

	Motivation for participation	Primary feature usage	Facilitators to use	Barriers and disengagement	Impact on drinking	Other app usage
<b>Tracker</b>	<p>(1) Track drinking patterns</p> <p>(2) Track health or weight</p> <p>(3) Track spending</p> <p>(4) Awareness of drinking habits</p> <p>(5) Curiosity</p>	<p>(1) Used drinking diary only</p> <p>(2) Consistent usage</p> <p>(3) Additional features largely ignored.</p>	<p><i>App level:</i></p> <p>(1) Main facilitator to use were features that enabled efficient entering of data</p> <p>(2) Accuracy of data input</p> <p>(3) Visualization of trends</p> <p><i>Individual level:</i></p> <p>(4) Positive emotional experiences engaged</p>	<p><i>App level:</i></p> <p>(1) Web app or usability or not intuitive or no reminders</p> <p>(2) Too many steps to input data</p> <p>(3) No updates</p> <p>(4) Goals too 'abstract'</p> <p>(5) Info not targeted or relevant or needed sources</p>	<p>(1) Increased awareness of drinking patterns, made more 'mindful'</p> <p>(2) Few referenced a small change in behavior of 'not having that second glass of wine'</p>	<p>Lots of apps to track all aspects of health and lifestyle</p>

			<p>by</p> <p>tracking features</p> <p>increased motivation and engagement e.g. <i>Empowerment, control, security</i></p>	<p><b>Environmental:</b></p> <p>(6) Too tired or busy or went on holiday etc.</p>		
<p><b>Cut-Downer</b></p>	<p>1) Cut-down drinking</p> <p>2) Track</p> <p>3) Spending</p> <p>3) Health</p> <p>4) Awareness</p>	<p>1) All high engagers</p> <p>2) Typically used drinking diary, goal and feedback components</p> <p>3) No use of teams or</p>	<p><b>App level:</b></p> <p>1) Ease of use</p> <p>2) Web app did not take up storage on phone</p> <p>3) Info on risks and costs 'eye opening'</p> <p><b>Individual level:</b></p> <p>4) Positive emotional experiences engaged by goal and cutting</p>	<p><b>App level:</b></p> <p>1) web app or usability or no reminders</p> <p>2) Drink accuracy-brands or cocktails</p> <p>3) No updates of material</p> <p>4) Goals not positively reinforcing</p>	<p>1) A few reports of cutting down</p> <p>2) Reports of increased awareness of drinking patterns, made more 'mindful'</p>	<p>No</p>

		social component	down features: elicited responses of empowerment	enough and not tangible enough with milestones  <b>Individual level:</b>  5) App started to work		
<b>Non-Committeer</b>	<b>Mixed reasons no consistency:</b>  1) Spending  2) NY resolution  3) Health  4) Cut down	1) Non engagers  2) Put in a drink or two  3) Didn't engage with features, frequently didn't even know they	<b>App level:</b>  1) Storage not taken up on phone  2) Easy put in drinks  3) Liked visualizations	<b>App level:</b>  Usability issues a major reason for disengagement or not native or no reminders  <b>Individual level:</b>  Motivational. Too much effort, not	No significant Impact	A few health apps for a short amount of time

	5) Curiosity	were there		bothered, too many steps		
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