

Multimedia Appendix 2. Summary of main aspects of apps and their evaluation.

| Authors                              | Domain Trained                         | Exercise Description  | Assessment And Feedback | Evaluation  |  | Training With Experiment er | Devic e Given |
|--------------------------------------|--|---|-------------------------|---|--|-----------------------------|---------------|
|                                      |  |   |                         | Subjective Evaluation   | Efficacy   |                             |               |
|                                      |  |   |                         |   |  |                             |               |
| Arean and colleagues, 2016 [24]      | Cognitive Control                      | Created as a video game   | -                       | Half individuals downloaded the app. App used 10.78 times                                 | Not evaluated  | -                           | -             |
| Blackburne and colleagues, 2016 [25] | Inhibitory Control (Cognitive Control) | 3 components of inhibitory control: -unhealthy eating, -smoking, -alcohol consumption. Training task is based on "Go/NoGo and stop signal task".                      | X                       | Not evaluated   | Improved inhibitory control in training group                          | X                           | -             |
| Bless and colleagues, 2014 [26]      | Auditory Attention                     | Training task is based on the "forced-attention conditions of the consonant-vowel dichotic listening paradigm"  | -                       | Not evaluated   | Better performance and lower activation in brain in the training group | -                           | X             |
| Hill and colleagues, 2015 [27]       | Attention                              | The training task is based on three parts: presentation of visual stimuli alone, presentation of auditory stimuli alone, a combination of visual and auditory stimuli | -                       | Low feasibility   | -  | X                           | X             |
| Hill and colleagues, 2017 [28]       | Attention                              | The training task is based on three parts: presentation of visual stimuli alone, presentation of auditory stimuli alone, a combination of visual and auditory stimuli | -                       | Positive usability, interest, enjoyment, and satisfaction. Difficult to use the app alone | Not evaluated  | X                           | X             |
| Lorusso and colleagues, 2017 [29]    | Language                               | Training task is based on activities to improve   | -                       | Easy to understand and learn, engaging and  | Not evaluated  | X                           | X             |