

Appendix 5.A. Social and Personal factors and their occurrence.

Factors (n)	References
Moderating Factors	
Age (71)	Older age a barrier [34–67,70,86,88–91,93,97,98,118,121,122,124,125,132,150]; facilitator [68–71]; mixed results [77–85,95,104,105]; not a factor [72–76]
Gender (34)	Being female a barrier [43,65,92,93]; facilitator [39,51,54,55,67,71,82,83,85–88]; mixed results [35,49,69,77,94,95,125]; not a factor [36,40,45,50,53,62,68,73,89–91]
Education (34)	Lower level of education a barrier [35,42–44,46,49,55,57,64,65,72,84,89–93,96–98,125]; facilitator [45,88,99]; mixed results [39,41,51,56,78,82,83,95]; not a factor [68]
Tech skills (30)	Lack of tech skills a barrier [43,52,61,62,69,72,74,77,79,80,88,100–105,108,113,114,127,131,132,172]; mixed results [58,64,66,106,107]; not a factor
Tech experience (27)	Having a previous tech experience as a facilitator [38,40,46,48,49,54,56,78,83–85,92,96,97,102,108–118]; mixed results [127]
Ethnicity (24)	Being non-white a barrier [35,62,64,66,71,84,119–122]; facilitator [43,44,51,77,124,125]; mixed results [56,69,95,123]; not a factor [50,53,86,90]
Socioeconomic factors / Income (22)	Lower income a barrier [37,43,44,51,57,63,77,82–84,89–91,126,127]; mixed results [39,41,62,95]; not a factor [48,50,52]
Geographic residence (9)	Rural residence a barrier [50,71,83,89]; facilitator [113]; mixed results [76,95]; not a factor [90,91]
Marital status / living alone (7)	Being single or living alone a barrier [43,82,83,95,119]; facilitator [50]; not a factor [53]
Personal Characteristics	
Attitudes / preferences (29)	[36,37,41,43,45,55,56,58,60,62,69,77,83,87,101–103,114,115,119,127–135]
Psychological factors (17)	[67,69,73,79,80,85,101,107,112,115,118,136–140,178]
Time constraint / distraction (16)	[55,69,80,91,100,110,112,115,116,118,120,132,137,138,140,141]
Motivation (12)	[100,101,107,114,130,140,142–147]

	Locus of control / self-efficacy (7)	[80,110,140,143,167,178,180]
	Awareness (6)	[58,60,78,102,127,135]
	Habits (5)	[57,70,110,140,142]
Cultural and Social Elements		
	Social influence (30)	[36,57,67,70,78,81,95,102,104,107,108,110,113,115,118,128,129,131,132,140,142,149-157]
	Language (8)	[44,61,78,106,110,158-160]
	Culture (4)	[95,118,121,155]

Appendix 5.B. Technical and material factors and their occurrence.

Factors (n)	References
Usefulness	
Perceived benefits and performance expectancy (55)	[36,40,43,46,56,60,62,69,70,74,76,78,79,81,83,87,92,94,97,100-102,106,107,110,114,117,127,129,132-134,137,140-142,146-150,154-157,161-167,171,172,176]
Convenience and accessibility (40)	[34,38,43,54,59,61,65,70,74,75,77,79,92,96,99,103,105,107,111,113,115,116,119,120,127,128,130,131,135,137,141,144,151,152,154,157,168-171]
Communication (36)	[52,60,61,69,70,75,77,79,80,92,98,99,101,104,107,111,113,115,116,118,128,130,131,136,137,141,146,152,154,160,165,169,170,172-174]
Health education (33)	[38,40,42,53,58,77,79,80,88,101,102,104,105,107,113,116,118,130,136,140,141,144-147,149,152,154,155,157,171,175,176]
Self-management (31)	[43,60,61,70,75,79,80,98,101,102,104,109,113,117,118,120,131,136,139-141,144,145,149,152,157,161,163,164,171,175]
Quality of care (12)	[42,61,79,113,118,135,163,169-171,173,175]
Health benefits (12)	[42,49,55,58,98,107,114,117,138,140,141,149]
Monitoring (11)	[77,79,80,97,104,107,120,145,155,171,175]
Early detection of symptoms (6)	[40,80,87,101,107,144]
Personalized feedback (5)	[95,101,147,171,177]
Life quality and well-being (4)	[70,103,129,135]
Ease of Use (54)	[36,38,49,55-60,70,72,76-78,81,91,94,95,97,101,102,104,107,110,112,114,116,117,120,129-132,134-139,142,146,148-150,157,160-163,165,167,171,176,179]
Technical Factors	
Technical issues (43)	Technical failure or difficulties [37,52,58,68-70,77,80,100,114,118-120,130-132,135,137,138,141,145,148,151,155,175,178]; infrastructure [65,77,78,102,112,116,118,120,132,148,152,155,158,166]; login issues [78,152,171]
Access to technology (20)	[34,37,43,52,66,69,85,92,95,100,103,107,108,115,127,128,132,135,157,166]
Training (13)	[61,70,79,80,100,108,116,117,131,157,162,172,175]
Tech support (5)	[55,70,102,117,131]
Monetary Factors (35)	Monetary and cost aspects a barrier [52,55,58,61,78,91,97,101,104,106,107,118,130,131,152,166,1

		70]; facilitator [43,80,105,111,113,116,151,168,173]; mixed results [42,65,92,93,126,169]; not a factor [81,129,142]
Data related		
	Privacy and security (51)	Privacy and security a barrier [38,40,43,52,55,58,61,77,85,87,91,97,101,104,107,108,116-118,128-130,133,137,139,141,146,147,151,152,155,157,160,165,169,170,176]; facilitator [57,96,168,174]; mixed results [78,92,93,144,154,164,173]; not a factor [59,94,120]
	Quality, reliability, and credibility (20)	[40,57-59,78,93,94,101,107,109,110,113,116,118,127,130,144,154,176,179]
	Relevance (6)	[117,118,137,146,154,162]
User Experience		
	Usability (19)	[40,60,78,101,107,110,129,130,135-137,139,146,147,152,154,162,174,178]
	Personalization (17)	[78,98,101,104,107,118,130,133,138,146,147,154,157,160,162,164,165]

Appendix 5.C. Health related factors and their occurrence.

Factors (n)	References
Disease or Health Condition	
Worse condition as a barrier (21)	[52,57,64–66,68,73,76,80,104,107,112,114,115,117,119,121,148,159,161,171]
Worse condition as a facilitator (11)	[39,41,49,55,79,83,89,98,132,138,177]
Disease type as a factor (7)	[50,74,83,86,90,91,120]
Risk perception (5)	[36,92,110,123,129]
Not a factor (3)	[35,48,100]
Care team's role	
Facilitator (14)	[59,60,70,78,81,85,93,97,132,134,136,143,164,180]
Barrier (8)	[44,62,80,101,107,118,154,169]
Mixed results (4)	[72,125,142,175]
Health consciousness and literacy (17)	[40,49,51,65,72,73,81,86,93,98,107,110,121,134,142,156,159]
Relation to other therapies (15)	[52,54,57,80,85,96,98,100,102,112–114,141,162,179]
Health behavior (7)	[41,48,49,67,75,98,106]
Insurance status (5)	[37,71,82,90,126]