

Multimedia Appendix 2. Included studies and technologies, levels of adherence operationalization, and measures

Author	Year	Name of technology	Healthcare area	Device	Structure	Intended usage?	Substantiated?	# logins/sessions	# modules/lessons	# elements	# exercises	# pages	# days/weeks/months	time spent	study-dropout	self-reported
Alfonsson et al.	2016	n/a	Mental	Web-based	Fixed	No	No			x	x					
Alfonsson et al.	2016	n/a	Mental	Web-based	Fixed	No	No			x	x					x
Alley et al.	2016	My Activity Coach	Lifestyle	Web-based	Fixed	Yes	No		x						x	
An et al.	2006	RealU	Lifestyle	Web-based	Free	Yes	No			x						
Batterham et al.	2008	MoodGym	Mental	Web-based	Hybrid	No	No		x							
Beatty et al.	2017	Finding My Way	Mental	Web-based	Hybrid	Yes	Yes	x	x			x	x	x		
Beintner et al.	2014	StudentBodies	Mental	Web-based	Fixed	No	No					x			x	
Blake et al.	2016	STAK-D	Chronic	Web-based, wearable	Free	No	No			x		x				
Carlsen et al.	2017	young.constant-care.com	Chronic	Web-based	Fixed	Yes	No						x			
Carolan et al.	2016	WorkGuru	Mental	Web-based	Hybrid	Yes	Yes	x								
Carter et al.	2013	MyMealMate	Lifestyle	Smartphone	Free	Yes	No						x			
Christensen et al.	2005	MoodGym	Mental	Web-based	Hybrid	No	No		x							
Cruz et al.	2014	COGWEB	Mental	Web-based	Fixed	Yes	No	x								
El Alaoui et al.	2015	n/a	Mental	Web-based	Fixed	No	No		x							
Farrer et al.	2014	BluePages (MoodGym)	Mental	Web-based	Hybrid	Yes	No		x							
Fernandes-Taylor et al.	2017	WoundCheck	Chronic	Smartphone	Fixed	Yes	No						x			
Graham et al.	2013	BecomeAnEx	Lifestyle	Web-based	Free	No	No	x			x	x		x		
Graham et al.	2013	BecomeAnEx	Lifestyle	Web-based	Free	No	No	x		x			x	x		

Graham et al.	2016	BecomeAnEx	Lifestyle	Web-based	Free	No	No	x				x		x		
Graham et al.	2017	BecomeAnEx	Lifestyle	Web-based	Free	No	No	x		x		x		x		
Grossert et al.	2016	STREAM	Mental	Web-based	Fixed	No	No	x	x	x	x			x		
Hayman et al.	2017	Fit4Two	Lifestyle	Web-based	Fixed	No	No		x	x						
Ho et al.	2014	n/a	Mental	Web-based	Fixed	No	No		x					x		x
Jander et al.	2016	Alcohol Alert	Lifestyle	Web-based (Game)	Fixed	No	No	x								
Johansson et al.	2015	n/a	Mental	Web-based	Fixed	No	No		x		x					
Joseph et al.	2015	n/a	Lifestyle	Web-based	Free	Yes	No	x		x	x			x		
Kelders et al.	2013	Living to the Full	Mental	Web-based	Hybrid	Yes	No		x							
Kooistra et al.	2016	n/a	Mental	Web-based (Blended)	Fixed	No	No		x							
Lillevoll et al.	2014	MoodGym	Mental	Web-based	Hybrid	No	No		x							
Mananes & Vallejo	2014	UNED	Lifestyle	Web-based	Fixed	No	No		x							
Manwaring et al.	2008	StudentBodies	Mental	Web-based	Free	No	No			x		x	x			
Masse et al.	2015	PACE	Lifestyle	Web-based	Hybrid	Yes	No			x		x	x			
Mattila et al.	2013	n/a	Lifestyle	Wearable, smartphone, Web-based	Free	Yes	No							x		
McCabe et al.	2009	Rekindle	Mental	Web-based	Fixed	No	No		x							
Mertens et al.	2017	Medication Plan	Chronic	Smartphone	Fixed	Yes	Yes							x		
Mohr et al.	2013	MoodManager	Mental	Web-based	Fixed	No	No		x	x				x		
Murray et al.	2013	Down Your Drink	Lifestyle	Web-based	Hybrid	No	No	x								
Neil et al.	2009	MoodGym	Mental	Web-based	Hybrid	No	No		x		x					
Neve et al.	2010	The Biggest Loser Club	Lifestyle	Web-based	Free	No	No			x				x		
Nicholas et al.	2010	n/a	Mental	Web-based	Fixed	Yes	No		x		x					
Nijland et al.	2011	DiabetesCoach	Chronic	Web-based	Free	Yes	No			x				x		
Noone & Hogan	2016	Headspace	Mental	Smartphone, tablet or Web-based	Hybrid	No	No		x						x	
Nordin et al.	2016	n/a	Lifestyle	Web-based	Free	No	No								x	
Postel et al.	2011	Alcohol de Baas	Lifestyle	Web-based	Fixed	Yes	No		x		x					

Price et al.	2013	Disaster Recovery Web	Mental	Web-based	Fixed	No	No		x							
Price et al.	2012	Disaster Recovery Web	Mental	Web-based	Fixed	No	No		x							
Reinwand et al.	2015	n/a	Lifestyle	Web-based	Fixed	Yes	Yes		x							
Richardson et al.	2010	Stepping Up to Health	Lifestyle	Wearables, Web-based	Hybrid	Yes	No						x			
Rodgers et al.	2016	n/a	Lifestyle	Smartphone	Fixed	Yes	No						x			
Rutledge et al.	2017	TeleMOVE	Lifestyle	Monitor, digital scale, pedometer	Fixed	Yes	No						x			
Schultz et al.	2016	n/a	Mental	Web-based	Hybrid	No	No		x	x					x	
Schuster et al.	2017	n/a	Mental	Web-based	Fixed	Yes	No		x							
Titov et al.	2013	Wellbeing Course	Mental	Web-based	Fixed	Yes	No		x							
Tu et al.	2017	MySteps	Lifestyle	Web-based	Fixed	No	No					x	x			
Van den Berg et al.	2013	BREATH	Mental	Web-based	Free	Yes	No	x						x		
Van der Zanden et al.	2014	Master Your Mood	Mental	Web-based	Fixed	Yes	No							x		
Wang et al.	2016	My Trauma Recovery	Mental	Web-based	Hybrid	No	No		x			x	x			
Wangberg et al.	2008	n/a	Chronic	Web-based	Free	Yes	No	x								x
Wanner et al.	2010	Active-online	Lifestyle	Web-based	Free	No	No		x			x				x
Ware et al.	2008	MiLife	Lifestyle	Web-based, wearable, weighing scale	Free	No	No	x								x
Zarski et al.	2016	GET.ON Stress	Mental	Web-based	Hybrid	Yes	No		x							
Zeng et al.	2016	n/a	Lifestyle	Smartphone	Free	Yes	Yes		x	x						