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	
	1.1							2.1			2.4	2.3	2.0			3.3		3.1	0.1	0.2		6.1	6.3		9.2	10.3	10.4	10.0	
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			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

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Rehab Guru Client				1					1	1	1			1	1		1		1		1								9
Rehand, Hand Rehabilitation				1				1	1	1	1	1		1			1		1		1	1		1		1	1		14
Smart Therapist				1					1	1	1			1			1		1		1								8
Squeezy: CF				1					1	1							1	1			1			1					7
Squeezy for Men				1					1	1							1	1			1			1					7
Squeezy				1					1	1	1			1			1	1			1			1					9
Switchback Health				1				1	1	1					1		1		1		1								8
TeleHab				1				1	1	1	1			1	1		1	1	1		1			1			1		13
Track Rehab				1					1	1	1			1	1		1	1	1		1			1					11
Track Active Pro - Patient App				1				1	1	1	1	1		1			1		1		1								10
Vrsteps Home Rehabilitation				1					1	1			1	1	1		1		1		1			1					10
Wheelchair Exercises																	1		1					1					3
YRMOVE				1				1									1		1					1					5
Total frequency of each BCT	3	1	1	30	2	3	1	12	27	28	14	8	1	17	14	1	32	12	27	1	25	2	1	25	1	5	2	1	8.5

## **BCT**

- 1.1 = Goal setting (behavior)
- 1.2 = Problem solving
- 1.3 = Goal setting (outcome)
- 1.4 = Action planning
- 1.5 = Review behavior goal(s)
- 1.6 = Discrepancy between current behavior and goal
- 1.7 = Review outcome goal(s)
- 2.1 = Monitoring of behavior by others without feedback
- 2.2 = Feedback on behavior
- 2.3 =Self-monitoring of behavior
- 2.4 = Self-monitoring of outcome(s) of behavior

- 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