

Prevalence, extent, and demographic correlates of health app use (N=612).

	Healthy living information			
	n (%)	Usage ^a	OR (95% CI)	P
Total	197 (32.2)	44.60		
Gender				
Male	93 (28.6)	33.06	1	
Female	103 (33.6)	56.18	1.37 (0.92, 2.06)	.12
Age				
18-29	51 (32.7)	29.70	1	
30-44	59 (37.3)	45.59	1.06 (0.61, 1.86)	.83
45-59	51 (32.7)	70.36	0.98 (0.54, 1.81)	.96
60 or older	32 (20.3)	25.11	0.79 (0.35, 1.78)	.57
Self-rated social class				
Lower	54 (25.7)	32.73	1	
Middle	134 (33.3)	50.60	1.55 (1.01, 2.40)	.046
Upper	7 (50.0)	20.17	2.84 (0.88, 9.08)	.08
Education level				
No schooling completed	0 (0)	N/A	1	
Some primary school	2 (11.1)	30.00	0.27 (0.04, 1.85)	.18
Completed primary school	9 (24.3)	96.60	0.63 (0.16, 2.55)	.52
Some secondary school	20 (37.0)	30.78	0.95 (0.27, 3.38)	.94
Completed secondary school	46 (26.3)	32.62	0.53 (0.17, 1.65)	.27
Diploma, advanced diploma, associate degree or equivalent	25 (27.8)	20.25	0.50 (0.16, 1.59)	.24
Bachelor's degree	56 (36.4)	41.38	0.55 (0.18, 1.62)	.28
Master's degree	31 (40.3)	87.29	0.71 (0.24, 2.12)	.53
Doctoral degree	8 (42.1)	17.29	1	
Other	0 (0)	N/A	1	
Occupation				
Service	30 (36.1)	34.80	1	
Sales	7 (29.2)	36.67	0.71 (0.25, 2.00)	.51
Catering	1 (7.7)	NR ^b	0.19 (0.02, 1.60)	.13
Finance	17 (41.5)	24.09	1.12 (0.47, 2.69)	.79
Engineering	16 (32.7)	26.21	0.77 (0.33, 1.78)	.54
Art	1 (25.0)	NR ^b	0.57 (0.05, 6.17)	.64
Education/culture/academia	20 (31.3)	130.59	0.59 (0.26, 1.36)	.22
Administration/professional	21 (60.0)	36.39	2.35 (0.95, 5.82)	.07
Office/white-collar worker	12 (34.3)	27.80	0.83 (0.32, 2.15)	.70
Disciplinary forces	3 (42.9)	30.00	1.27 (0.25, 6.35)	.77
Student	19 (29.2)	41.94	0.61 (0.26, 1.45)	.27
Housewife/house-husband	12 (26.7)	30.60	0.60 (0.25, 1.43)	.25
Unemployed/awaiting job assignment	5 (31.3)	20.00	0.86 (0.26, 2.84)	.81
Retiree	22 (18.0)	30.31	0.50 (0.22, 1.16)	.11
Other	9 (37.5)	80.00	1.12 (0.41, 3.09)	.83

(Table continued)

	Recovery and rehabilitation information			
	n (%)	Usage ^a	OR (95% CI)	P
Total	42 (6.9)	32.30		
Gender				
Male	26 (8.0)	35.23	1	
Female	16 (5.2)	26.36	0.72 (0.34, 1.55)	.40
Age				
18-29	4 (2.6)	50.00	1	
30-44	7 (4.4)	15.6	1.43 (0.33, 6.28)	.63

45-59	15 (9.6)	40.00	3.62 (0.87, 15.11)	.08
60 or older	15 (9.5)	29.00	4.10 (0.85, 19.78)	.08
Self-rated social class				
Lower	8 (3.8)	22.16	1	
Middle	31 (7.7)	36.08	2.98 (1.14, 7.80)	.03
Upper	2 (14.3)	3.00	15.01 (2.03, 110.78)	.01
Education level				
No schooling completed	0 (0)	N/A	1	
Some primary school	1 (5.6)	30.00	1.48 (0.10, 21.53)	.78
Completed primary school	2 (5.4)	14.99	1.91 (0.23, 15.88)	.55
Some secondary school	4 (7.4)	41.33	1.83 (0.27, 12.49)	.54
Completed secondary school	19 (10.9)	31.58	4.04 (0.92, 17.79)	.07
Diploma, advanced diploma, associate degree or equivalent	6 (6.7)	38.33	2.66 (0.50, 14.3)	.25
Bachelor's degree	7 (4.5)	36.17	1.22 (0.27, 5.63)	.80
Master's degree	3 (3.9)	18.33	1	
Doctoral degree	0 (0)	N/A	1	
Other	0 (0)	N/A	1	
Occupation				
Service	9 (10.8)	29.50	1	
Sales	5 (20.8)	18.75	3.34 (0.79, 14.18)	.10
Catering	0 (0)	N/A	1	
Finance	2 (4.9)	30.00	0.95 (0.16, 5.82)	.96
Engineering	1 (2.0)	20.00	1	
Art	1 (25.0)	NR ^b	20.37 (1.29, 320.51)	.03
Education/culture/academia	1 (1.6)	15.00	0.25 (0.03, 2.26)	.22
Administration/professional	4 (11.4)	32.50	1.52 (0.35, 6.70)	.58
Office/white-collar worker	0 (0)	N/A	1	
Disciplinary forces	0 (0)	N/A	1	
Student	1 (1.5)	120.00	0.35 (0.03, 4.30)	.41
Housewife/house-husband	2 (4.4)	20.00	0.40 (0.07, 2.24)	.30
Unemployed/awaiting job assignment	3 (18.8)	15.00	2.82 (0.57, 13.94)	.20
Retiree	9 (7.4)	40.33	0.40 (0.11, 1.40)	.15
Other	3 (12.5)	5.00	1.56 (0.32, 7.57)	.58

(Table continued)

	Diagnosis assistance			<i>P</i>
	n (%)	Usage ^a	OR (95% CI)	
Total	28 (4.6)	26.20		
Gender				
Male	15 (4.6)	30.50	1	
Female	12 (3.9)	21.87	1.29 (0.46, 3.63)	.63
Age				
18-29	5 (3.2)	11.65	1	
30-44	5 (3.2)	19.75	0.90 (0.19, 4.24)	.90
45-59	9 (5.8)	41.43	1.12 (0.25, 5.08)	.88
60 or older	8 (5.1)	24.50	2.38 (0.46, 12.29)	.30
Self-rated social class				
Lower	8 (3.8)	16.49	1	
Middle	18 (4.5)	30.00	2.74 (0.88, 8.51)	.08
Upper	1 (7.1)	2.00	111.09 (4.31, 2828.89)	.004
Education level				
No schooling completed	0 (0)	N/A	1	
Some primary school	0 (0)	N/A	1	
Completed primary school	1 (2.7)	10.00	12.04 (0.43, 334.09)	.14

Some secondary school	3 (5.6)	37.50	12.71 (0.66, 246.02)	.09
Completed secondary school	16 (9.1)	23.27	35.68 (2.85, 447.02)	.01
Diploma, advanced diploma, associate degree or equivalent	5 (5.6)	20.00	15.55 (1.07, 225.77)	.04
Bachelor's degree	3 (1.9)	43.32	1	
Master's degree	0 (0)	N/A	1	
Doctoral degree	0 (0)	N/A	1	
Other	0 (0)	N/A	1	
Occupation				
Service	8 (9.6)	29.80	1	
Sales	5 (20.8)	30.00	3.11 (0.66, 14.57)	.15
Catering	0 (0)	N/A	1	
Finance	1 (2.4)	30.00	0.92 (0.08, 10.41)	.95
Engineering	2 (4.1)	7.50	0.48 (0.05, 4.45)	.52
Art	0 (0)	N/A	1	
Education/culture/academia	0 (0)	N/A	1	
Administration/professionals	4 (11.4)	23.75	2.48 (0.49, 12.53)	.27
Office/white-collar worker	0 (0)	N/A	1	
Disciplinary forces	0 (0)	N/A	1	
Student	1 (1.5)	9.96	1	
Housewife/house-husband	1 (2.2)	10.00	0.16 (0.02, 1.54)	.11
Unemployed/awaiting job assignment	1 (6.3)	NR ^b	1.05 (0.11, 10.39)	.97
Retiree	2 (1.6)	31.00	0.06 (0.01, 0.43)	.01
Other	2 (8.3)	NR ^b	1.15 (0.17, 7.96)	.88

(Table continued)

	n (%)	Telehealth		P
		Usage ^a	OR (95% CI)	
Total	11 (1.8)	44.57		
Gender				
Male	7 (2.2)	25.00	1	
Female	4 (1.3)	30.00	1.62 (0.31, 8.45)	.57
Age				
18-29	0 (0)	N/A	1	
30-44	0 (0)	N/A	1	
45-59	5 (3.2)	45.00	0.43 (0.07, 2.86)	.39
60 or older	5 (3.2)	21.67	1	
Self-rated social class				
Lower	3 (1.4)	NR ^b	1	
Middle	6 (1.5)	30.00	0.71 (0.09, 5.69)	.75
Upper	1 (7.1)	5.00	26.93 (0.77, 937.96)	.07
Education level				
No schooling completed	0 (0)	N/A	1	
Some primary school	0 (0)	N/A	1	
Completed primary school	0 (0)	N/A	1	
Some secondary school	1 (1.9)	60.00	1	
Completed secondary school	7 (4.0)	17.50	2.98 (0.18, 50.76)	.45
Diploma, advanced diploma, associate degree or equivalent	2 (2.2)	NR ^b	1.75 (0.05, 57.87)	.76
Bachelor's degree	1 (0.6)	60.00	1	
Master's degree	0 (0)	N/A	1	
Doctoral degree	0 (0)	N/A	1	
Other	0 (0)	N/A	1	
Occupation				
Service	4 (4.8)	60.00	1	
Sales	1 (4.2)	NR ^b	3.21 (0.17, 59.22)	.43

Catering	0 (0)	N/A	1	
Finance	0 (0)	N/A	1	
Engineering	1 (2.0)	NR ^b	1	
Art	0 (0)	N/A	1	
Education/culture/academia	0 (0)	N/A	1	
Administration/professional	1 (2.9)	30.00	1.3 (0.09, 19.79)	.85
Office/white-collar worker	0 (0)	N/A	1	
Disciplinary forces	0 (0)	N/A	1	
Student	0 (0)	N/A	1	
Housewife/house-husbands	0 (0)	N/A	1	
Unemployed/awaiting job assignment	0 (0)	N/A	1	
Retiree	2 (1.6)	32.50	0.14 (0.01, 1.54)	.11
Other	2 (8.3)	NR ^b	4.69 (0.38, 57.33)	.23

(Table continued)

	Health and medical reminders			
	n (%)	Usage ^a	OR (95% CI)	P
Total	64 (10.5)	32.27		
Gender				
Male	24 (7.4)	62.71	1	
Female	39 (12.7)	8.70	2.44 (1.31, 4.52)	.01
Age				
18-29	23 (14.7)	34.46	1	
30-44	18 (11.4)	5.92	0.79 (0.35, 1.78)	.57
45-59	12 (7.7)	87.14	0.63 (0.25, 1.60)	.33
60 or older	10 (6.3)	17.75	1.16 (0.35, 3.86)	.80
Self-rated social class				
Lower	19 (9.0)	5.40	1	
Middle	41 (10.2)	40.75	1.42 (0.70, 2.88)	.33
Upper	3 (21.4)	8.00	2.99 (0.68, 13.20)	.15
Education level				
No schooling completed	0 (0)	N/A	1	
Some primary school	0 (0)	N/A	1	
Completed primary school	1 (2.7)	10.00	0.36 (0.02, 7.67)	.51
Some secondary school	2 (3.7)	32.50	0.22 (0.01, 4.53)	.32
Completed secondary school	18 (10.3)	32.57	1.56 (0.16, 15.26)	.70
Diploma, advanced diploma, associate degree or equivalent	10 (11.1)	81.89	1.86 (0.19, 18.51)	.60
Bachelor's degree	20 (13.0)	10.46	1.80 (0.20, 16.65)	.60
Master's degree	12 (15.6)	11.25	2.47 (0.27, 22.63)	.42
Doctoral degree	1 (5.3)	5.00	1	
Other	0 (0)	N/A	1	
Occupation				
Service	13 (15.7)	12.00	1	
Sales	3 (12.5)	NR ^b	0.46 (0.11, 1.92)	.29
Catering	0 (0)	N/A	1	
Finance	4 (9.8)	5.00	0.29 (0.07, 1.12)	.07
Engineering	3 (6.1)	165.00	0.21 (0.04, 1.10)	.06
Art	2 (50.0)	3.00	3.10 (0.34, 28.70)	.32
Education/culture/academia	6 (9.4)	13.75	0.31 (0.09, 1.04)	.06
Administration/professional	8 (22.9)	13.33	0.75 (0.24, 2.36)	.63
Office/white-collar worker	3 (8.6)	7.33	0.28 (0.07, 1.16)	.08
Disciplinary forces	0 (0)	N/A	1	
Student	9 (13.8)	54.29	0.33 (0.10, 1.10)	.07
Housewife/house-husband	2 (4.4)	10.00	0.16 (0.03, 0.82)	.03

Unemployed/awaiting job assignment	0 (0)	N/A	1	
Retiree	6 (4.9)	24.40	0.23 (0.06, 0.88)	.03
Other	5 (20.8)	10.00	0.97 (0.26, 3.56)	.97

(Table continued)

	Emergency services			P
	n (%)	Usage ^a	OR (95% CI)	
Total	16 (2.6)	26.24		
Gender				
Male	10 (3.1)	15.56	1	
Female	6 (2.0)	6.67	0.89 (0.25, 3.14)	.85
Age				
18-29	1 (0.6)	NR ^b	1	
30-44	4 (2.5)	2.50	3.03 (0.32, 29.03)	.34
45-59	4 (2.6)	40.00	1.88 (0.17, 20.85)	.61
60 or older	6 (3.8)	12.50	8.07 (0.66, 98.10)	.10
Self-rated social class				
Lower	4 (1.9)	NR ^b	1	
Middle	11 (2.7)	10.00	2.06 (0.48, 8.82)	.33
Upper	0 (0)	N/A	1	
Education level				
No schooling completed	0 (0)	N/A	1	
Some primary school	0 (0)	N/A	1	
Completed primary school	0 (0)	N/A	1	
Some secondary school	4 (7.4)	20.00	3.75 (0.25, 56.91)	.34
Completed secondary school	5 (2.9)	10.00	2.02 (0.17, 23.80)	.58
Diploma, advanced dip, associate degree or equivalent	3 (3.3)	NR ^b	1.92 (0.13, 27.37)	.63
Bachelor's degree	3 (1.9)	25.00	2.23 (0.20, 24.36)	.51
Master's degree	1 (1.3)	5.00	1	
Doctoral degree	0 (0)	N/A	1	
Others	0 (0)	N/A	1	
Occupations				
Service	5 (6.0)	30.00	1	
Sales	1 (4.2)	NR ^b	0.73 (0.06, 8.16)	.80
Catering	0 (0)	N/A	1	
Finance	1 (2.4)	NR ^b	0.51 (0.04, 6.77)	.61
Engineering	2 (4.1)	NR ^b	0.47 (0.04, 5.17)	.54
Art	0 (0)	N/A	1	
Education/culture/academia	0 (0)	N/A	1	
Administration/professional	3 (8.6)	8.33	2.05 (0.30, 14.06)	.46
Office/white-collar worker	0 (0)	N/A	1	
Disciplinary forces	0 (0)	N/A	1	
Student	0 (0)	N/A	1	
Housewife/house-husband	1 (2.2)	NR ^b	0.51 (0.04, 5.78)	.58
Unemployed/awaiting job assignment	0 (0)	N/A	1	
Retiree	3 (2.5)	25.00	0.21 (0.03, 1.34)	.10
Other	0 (0)	N/A	1	

(Table 4 continued)

	Measuring/recording vital signs			P
	n (%)	Usage ^a	OR (95% CI)	
Total	80 (13.1)	25.83		
Gender				
Male	52 (16.0)	23.15	1	
Female	28 (9.1)	32.55	0.71 (0.40, 1.26)	.24

Age					
18-29	14 (9.0)	17.12	1		
30-44	18 (11.4)	46.33	1.08 (0.45, 2.55)		.87
45-59	26 (16.7)	22.95	2.01 (0.84, 4.83)		.12
60 or older	19 (12.0)	17.81	2.28 (0.76, 6.87)		.14
Self-rated social class					
Lower	15 (7.1)	59.28	1		
Middle	57 (14.2)	23.14	2.31 (1.16, 4.60)		.02
Upper	5 (35.7)	3.20	8.32 (2.16, 32.05)		.002
Education level					
No schooling completed	0 (0)	N/A	1		
Some primary school	1 (5.6)	3.00	0.47 (0.03, 6.62)		.58
Completed primary school	1 (2.7)	3.00	0.19 (0.01, 2.49)		.21
Some secondary school	4 (7.4)	45.00	0.38 (0.05, 2.66)		.33
Completed secondary school	24 (13.7)	17.18	0.94 (0.19, 4.52)		.93
Diploma, advanced diploma, associate degree or equivalent	13 (14.4)	42.44	1.03 (0.21, 5.05)		.97
Bachelor's degree	21 (13.6)	38.50	0.79 (0.18, 3.60)		.77
Master's degree	13 (16.9)	16.36	1.04 (0.23, 4.70)		.96
Doctoral degree	3 (15.8)	10.67	1		
Other	0 (0)	N/A	1		
Occupation					
Service	12 (14.5)	55.62	1		
Sales	5 (20.8)	31.67	1.48 (0.41, 5.28)		.55
Catering	0 (0)	N/A	1		
Finance	6 (14.6)	15.00	0.93 (0.27, 3.15)		.91
Engineering	9 (18.4)	38.00	0.73 (0.24, 2.24)		.59
Art	0 (0)	N/A	1		
Education/culture/academia	9 (14.1)	12.00	0.68 (0.22, 2.09)		.50
Administration/professional	6 (17.1)	21.17	0.94 (0.28, 3.13)		.91
Office/white-collar worker	4 (11.4)	47.50	0.69 (0.16, 2.94)		.62
Disciplinary forces	2 (28.6)	10.00	1.85 (0.29, 11.54)		.51
Student	5 (7.7)	7.50	0.53 (0.14, 2.04)		.35
Housewife/house-husband	1 (2.2)	19.98	0.15 (0.02, 1.25)		.08
Unemployed/awaiting job assignment	2 (12.5)	2.00	0.77 (0.14, 4.12)		.76
Retiree	14 (11.5)	20.00	0.42 (0.14, 1.24)		.12
Other	4 (16.7)	10.00	1.04 (0.27, 4.04)		.95

(Table continued)

	n (%)	Other health apps		P
		Usage ^a	OR (95% CI)	
Total	19 (3.1)	31.00		
Gender				
Male	11 (3.4)	36.50	1	
Female	8 (2.6)	148.40	0.72 (0.25, 2.12)	.56
Age				
18-29	4 (2.6)	330.00	1	
30-44	2 (1.3)	2.00	0.44 (0.07, 2.90)	.40
45-59	11 (7.1)	34.67	2.88 (0.62, 13.26)	.18
60 or older	2 (1.3)	60.00	0.67 (0.07, 6.36)	.73
Self-rated social class				
Lower	6 (2.9)	23.00	1	
Middle	12 (3.0)	110.25	1.21 (0.39, 3.79)	.75
Upper	0 (0)	N/A	1	
Education level				
No schooling completed	0 (0)	N/A	1	

Some primary school	0 (0)	N/A	1	
Completed primary school	0 (0)	N/A	1	
Some secondary school	3 (5.6)	35.00	1.49 (0.10, 22.41)	.77
Completed secondary school	7 (4.0)	28.00	1.52 (0.15, 15.19)	.72
Diploma, advanced diploma, associate degree or equivalent	4 (4.4)	43.33	2.52 (0.24, 26.42)	.44
Bachelor's degree	4 (2.6)	240.00	1.55 (0.15, 15.46)	.71
Master's degree	1 (1.3)	2.00	1	
Doctoral degree	0 (0)	N/A	1	
Other	0 (0)	N/A	1	
Occupation				
Service	7 (8.4)	37.5	1	
Sales	0 (0)	N/A	1	
Catering	1 (7.7)	60.00	1.32 (0.13, 13.72)	.82
Finance	1 (2.4)	600.00	0.54 (0.05, 6.25)	.63
Engineering	0 (0)	N/A	1	
Art	0 (0)	N/A	1	
Education/culture/academia	0 (0)	N/A	1	
Administration/professional	1 (2.9)	2.00	0.47 (0.05, 4.87)	.53
Office/white-collar worker	2 (5.7)	60.00	1.39 (0.21, 9.30)	.73
Disciplinary forces	1 (14.3)	30.00	1.44 (0.13, 15.95)	.77
Student	1 (1.5)	NR ^b	0.32 (0.02, 4.11)	.38
Housewife/house-husband	1 (2.2)	2.00	0.39 (0.04, 3.91)	.42
Unemployed/awaiting job assignment	0 (0)	N/A	1	
Retiree	2 (1.6)	35.00	0.38 (0.05, 2.81)	.34
Other	2 (8.3)	60.00	2.21 (0.34, 14.35)	.41

^a Mean length of time spent on each occasion of use, measured in minutes

^b Participants did not respond to the question