

Multimedia Appendix 7. Overview of studies reporting on lifestyle mHealth apps: acceptability.

Author Year	Technique	Focus	Acceptability		
			User satisfactio n	Suitability	Recommendatio n
van Zutphen et al 2008 [17]	Email containing a quiz with a maximum of six questions, tailored to the stage of the pregnancy on health related topics (nutrition, exercise, lifestyle, smoking, safety)	Fruit, vegetables, smoking, folic acid, alcohol		81% of respondents (n=163) evaluated the program as reliable.	
Bot et al 2009 [18]	Emails containing quizzes on the topics: nutrition, smoking, physical activity, safety, lifestyle or care and pregnancy every 4 weeks	Fruit, vegetables, smoking, folic acid, alcohol		78% of the respondents (n=3763) showed a high or intermediate appreciation.	
Dalrymple et al 2013 [19]	Text messaging three times a week until a baby is 1 year of age; based on topics discussed in prenatal classes	Fruit, vegetables, smoking, folic acid, alcohol	All respondents found the program was "very" or "somewhat" helpful. (n=7).	All respondents found the program was "very" or "somewhat" interesting. (n=7)	
Pollak et al 2014 [23]	SMS- texting intervention (PregCHAT) vs a generic texting intervention (Text4baby): PregCHAT = Personalized feedback based on women's intake of sweetened beverages, fruits and vegetables, fast food, daily steps	Weight control	Women in the PregCHAT text arm rated the program as helpful (64% rated 5 or higher on a 7-point Likert		80 % of the women in the PregCHAT text arm would recommend the program to a friend.

	<p>taken and weight</p> <p>TexT4baby = general information to improve health</p>		item)		
<p>Knight- Agarwall et al 2015 [24]</p>	<p>Eating4Two app which provided a graphing function to record the weight through the pregnancy with real-time feedback on weight gain and general information on antenatal nutrition</p>	<p>Weight control</p>	<p>70% found the weight gain graph helpful. 80% found the nutrition advise helpful or very helpful.</p>	<p>Participants enjoyed using the application.</p>	
<p>Soltani et al 2015 [25]</p>	<p>MOMTech: Text messages twice a day including self-monitoring weight management and feedback on setting goals</p>	<p>Weight control</p>		<p>Participants liked the holistic nature of the intervention</p>	
<p>Herring et al 2016 [31]</p>	<p>Skills training and self-monitoring texts with personalized feedback by daily messages tailored to each behavioral goal to build skills and self-efficacy</p>	<p>Weight control</p>	<p>96% reported that the skills they learned in the program were extremely helpful (at least an 8 on a 10-point scale); 96% found the text messages extremely useful. 82% found the coach calls extremely</p>		

			useful. 87% reported the program was extremely successful in changing eating habits		
Naughton et al 2012 [26]	Tailored self-help leaflet followed by an 11-week program of tailored text messages or (controls) a nontailored self-help leaflet	Smoking cessation	Between 81% and 96% of the MiQuit participants rated the messages as helpful to some degree.		
Pollak et al 2013 [28]	SMS-delivered support messages or support messages plus a scheduled gradual reduction (SGR)	Smoking cessation	Women found the program helpful (mean score of 6 out of 7 in a 7-point scale).	Women found the program to be acceptable (mean score of 6 out of 7 in a 7-point scale)	Most women would recommend the program to a friend, with 78% in both arms reporting 7 in a 7-point scale.
Davis et al 2014 [29]	Daily text messages and three 20-min voice-over-Powerpoint weekly	Smoking cessation mental Health	All participants found the text messages useful (n=5).		
Abroms et al 2015 [30]	Either receiving sms-text messaging for the TexT4baby program to improve health or receiving sms-text messaging for the TexT4baby program as well as Quit4Baby	Smoking cessation	All respondents (n=16): "agreed" and "completely agreed" that the	Most participants liked the program overall.	All respondents (n=16) would recommend the program to a friend.

	program which aimed to improve self-efficacy for smoking cessation		program was helpful in quitting.		
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