

Appendix 4. Characteristics of included studies.

Study characteristic (n)	References
Study design	
Mixed methods (12)	[15,16,20,32,42,47,52,56–58,61,62]
Quantitative (7)	[17,21,36,43,45,51,55]
Qualitative (6)	[18,38,46,48,53,54]
Randomized control trial (RCT) (2)	[35,49]
Systematic review (13)	[19,30,31,33,34,37,39–41,44,50,59,60]
Disease area or focus	
Mental health (3)	[20,21,55]
Health behavior change (3)	[40,48,49]
Pediatrics (2)	[35,53]
Adolescents (1)	[44]
Asthma (1)	[42]
Diabetes (1)	[52]
Hypertension (1)	[36]
Medication adherence (1)	[16]
Noncommunicable diseases (1)	[60]
Obesity (1)	[62]
Oncology (1)	[17]
Opioid use (1)	[57]
Physical activity (1)	[34]
Self-tracking (1)	[43]
Telemonitoring (1)	[30]
Non-specific (20)	[15,18,19,31–33,37–39,41,45–47,50,51,54,56,58,59,61]
Location	
The United States (5)	[15,18,32,35,36]
Sweden (2)	[38,49]
The United Kingdom (2)	[48,56]
Australia (1)	[21]
Canada (1)	[20]
Estonia (1)	[52]
Iran (1)	[51]
Korea (1)	[46]
Portugal (1)	[30]
Singapore (1)	[16]

	Spain (1)	[62]
	Non-specific (22)	[17,19,31,33,34,37,39-41,43-45,47,50,53-55,57-61]