## 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 (participa nts randomly allocated to groups)	Yes (participa nts 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 (participa nts randomly allocated to groups)	Yes (semi- structured interviews)	Yes (participa nts randomly allocated to groups)

History/ development process of digital intervention/app (clear description incl formative evaluations, i.e. focus groups, usability testing)	No	No	Yes (link provided to earlier paper)	N/A	No	Yes	Yes	Yes	Yes (info on formative research/f ocus groups used to inform the design the interventi on)	N/A	No
Theory/evidence base used to design the digital intervention/app (clear description of theoretical framework used)	Yes (behvaiou r change: health action process approach)	Yes (social cognitive theory)	Yes (various theoretical models/beha viour change techniques: not specified)	N/A	No	Yes	Yes	Yes	No	N/A	Yes
<u>Users</u> (description of participants/aimed users incl target population, age range)	Yes	Yes	Yes	Yes (participan t informatio n provided)	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Access (description of how participants accesses the digital intervention/app, in what setting/context, if they had to pay)	Yes	Yes	Yes	N/A	Yes	Yes	Yes	Yes	Yes	N/A	Yes

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