organization Well-Being Index.

—, not applicable.

**Table S3.** Patient satisfaction in the app arm at 18 weeks

<b>How Satisfied* Are You With...</b>	<b>Median (IQR)</b>
How easy the app is to use?	6.0 (1.0)
The app helping you understand the effect of your medication?	5.5 (1.0)
Using the app and the reports generated in addition to your usual care with your doctor?	6.0 (1.0)
The amount of time the app required?	5.0 (1.0)

\*Satisfaction ranged from 1 (extremely dissatisfied) to 7 (extremely satisfied).

Data per in-person patient interview (n=18).

IQR, interquartile range.

**Table S4.** Longitudinal results of key patient-reported outcomes<sup>a</sup> among patients who completed 52 weeks

	<b>App (n=8)</b>		<b>Usual Care (n=9)</b>	
	n	Mean (SD)	n	Mean (SD)
<b>Copriary outcomes</b>				
<b>PAM-13</b>				
Baseline	8	58.2 (10.8)	8	61.4 (12.5)
Week 18	8	74.2 (10.0)	9	70.3 (16.8)
Week 52	8	78.4 (18.5)	9	62.5 (15.9)
<b>PPES-7</b>				
Baseline	8	23.5 (3.0)	9	22.6 (2.2)
Week 18	8	25.0 (3.0)	9	25.2 (3.3)
Week 52	8	25.0 (2.6)	9	22.7 (3.1)
<b>Key secondary outcomes</b>				
<b>PHQ-9</b>				
Baseline	8	13.5 (3.3)	9	13.2 (6.4)
Week 18	8	4.4 (3.8)	9	8.1 (5.2)
Week 52	8	4.0 (3.2)	9	8.6 (5.5)
<b>WHO-5</b>				
Baseline	8	23.0 (6.0)	9	27.6 (13.2)
Week 18	8	62.5 (19.2)	9	57.8 (22.4)
Week 52	8	64.5 (9.9)	9	47.6 (23.5)

<sup>a</sup>PDQ-D5 was not evaluated at week 52.

PAM-13, 13-item Patient Activation Measure; PDQ-D5, 5-item Perceived Deficits Questionnaire–Depression; PHQ-9, 9-item Patient Health Questionnaire; PPES-7, 7-item Patient Provider Engagement Scale; WHO-5, 5-item World Health Organization Well-Being Index.