

Multimedia Appendix 5. Psychosocial studies of applications on mobile devices (intention-to-treat).

Author (year); name of app	Trial	Primary outcome measure	Study sample	Intervention group	Control group	Delivery type	Delivery length and support	Drop-out rate	Assessment/ period(s)	Within ⁷ and between ⁸ effect size (Cohen's <i>d</i>)	Pub DL? ⁴
Burns et al (2011); <i>Mobilyze!</i>	Pre-post pilot	MDD	Adults from the community	n=8; BA	N.A.	Mobile app + website + EMA on mobile phone	8 weeks; MHP	12.5%	PHQ, QIDS-C, GAD-7/ Post-test only	PHQ-9: $d=1.95^{1,6,7}$ QIDSC: $d=2.28^{1,6,7}$ GAD-7: $d=1.37^{1,6,7}$	No
Kauer et al (2012); Reid et al (2011); <i>Mobile-type</i>	RCT	MDD	Adolescents from general practice	n=68; ESA + Individualized data summary reports + meeting with GP	n=49; Attention Control + Part of the individualized data summary reports + meeting with GP	Stand-alone mobile app + EMA on mobile phone	8 modules over 2-4 weeks; MHP	22.3%	DASS, ESA/ Post-test and 6 weeks follow-up	DASS Stress: $d=0.37^{1,7}$ $d=0.59^{2,6,7}$ $d=0.14^{1,8}$ $d=0.22^{2,8}$ DASS Anxiety: $d=0.31^{1,7}$ $d=0.45^{2,5,7}$ $d=0.25^{1,8}$ $d=0.07^{2,8}$ DASS Depression: $d=0.34$; $d=0.64^{2,6}$ $d=0.11^{1,8}$ $d=0.09^{2,8}$ ESA: $d=0.31^1$; $d=0.66^{2,5}$ $d=0.09^{1,6,8}$ $d=0.58^{2,5,8}$	No
Rizvi et al (2011); <i>DBT Coach</i>	Pre-post pilot	BPD and substance use	Adults from out-patient clinic	N=21; DBT + OA	N.A.	Mobile app on mobile phone + F2F DBT	10-14 days; MHP	N.A.	BDI, BSI, DBT Coach Data, BCQ/ Post-test only	BDI: $d=0.55^{1,5,7}$ BSI: $d=0.43^{1,5,7}$ BCQ: $d=0.59^{1,5,7}$ Emotional intensity to use substance: $d=0.52^{3,5,7}$ Urge to use substance: $d=0.29^{3,5,7}$	Yes
Villani et al (2012);	RCT	Stress	Female oncology nurses	n=8; SIT	n=8; Attention Control	Stand-alone mobile app	8 videos over 4	N.A.	STAI, COPE/ Post-test only	N.A.	Yes (It)

<i>Mobile Stress Management</i>						on mobile phone	weeks; no support				
Villani et al (2011); <i>Mobile Stress Management</i>	RCT	Stress	Female oncology nurses	n=15; SIT	n=15; Attention Control	Stand-alone mobile app on mobile phone	8 videos over 4 weeks; no support	N.A.	STAI, COPE/ Post-test only	STAI (anxiety trait): $d=0.41^{1,5,7}$ COPE (Active): $d=-0.45^{1,5,7}$ COPE (Denial): $d=0.53^{1,5,7}$	Yes (It)
Grassi et al (2011); <i>Mobile Stress Management</i>	RCT	Stress	Female university students	n=not reported; SIT	n= not reported; Control	Stand-alone mobile app on mobile phone	6 videos over 6 days; no support	N.A.	STAI, COPE/ Post-test only	N.A.	Yes (It)
Watts et al (2013); <i>Get Happy Program</i>	Pilot RCT	MDD	Adults from the community	n=15; CBT via mobile app	n=20; CBT via computer	Stand-alone mobile app on mobile phone + iPad	6 modules over 8 weeks; MHP	31.4%	PHQ-9, BDI-II, K10/ Post-test and 3 months follow-up	PHQ-9: $d=1.56^{1,6,7}$ $d=-0.14^{1,8}$ $d=1.69^{2,6,7}$ $d=-0.28^{2,8}$ BDI-II : $d=1.90^{1,6,7}$ $d=-0.11^{1,8}$ $d=2.11^{2,6,7}$ $d=-0.48^{2,8}$ K10: $d=1.93^{1,6,7}$ $d=0.01^{1,8}$ $d=1.23^{2,6,7}$ $d=0.03^{2,8}$	No

App: Application;

BA: Behavioral Activation;

BCQ: Behavior Confidence Questionnaire;

BDI: Beck Depression Inventory;

BPD: Borderline Personality Disorder;

BSI: Brief Symptom Inventory;

COPE: COPE Inventory;

DASS: Depression, Anxiety and Stress Scale;

DBT: Dialectical Behavior Therapy;
ESA: Emotional Self Awareness;
F2F: Face-to-Face;
GAD-7: Generalized Anxiety Disorder-7 item scale;
GP: General Practitioner;
It: Italian;
K10: Kessler Psychological Distress Scale-10 item scale;
MDD: Major Depressive Disorder;
MHP: Mental Health Professional (psychologist or psychotherapist, GP);
MINI: Mini-International Neuropsychiatric Interview;
N.A.: Not Applicable;
OA: Opposite Action;
PHQ: Patient Health Questionnaire;
QIDS-C: Quick Inventory of Depression Symptoms-Clinician Rated;
RCT: Randomized Controlled Trial;
SIT: Stress Inoculation Training;
STAI: State-Trait Anxiety Inventory.

¹posttest; ²follow-up; ³within immediate coaching session; ⁴publicly available for download; ⁵ $P<.05$; ⁶ $P<.001$; ⁷within-group effect size; ⁸between-group effect size