

Table S2. Outcomes of Go- and No-Go progression criteria

	Go – Proceed with RCT	Amend – Proceed with changes	Stop – Do not proceed unless changes are possible
1. Feasibility of participant recruitment			
Can ≥ 74 participants be recruited to take part in the study?	≥ 74 participants: 122 participants were recruited to take part in the study	N/A ^a	N/A
2. Feasibility of participant retention			
Can ≥ 59 participants be retained in the study until completion?	≥ 59 retained: 59/122 (48.4%) participants were retained in the study until completion	N/A	N/A
3. Usability of ‘AsthmaMD’			
Will the app receive a mean SUS score >68 ?	N/A	SUS ≥ 63 : AsthmaMD received a mean SUS score of 63.1 (SD=20.1)	N/A
and Interpretation of qualitative data relating to usability	N/A	App judged as usable	N/A
4. Acceptability of ‘AsthmaMD’			
Will the app receive a mean score ≥ 5 for overall user satisfaction?	≥ 5 overall satisfaction: AsthmaMD received a mean score of 5.8 (SD=2.2)	N/A	N/A
or Will $\geq 30\%$ of participants agree to 3/5 acceptability-related questions?	$\geq 30\%$ agree to 3/5 questions: $>30\%$ agreed/strongly agreed to 4/5 questions	N/A	N/A
and Interpretation of qualitative data relating to acceptability	App judged as highly acceptable	N/A	N/A
5. Feasibility of ‘AsthmaMD’			
Did $\geq 30\%$ of participants use the app ≥ 1 day per week?	$\geq 30\%$ used app ≥ 1 day/week: 83.1% used the app ≥ 1 day/week	N/A	N/A
or Would $\geq 30\%$ of participants continue to use the app after the study?	N/A	$\geq 25\%$ continue to use app: 27.1% would continue to use the app	N/A
and Interpretation of qualitative data relating to feasibility	App judged as highly feasible	N/A	N/A

^aN/A: not applicable