Multimedia Appendix 1. Summary of study characteristics in terms of study type, aim and sample.

Authors	Aim	Sample			
		N	Age	Country	Population Type
Arean and colleagues, 2016 [24]	To test outcome and clinical patterns of three different mobile apps for depression	626	Mean: 33.9 SD:11.8 Range: -	USA	Adults with mild to moderate depression
Blackburne and colleagues, 2016 [25]	To examine the efficacy of a training programme for inhibitory control	52	Mean: 35.2 SD: 14.1 Range: 19-61	Australia	overweight or obese adult. - training participant, -waitlist/ control
Bless and colleagues, 2014 [26]	To test the feasibility of an app for training attention	28	Mean: 23.3 e 23.9 Range: -	Norway	Healthy individuals -non-training control group -training control group
Hill and colleagues, 2015 [27]	To test the app feasibility	9	Mean: 76,1 SD: 5.5 Range: 64-96	USA	Old Adults
Hill and colleagues, 2017 [28]	to evaluate the usability and acceptability of an app to train attention	12	Mean: 79 SD: 4.2 Range: -	USA	Old adults
Lorusso and colleagues, 2017 [29]	to evaluate learnability, usability, user satisfaction and quality of the interaction between an app to train language and children	14	Mean: 60.1 Month SD: 6.2 Range: 50-68 month	Italy	Children with mild to severe language impairments or delays
Lu and colleagues, 2017 [30]	to develop an improved design for game-based cognitive training for seniors using mobile devices.	9	1Mean = 82.7 2Mean = 69.6 SD1 = 7.2 SD2 = 9.4 1= 4 e 2= 5 Range1: 73-90 Range2:61-84	Taiwan	Old Adults
Powell and colleagues, 2017 [31]	To develop and test an app to train problem-solving in everyday life for patients following brain injury.	23	Mean: 44 SD:15 Range: 20-75	USA	Brain injuries in adults. -Control group, - Intervention
Shellington and colleagues, 2017 [32]	to explore the feasibility and utility of an app to deliver physical exercise outside the laboratory	20	Mean: 68 SD: 5.4 Range: 59-76	Canada	Older adults with and without Subjective Cognitive Complaints (SCC) and Mild Cognitive