

App and BCT	1.1	1.2	1.3	1.4	1.5	1.6	1.7	2.1	2.2	2.3	2.4	2.5	2.6	2.7	3.1	3.3	4.1	5.1	6.1	6.2	7.1	8.1	8.3	9.1	9.2	10.3	10.4	10.6		
A Rehab Diary		1	1	1	1	1	1		1	1				1	1		1				1			1						13
AllyCare	1			1	1			1	1	1	1	1		1	1		1		1		1	1		1		1				16
Back Pain Diary								1		1	1	1		1																5
BlueJay Engage - Patient	1			1				1	1	1	1	1		1	1		1		1		1			1						13
ComplexCore				1													1		1					1						4
CP-Fit				1					1	1							1		1							1				6
Embodia				1				1	1	1		1		1	1		1	1	1		1			1						12
ExorLive Go				1		1			1	1	1				1		1		1		1			1		1		1		12
Extensor- Physio Patients				1					1	1					1		1		1					1						7
Guided Physio									1	1							1	1	1					1						6
HaemActive				1					1	1	1			1			1	1	1		1			1						10
Home Physio				1													1		1		1									4
My Exercise Messages	1			1		1		1	1	1					1	1		1			1		1	1	1	1	1			14
My Exercise Program				1					1	1		1		1			1		1					1						8
My Injury																	1	1	1											3
OT App Lite																	1		1					1						3
PhysiApp				1				1	1	1	1	1		1	1		1	1	1		1			1						13
Physiotools Trainer				1					1	1							1		1		1									6
Pocket Physio				1													1	1	1		1			1						6
PT Timer: Stretch & Exercise				1					1	1							1				1									5
PT-Helper Pro				1				1	1	1							1		1		1			1						8
Recov Aware Knee Health Fitness				1					1	1	1			1	1					1	1			1						9



- 2.5 = Monitoring outcome(s) of behavior by others without feedback
- 2.6 = Biofeedback
- 2.7 = Feedback on outcome(s) of behavior
- 3.1 = Social support (unspecified)
- 3.3 = Social support (emotional)
- 4.1 = Instruction on how to perform a behavior
- 5.1 = Information about health consequences
- 6.1 = Demonstration of the behavior
- 6.2 = Social comparison
- 7.1 = Prompts/cues
- 8.1 = Behavioral practice/rehearsal
- 8.3 = Habit formation
- 9.1 = Credible source
- 9.2 = Pros and cons
- 10.3 = Non-specific reward
- 10.4 = Social reward
- 10.6 = Non-specific incentive