

**Table S2.** Adherence to self-monitoring on the app analyzed by the median percentage out of the 90 days of the intervention grouped by sex, marital status and age

Intervention group	Percentage of days of app	
	use (Median)	<i>P</i> -value
<b>Sex</b>		
Women	70.00	.38
Men	75.56	
<b>Age</b>		
≤ 50 years	57.51	.001
> 50 years	84.44	
<b>Marital status</b>		
Single	82.22	.10
Married	73.89	
Divorced	43.33	
Widower	42.22	