

Quality Assessment Checklist – Systematic Review – digital interventions/apps

Quality Criteria											
	Brindal (2012)	Collins (2013)	Dennison (2014)	Gorton (2011)	Lyden (2013)	McConnon (2009)	Mhurchu (2014)	Morrison (2014)	Patrick (2009)	Tang (2015)	Watson (2015)
Purpose (clear description of the purpose incl aims of study/digital intervention/app)	Yes	Yes	Yes	Yes (basic)	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Study design (appropriateness according to development & evaluation process for mhealth i.e. focus group, pre-testing, pilot, RCT)	Yes (RCT)	Yes (RCT)	Yes (RCT)	Yes (mixed method-focus groups & telephone survey)	Yes (qualitative study)	Yes (RCT)	Yes (RCT)	Yes (mixed methods)	Yes (RCT)	Yes (qualitative study)	Yes (RCT)
Main methods (clear description of study's methods and analysis)	Yes (participants randomly allocated to groups)	Yes (participants randomly allocated to groups)	Yes (participants randomly allocated to groups)	Yes	Yes (semi-structured interviews)	Yes (participants randomly allocated to groups)	Yes (participants randomly allocated to groups)	Yes (telephone interviews & usage)	Yes (participants randomly allocated to groups)	Yes (semi-structured interviews)	Yes (participants randomly allocated to groups)

Features (description of digital intervention/app features & components)	Yes	Yes	Yes	N/A	Yes	Yes	Yes	Yes	Yes	N/A	Yes
Total Score	7/8	7/8	8/8	4/4	6/8	8/8	8/8	8/8	7/8	4/4	7/8