<table>
<thead>
<tr>
<th>Source (Country)</th>
<th>Detailed Intervention Description</th>
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| Lopez et al. [42] (Colombia) | **Purpose:** Promote and deliver accurate sexual health information that would provide sexual education and improve knowledge about the sexual risk factors among young adults  
**Intervention:**  
- DoctorChat is an app that allowed users to send inquiries on sexual and reproductive health topics through their mobile phones, and to receive personalized and accurate responses from a knowledgeable group of physicians  
- The app ran on 4 mobile platforms (iOS/iPhone, Android, RIM/Blackberry, and Symbian)  
- Once registered, participants received an automatic confirmation via email with their personal username and password to access the online survey  
- After completion of the pre-intervention online questionnaire, participants were able to download and use the DoctorChat mobile app  
- After the 6-month period, participants completed the post-intervention survey, which included questions on satisfaction with the app, to conclude the process |
| Zotti et al. [46] (Italy) | **Purpose:** Improve oral hygiene compliance and oral health in orthodontic patients  
**Intervention and Control:**  
- Both received standard of care, including:  
  - Standardized oral hygiene instructions  
  - Oral hygiene kit (toothpaste, toothbrush, mouthwash, interproximal brush, dental floss, and plaque-disclosing tablets)  
**Intervention:**  
- Had WhatsApp-based anonymous chat room “Brush Game”  
- Chat room was moderated by one of the study investigators  
- Patients used fictional names, and were forbidden from sharing photographs or information that would disclose their identity  
- Downloaded smartphone-specific video tutorials related to oral hygiene maintenance while on orthodontic treatment  
- Shared two self-photographs (selfies) every week to show their ability to maintain oral hygiene  
- Each Saturday, the moderator evaluated patients’ photographs and level of chat room participation, then published a ranking of the top 5 participants of the week in the chat room  
  - Participants were allowed to share information, pictures, and movies related to oral hygiene and orthodontic treatment |
| Pretlow et al. [50] (United States) | **Purpose:** Improve weight management  
**Intervention:**  
- Smartphone App  
  - To guard against unhealthy weight control strategies, the app’s provider platform contained range-settable alarm to notify the provider via e-mail if too much weight loss identified through daily weigh-ins checks  
  - Each participant was given with an iPhone 4S, a wireless Bluetooth body weight scale integrated with an app, and a digital food scale  
  - Participants had their mentors’ contact details (phone/e-mail) and were able to send them “eRoom” (text) messages  
  - Peer support as “weight loss buddies”, app bulletin boards and app buddy chat  
  - App buddies were matched for age, gender, and weight  
- Group meetings  
  - Four 2- to 4-hour face-to-face group meetings  
- Coaching/Mentoring:  
  - Weekly 15-minute call meetings between participants and their coaches or mentors  
- Other components: |
| Direito et al. [51] (New Zealand) | **Purpose:** To improve cardiopulmonary fitness in insufficiently active healthy young people  

**Intervention:**  
- Commercially available apps targeting fitness of the most popular downloaded apps in the Health and Fitness Category of the iTunes New Zealand store available on iTunes and Google Play Store  
- Two apps included:  
  - An immersive app: Zombies, Run! 5K Training app with a game-themed design embedded with a story where the user is trained to collect supplies and protect a town from zombies  
  - A non-immersive app: Get Running-Couch to 5k app  
- Both apps:  
  - Consisted of a fully automated 8-week training designed to improve fitness and ability to run 5 km  
  - Provided information on running and technique, audio instructions on how to perform the training components, and tracked and displayed progress throughout the program  
  - Included the ability to work out with music on the device’s library and links to associated websites to interact with other users  
- Participants were encouraged to use their app 3 times per week and work their way through each of the workouts, but because this was a pragmatic study, access and usage was allowed to vary  
- No co-interventions, no supplementary modes of delivery, nor usage of prompts (i.e., emails, phone calls, SMS text message) to use the app  

**Control:**  
- Participants were asked to continue with their usual physical activities. Both apps were provided (free of charge) to participants after trial completion.  

**Intervention and Control:**  
- Participants were instructed to wear the accelerometer (Actigraph GT1M) on their right hip during waking hours for 7 days after each assessment |