

Multimedia Appendix 5. Overview of stress management apps with an evidence base.

Reference	Study type/ design	App	App usage (week)	Sample	Mean age (SD)	Female (%)	Target group	Measure- ment time points	Measured variables	Main results
Bakker & Rickard, 2019 [65]	Panel study	MoodMission	4 (30 days)	671	27 (10.9)	71	General population	Baseline Post intervention	-depression -anxiety -wellbeing	<i>Only within group comparisons:</i> Significant differences only for wellbeing in favor of the app
Flett et al., 2019 [66]	Randomized controlled trial	Head-space ¹	1.5 (10 days) +30 days app availability	145 IG (App): 72 CG (Organization app): 73	20 (2.01)	70	University students	Baseline Post intervention (after 10 days) Follow up (after 40 days)	-depressive symptoms -anxiety -stress -college adjustment -flourishing -resilience -mindfulness	<i>Between group comparisons:</i> Significant differences in depressive symptoms, anxiety, stress, college adjustment and mindfulness in favor of the app at post intervention Significant differences in anxiety, stress, college adjustment, resilience and mindfulness in favor of the app at follow up
Fuller-Tyszkiewicz et al., 2020 [63]	Randomized controlled trial	StressLess	5	183 IG (App): 73 CG (App for self-monitoring): 110	40 (6.27)	95	Caregiver for family/friends with a physical/mental disability	Baseline Post intervention Follow up (3 months post intervention)	-depression -anxiety -stress -well-being -self-esteem -optimism -primary and secondary control -social support	<i>Between group comparisons (baseline – post intervention):</i> Significant differences in depression, anxiety, stress and well-being in favor of the app and secondary control in favor of the CG <i>Between group comparisons (post intervention – follow up):</i> Significant differences in depression, well-being, self-esteem, optimism and social support in favor of the app
Moberg et al., 2019 [62]	Randomized controlled trial	Sanvello (former name: Pacifica)	4	500 IG (App): 253 WCG: 247	30 (10.9)	75	Adults with mild to moderate anxiety or depression	Baseline Post intervention Follow-up (2 months post intervention; but only IG)	-stress -anxiety -depression -self-efficacy	<i>Between group comparisons:</i> Significant differences for all variables in favor of the app at post intervention
Möltner et al., 2018 [61]	Randomized controlled trial	7mind	2	306 IG (App): 146 WCG: 160	43 (10.36)	69	Employed individuals	Baseline Post intervention	-Mindfulness -Work engagement -Job satisfaction -Innovation and creativity -Emotional exhaustion -Emotional intelligence -Self efficacy	<i>Between group comparisons:</i> Significant differences for all variables in favor of the app
Nagel et al., 2019 [60]	Partially randomized trial	AOK Relax	6	94 IG 1 (only app): 17 IG 2	21 (2.46) 21 (2.00) 22 (2.73)	100 100 100	University students	Baseline Post intervention	Perceived stress Mindfulness Well being	<i>Only within group comparisons:</i> - Significant differences only in IG 3 for all variables in favor of the program

				(App + 22 (2.63) 63 SMP): 8						
				IG 3 (only SMP): 12						
				CG: 57						
Parks et al., 2018 [59]	Randomized controlled trial	Happify	8	4,485 IG (Platform + App): 2,275 CG (psychoeducation): 2,210	NA	86	General population	Baseline Post intervention	-depressive symptoms -anxiety symptoms -resilience (including items on stress, positive emotionality, optimism)	<i>Between group comparisons:</i> Significant differences for all variables in favor of the app

SD, standard deviation; IG, intervention group; CG, control group; WCG, waitlist control group; NA, not available.

Note: The remaining four of the 11 scientific publications are not listed here in detail, as they are pilot studies [67-69] and a conference paper [70].

¹This study was chosen exemplarily. The Headspace app has been evaluated in several other studies [64,71-77]. This table may be incomplete as no systematic search was carried out.