

Multimedia Appendix 8 - Descriptive Statistics of Quality Section Items

Means and Standard Deviations of Scale items and Constructs by Program's Delivery Mean and Clinical Aim.

Items and Constructs	Delivery Mean				Clinical Aim				Total (N=84)	
	Mobile app (n=42)		Web-based (n=42)		Healthy Behaviors (n=42)		Mental Health (n=42)			
	M	SD	M	SD	M	SD	M	SD	M	SD
Usability										
Navigation	3.21	0.84	3.02	0.81	3.14	0.90	3.10	0.76	3.12	0.83
Learnability	3.79	0.75	3.43	0.77	3.52	0.89	3.69	0.64	3.61	0.78
Ease of Use	3.38	0.83	3.05	0.73	3.19	0.89	3.24	0.69	3.21	0.79
Visual Design										
Aesthetic Design	2.69	0.95	2.86	0.98	2.79	0.87	2.76	1.05	2.77	0.96
Layout	2.74	0.91	2.62	0.76	2.67	0.82	2.69	0.87	2.68	0.84
Size	3.36	0.93	2.57	0.94	2.93	0.97	3.00	1.06	2.96	1.01
User Engagement										
Content Presentation	2.43	0.94	2.71	0.97	2.60	1.04	2.55	0.89	2.57	0.96
Interactive	2.59	1.21	2.67	0.85	2.62	1.08	2.65	0.98	2.63	1.03
Not Irritating	2.55	0.89	2.94	1.03	2.78	0.98	2.72	0.99	2.75	0.98
TTP	2.52	0.92	2.98	0.92	2.81	0.92	2.69	0.98	2.75	0.94
Captivating	2.38	0.91	2.69	0.87	2.52	0.83	2.55	0.97	2.54	0.90
Content										
Evidence Based Content	2.48	0.99	4.26	0.91	3.14	1.24	3.60	1.34	3.37	1.31
Information Provision Quality	2.52	1.15	3.55	0.92	3.00	1.08	3.07	1.24	3.04	1.16
Complete and Concise	2.12	0.97	3.14	0.87	2.62	0.96	2.64	1.14	2.63	1.05
Clarity about the Program	2.50	0.77	3.41	0.80	2.86	0.90	3.05	0.91	2.95	0.90

	Delivery Mean				Clinical Aim				Total (N=84)	
	Mobile app (n=42)		Web-based (n=42)		Healthy Behaviors (n=42)		Mental Health (n=42)			
	M	SD	M	SD	M	SD	M	SD	M	SD
Therapeutic Persuasiveness										
Call for Action	2.21	0.81	2.57	0.74	2.55	0.74	2.24	0.82	2.39	0.79
Load Reduction of Therapeutic Goals	2.14	1.07	2.48	0.80	2.14	0.95	2.48	0.94	2.31	0.96
Therapeutic Rational/Pathway	2.29	0.92	2.76	0.82	2.55	0.89	2.50	0.92	2.52	0.90
Rewards for Meeting Goals	1.79	0.98	1.86	0.90	1.95	0.96	1.69	0.90	1.82	0.93
Data Driven/Adaptive	1.81	0.92	1.88	0.74	1.93	0.84	1.76	0.82	1.85	0.83
Ongoing Feedback	2.02	1.05	2.05	0.88	2.17	0.99	1.91	0.93	2.04	0.96
Expectations and Relevance	2.48	0.80	2.88	0.89	2.64	0.93	2.71	0.81	2.68	0.87
Therapeutic Alliance										
Basic Acceptance and Support	2.24	0.76	2.60	0.80	2.31	0.75	2.52	0.83	2.42	.79
Confidence, Positive Therapeutic Expectations	1.98	0.90	2.64	0.91	2.19	0.94	2.43	0.97	2.31	0.96
Relatedness	1.76	0.85	1.98	0.87	1.60	0.83	2.14	0.81	1.87	0.86
General Subjective Evaluation										
Appropriate Features to Meet the Clinical Aim	2.00	0.94	2.55	0.97	2.21	0.95	2.33	1.03	2.27	0.99
Right Mix of Ability Vs. Motivation	1.74	0.83	1.93	0.75	1.79	0.75	1.88	0.83	1.83	0.79
I like the program.	1.93	1.05	2.41	1.29	2.10	1.14	2.24	1.25	2.17	1.19

notes: M = Mean; SD = Standard Deviation.