

Appendix 1

Search terms

‘Chronic pain’, ‘pain’, specific chronic pain conditions including ‘fibromyalgia’ or ‘chronic fatigue syndrome’ or ‘chronic low back pain’ or ‘whiplash associated disorder’ or ‘WAD’ or ‘repetitive strain injury’ or ‘RSI’ or ‘dystrophy back pain’, ‘migraine’, ‘headache’, ‘arthritis’, ‘migraine’, ‘headache’, ‘osteoarthritis’, ‘rheumatoid arthritis’, ‘myofascial pain’, ‘neuralgia’, ‘abdominal pain’, ‘abdominal recurrent pain’, ‘musculoskeletal pain’, ‘cancer pain’, ‘post operative pain’, ‘dysmenorrhea’ and ‘low back pain’.

Appendix 2.

Quality checklist

Checklist	Name of app
Specific to pain management	
Measures of subjective pain experiences via standardized assessment tools to assess any changes in symptoms (eg McGill pain questionnaire)	
Use of a standardized measure of mood or affect (eg Beck’s Depression Inventory)	
Use of a pain diary	
Incorporation of activity pacing/physical activity	
Guidelines for better sleep/insomnia	
Stress management & relaxation techniques (eg PMR, deep breathing exercises, autogenic training, imagery, yoga, mindfulness meditation, hypnosis etc)	
Fostering cognitive coping and appraisal (Coping strategies questionnaire and subscales, e.g. catastrophizing, passive coping, active coping)	
Problem solving strategies	
Health eating	
Incorporating a medication regime to alleviate pain	
Dealing with symptoms of depression or with difficult emotions	
Psycho-education about pain and how it effects overall functioning	
Cognitive restructuring/ challenging automatic thoughts	
Encouraging social support	
Pleasant events scheduling	
Other (miscellaneous)	

Advice from qualified health care professionals (GP's, psychologists or trained personnel)	
App subject to control trial evaluation	
Based on quality guidelines (NICE)	
App based on quality guidelines or refers to credible evidence based literature/source	

Appendix 3

Table 1. App details and scores

App name	App category	Profession of app content developer	Score on quality checklist	Price
Web MD Pain Coach	Health & Fitness	Physician reviewed	15	Free
Back Pain relief	Health & Fitness	Profession unclear	9	Free
Pain Tricks	Medical	Reviewed by pediatric medical professionals working within the NHS	9	Free
Habit Changer	Health & Fitness	Unclear although authors claim to be trained in CBT & behavior change	14	1.99 dollars
Fibromyalgia guide	Health & Fitness	Not specified	5	Free
Living with fibromyalgia	Books and references	Landscape gardener	7	€5.86