Table S1. 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	≥65 participants	<61 participants
2. Feasibility of participant retention Can ≥59 participants be retained in the study until completion?	≥59 retained	≥50 retained	<40 retained
3. Usability of 'AsthmaMD' Will the app receive a mean SUS score >68? *and* Interpretation of qualitative data relating to usability	SUS >68 *and* App judged highly usable	SUS ≥63 *and* App judged usable	SUS <52 *and* App judged possibly usable
4. Acceptability of 'AsthmaMD' Will the app receive a mean score ≥5 for overall user satisfaction? *or* Will ≥30% of participants agree to 3/5 acceptability-related questions? *and* Interpretation of qualitative data relating to acceptability	≥5 overall satisfaction *or* ≥30% agree to 3/5 questions *and* App judged highly acceptable	≥4 overall satisfaction *or* ≥30% agree to 2/5 questions *and* App judged acceptable	<4 overall satisfaction *or* <30% agree to <2/5 questions *and* App judged possibly acceptable
5. Feasibility of 'AsthmaMD' Did ≥30% of participants use the app ≥1 day per week? *or* Would ≥30% of participants continue to use the app after the study? *And* Interpretation of qualitative data relating to feasibility	≥30% used app ≥1 day/week *or* ≥30% continue to use app *And* App judged highly feasible	≥25% used app ≥1 day/week *or* ≥25% continue to use app *and* App judged feasible	<20% used app <1 day/week *or* <20% continue to use app *and* App judged possibly feasible