

Multimedia Appendix 7 - eHealth Intervention Programs' Scores

Delivery	Clinical Aim	Name	Usability	Visual Design	UE ^c	Content	TP ^c	TA ^c	General Subjective Evaluation	Credibility	Evidence Based Program	Privacy Checklist
Mobile	Health Related Behaviors	30-Day Skinny Jeans Challenge (SparkPeople)	3.67	2.67	2.40	2.25	1.86	1.67	1.33	3.00	1.00	3.00
Mobile	Health Related Behaviors	5 Days Weight Loss Plan (Free Apps for you) ^a	4.67	2.67	1.50	1.25	1.43	1.00	1.00	1.00	1.00	2.00
Mobile	Health Related Behaviors	Diet and Weight Loss (NutriSoft Brazil) ^b	3.33	3.67	3.20	3.25	2.71	2.33	2.00	3.00	1.00	4.00
Mobile	Health Related Behaviors	Diet plan weight loss (Emil Zatodev)	3.00	1.67	1.00	1.00	1.00	1.67	1.00	1.00	1.00	4.00
Mobile	Health Related Behaviors	Fast Weight Loss Tips (Wisefather) ^a	4.33	2.67	1.20	1.25	1.29	1.00	1.00	1.00	1.00	4.00
Mobile	Health Related Behaviors	Health Lab by Tictrac (Tictrac Limited)	2.67	3.67	3.80	3.75	3.43	2.33	3.33	2.00	1.00	6.00
Mobile	Health Related Behaviors	Just Move - Fitness Motivation (WalkOn - Mobile Health Solutions)	3.33	3.00	3.20	3.00	3.14	3.00	2.33	2.00	1.00	4.00
Mobile	Health Related Behaviors	LG health (LG Electronics, Inc.)	3.67	4.00	4.20	3.25	3.29	2.33	2.67	3.00	1.00	4.00

Delivery	Clinical Aim	Name	Usability	Visual Design	UE ^C	Content	TP ^C	TA ^C	General Subjective Evaluation	Credibility	Evidence Based Program	Privacy Checklist
Mobile	Health Related Behaviors	Lose weight without dieting (Harmonic Soft)	4.00	3.67	3.80	4.00	3.29	3.33	3.33	4.00	1.00	4.00
Mobile	Health Related Behaviors	My Drink Control (Berner Gesundheit) ^a	4.00	3.67	2.50	2.25	2.14	1.67	2.00	2.00	1.00	2.00
Mobile	Health Related Behaviors	My Trainer Dasi (Donets Connecting)	2.67	3.33	2.80	2.50	2.00	1.67	1.00	3.00	1.00	4.00
Mobile	Health Related Behaviors	myQuitTime - Stop Smoking (Arete Appware)	2.67	2.00	2.60	2.00	2.29	2.00	2.00	1.00	1.00	3.00
Mobile	Health Related Behaviors	One Minute Workout (w9 software) ^a	4.33	3.00	2.75	2.75	2.57	2.33	2.33	2.00	1.00	4.00
Mobile	Health Related Behaviors	Quit Smoking (Roxo games) ^a	5.00	2.67	2.25	2.25	2.29	1.33	2.00	2.00	1.00	3.00
Mobile	Health Related Behaviors	Quit Smoking Cessasion Nation (Ron Horner) ^a	3.67	2.00	2.60	2.00	2.29	1.67	1.00	2.00	1.00	3.00
Mobile	Health Related Behaviors	Reduce Your Drinking (corporatecom)	3.00	3.00	2.50	2.25	2.00	1.33	1.00	1.00	1.00	1.00
Mobile	Health Related Behaviors	Rehapp (Kiroious Frouk)	3.67	3.00	2.50	2.00	2.00	1.33	1.33	1.00	1.00	4.00
Mobile	Health Related Behaviors	Seven - 7 Minute Workout (Perigee AB) ^b	3.67	4.33	3.40	3.50	3.29	3.33	4.00	3.00	1.00	3.00

Delivery	Clinical Aim	Name	Usability	Visual Design	UE ^C	Content	TP ^C	TA ^C	General Subjective Evaluation	Credibility	Evidence Based Program	Privacy Checklist
Mobile	Health Related Behaviors	Sober Time - Sobriety Counter (SocioSoft) ^a	3.67	2.33	3.00	2.25	1.86	1.33	2.00	3.00	1.00	6.00
Mobile	Health Related Behaviors	Stop Smoking In Two Hours (Juice Master)	4.33	3.00	2.20	2.25	2.00	2.67	1.67	2.00	1.00	4.00
Mobile	Health Related Behaviors	Weight Loss for Beginners (All I Have Is Video Games Studios)	2.67	2.00	1.40	2.00	1.57	1.67	1.67	1.00	1.00	2.00
Mobile	Mental Health	Booster Buddy (Island Health)	4.00	4.67	3.50	4.00	3.29	3.33	3.67	2.00	1.00	0.00
Mobile	Mental Health	Break Free Anxiety (Abele Apps)	3.00	3.00	2.80	2.00	2.14	1.67	1.00	1.00	1.00	3.00
Mobile	Mental Health	Breathe2Relax (T2)	2.33	2.33	2.40	3.75	2.29	2.00	2.67	5.00	2.00	3.00
Mobile	Mental Health	Buddhist Meditation Trainer (Spacebug) ^a	4.33	2.00	2.50	1.75	1.86	1.00	2.00	2.00	1.00	3.00
Mobile	Mental Health	Dealing with Depression (Sun Media Soft) ^a	4.33	3.33	1.25	1.50	1.57	1.67	1.00	1.00	1.00	2.00
Mobile	Mental Health	Depression CBT Self-Help Guide (Excel At Life)	2.33	2.33	2.20	1.25	1.43	1.33	1.33	5.00	1.00	3.00
Mobile	Mental Health	Emotion (LES LABORATOIRES SERVIER)	3.33	3.33	3.00	3.00	2.43	2.33	2.00	1.00	1.00	1.00
Mobile	Mental Health	Guide to Depression Self Help (9to5AppStore) ^a	4.00	1.67	1.00	1.50	1.29	1.33	1.00	1.00	1.00	4.00
Mobile	Mental Health	Life Reboot- Fight Depression (photonapps)	3.33	2.67	2.20	1.75	1.43	2.00	1.67	1.00	1.00	6.00

Delivery	Clinical Aim	Name	Usability	Visual Design	UE ^C	Content	TP ^C	TA ^C	General Subjective Evaluation	Credibility	Evidence Based Program	Privacy Checklist
Mobile	Mental Health	MEDITATE OM (PANAGOLA)	3.00	2.67	3.00	2.75	2.14	2.33	2.33	2.00	1.00	2.00
Mobile	Mental Health	Natural Stress Relief Hypnosis (Mastermind App) ^a	3.67	2.33	2.25	1.75	1.71	2.33	1.00	1.00	1.00	4.00
Mobile	Mental Health	Omvana (Mindvalley LLC) ^b	3.67	4.33	3.00	3.25	2.00	3.33	3.33	3.00	1.00	4.00
Mobile	Mental Health	PPD Gone (EasyProApps.com - blue logo)	2.33	2.33	1.25	2.00	1.00	1.33	1.00	2.00	1.00	4.00
Mobile	Mental Health	Qi Gong Meditation Relaxation (Excel At Life)	3.33	2.33	2.40	3.25	1.57	2.67	3.00	4.00	1.00	3.00
Mobile	Mental Health	Sleep Genius With Alarm (Sleep Genius) ^b	2.67	3.67	2.40	2.75	2.29	1.67	2.33	4.00	1.00	4.00
Mobile	Mental Health	SuperBetter (SuperBetter, LLC)	2.33	3.67	3.00	3.00	3.29	3.00	2.33	3.00	3.00	4.00
Mobile	Mental Health	Toxic thinking (boultons MultiMedia)	3.00	1.67	1.00	1.25	1.00	1.00	1.00	3.00	1.00	4.00
Mobile	Mental Health	WellMind (Blue Step Solutions)	4.00	4.33	3.00	3.00	2.29	2.67	2.33	2.00	1.00	4.00
Mobile	Mental Health	Wildflowers Mindfulness (Mobio Interactive Inc.) ^b	4.00	4.33	3.60	4.00	3.14	3.00	2.00	2.00	1.00	2.00
Mobile	Mental Health	Worry Box (Excel At Life)	2.33	2.33	2.20	1.50	1.43	1.67	1.33	4.00	1.00	2.00
Mobile	Mental Health	Yoga Helps Relieve Depression (Apps Viva) ^a	4.00	1.67	1.00	1.00	1.14	1.00	1.00	1.00	1.00	4.00
Website	Health Related Behaviors	14 Weeks to a Healthier You (http://www.nchpad.org/14weeks/index.php)	3.33	3.00	3.60	4.25	3.29	3.67	3.67	4.00	2.00	2.00

Delivery	Clinical Aim	Name	Usability	Visual Design	UE ^C	Content	TP ^C	TA ^C	General Subjective Evaluation	Credibility	Evidence Based Program	Privacy Checklist
Website	Health Related Behaviors	American Council for Exercise (https://www.acefitness.org/acefit/fitness_programs_article.aspx?ID=3159) ^d	3.33	2.33	1.75	3.25	1.57	1.33	1.67	6.00	1.00	3.00
Website	Health Related Behaviors	Become an Ex (http://www.becomeanex.org/login.php)	2.67	2.00	3.60	4.25	3.29	3.00	3.67	4.00	2.00	3.00
Website	Health Related Behaviors	Breath Better (https://www.breathebetter.me/BreathetheBetterLogin.aspx)	3.67	2.67	2.80	4.00	2.43	2.33	2.67	3.00	1.00	2.00
Website	Health Related Behaviors	Control Your Drinking Online (http://www.acar.net.au/control_your_drinking_online.html)	2.67	1.33	1.80	4.50	2.00	2.00	2.00	5.00	1.00	3.00
Website	Health Related Behaviors	Darebee (http://darebee.com/programs/foundation-light-program.html?showall=&start=1) ^d	1.33	1.67	1.80	2.75	1.57	1.33	1.67	3.00	1.00	4.00
Website	Health Related Behaviors	Do Yoga With Me (https://www.doyogawithme.com/yoga_programs) ^d	3.33	4.00	3.40	4.25	2.43	3.33	3.67	4.00	1.00	5.00
Website	Health Related Behaviors	Down Your Drink (https://www.downyourdrink.org.uk/session/new)	2.33	2.67	3.00	4.25	2.00	2.00	1.67	5.00	2.00	3.00
Website	Health Related Behaviors	Eat This Much (www.eatthismuch.com)	3.33	4.00	3.60	3.25	2.29	1.67	1.67	3.00	1.00	2.00
Website	Health Related Behaviors	Everyday Health (https://www.everydayhealth.com/login/)	2.00	2.33	1.80	2.00	2.29	1.33	1.33	5.00	1.00	1.00

Delivery	Clinical Aim	Name	Usability	Visual Design	UE ^C	Content	TP ^C	TA ^C	General Subjective Evaluation	Credibility	Evidence Based Program	Privacy Checklist
Website	Health Related Behaviors	Fitness.com (http://www.fitness.com/login.php?ref=%2F) ^d	2.67	2.00	2.20	2.25	1.43	2.00	1.33	4.00	1.00	5.00
Website	Health Related Behaviors	Free Trainers (https://www.freetrainers.com/account/login/) ^d	2.33	2.33	2.00	2.75	1.57	2.00	1.33	3.00	1.00	3.00
Website	Health Related Behaviors	Healthy Life Project (http://www.healthylifeproject.com.au/program/web/dashboard)	3.00	3.67	2.80	3.25	2.71	2.00	2.00	2.00	1.00	4.00
Website	Health Related Behaviors	My Fitness Pal (https://www.myfitnesspal.com/)	4.00	2.67	3.40	3.50	2.71	2.67	2.00	5.00	2.00	3.00
Website	Health Related Behaviors	My Healthy Balance (https://myhealthybalance.com.au/Account/Login) ^d	3.33	4.00	3.80	4.00	3.43	2.67	3.33	2.00	1.00	1.00
Website	Health Related Behaviors	My Personal Home Trainer (http://www.myhomepersonaltrainer.com/home/member-login.asp) ^d	2.33	2.00	2.00	2.25	1.71	1.33	1.33	2.00	1.00	6.00
Website	Health Related Behaviors	Quit Coach (http://www.quitcoach.org.au/)	2.67	2.00	2.00	3.25	2.00	2.00	1.67	4.00	3.00	1.00
Website	Health Related Behaviors	SmokeFree (https://smokefree.gov/build-your-quit-plan) ^d	4.33	3.00	2.50	2.50	1.86	1.33	2.33	4.00	2.00	1.00
Website	Health Related Behaviors	Start Your Diet (http://www.startyourdiet.com/login.php)	2.33	2.00	2.80	2.75	2.57	1.67	1.67	2.00	1.00	5.00
Website	Health Related Behaviors	Vet Change (https://vetchange.org/account/login)	3.67	3.67	3.60	4.50	3.14	3.00	3.33	5.00	3.00	1.00

Delivery	Clinical Aim	Name	Usability	Visual Design	UE ^C	Content	TP ^C	TA ^C	General Subjective Evaluation	Credibility	Evidence Based Program	Privacy Checklist
Website	Health Related Behaviors	Your First Step To Change (http://s96539219.onlinehome.us/toolkits/alcohol/main.htm)	3.33	2.00	2.00	3.25	1.57	1.67	1.33	3.00	1.00	1.00
Website	Mental Health	Calm (https://www.calm.com/login?source=homepage)	4.00	4.67	3.40	4.00	3.29	3.67	4.00	3.00	1.00	1.00
Website	Mental Health	Daily Challenge (https://account.meyouhealth.com/dailychallenge/session/new)	4.00	2.67	3.60	4.00	3.43	3.00	4.00	6.00	3.00	2.00
Website	Mental Health	Depression Center (http://www.depressioncenter.net/)	3.33	2.33	2.50	4.25	2.71	2.33	2.00	3.00	1.00	4.00
Website	Mental Health	Depression ToolKit (http://www.depressiontoolkit.org/stressgym/) ^d	3.33	2.00	1.25	3.50	1.57	1.67	1.00	6.00	1.00	0.00
Website	Mental Health	E-Couch (https://ecouch.anu.edu.au/ecouch/dep_launch)	3.33	2.67	3.50	4.50	2.86	3.33	3.33	5.00	3.00	0.00
Website	Mental Health	Finding Optimism (https://www.optimismonline.com/login.php)	2.67	2.00	3.00	3.25	2.71	1.33	1.33	3.00	1.00	1.00
Website	Mental Health	Living Life to The Fullest (https://www.lltf.com/index.php?section=page&page_seq=12) ^d	2.67	2.33	2.00	3.50	2.00	2.00	1.67	5.00	3.00	2.00
Website	Mental Health	Mental Health Online (https://www.mentalhealthonline.org.au/pages/login)	3.00	2.33	2.40	4.25	2.14	2.67	1.67	5.00	2.00	1.00
Website	Mental Health	MoodGYM (https://moodgym.anu.edu.au/welcome)	3.67	2.00	2.40	3.75	2.14	2.67	2.00	6.00	2.00	0.00

Delivery	Clinical Aim	Name	Usability	Visual Design	UE ^C	Content	TP ^C	TA ^C	General Subjective Evaluation	Credibility	Evidence Based Program	Privacy Checklist
Website	Mental Health	My Compass (https://www.mycompass.org.au/)	4.00	2.67	3.20	4.75	2.71	3.00	2.33	5.00	4.00	1.00
Website	Mental Health	OnTrack (https://www.ontrack.org.au/site/login)	4.00	2.67	3.40	3.75	2.86	3.33	2.33	5.00	2.00	1.00
Website	Mental Health	Palouse Mindfulness (http://palousemindfulness.com/self-guidedMBSR_week1.html) ^d	2.67	2.00	3.20	3.50	2.14	3.00	2.67	4.00	1.00	1.00
Website	Mental Health	Panic Center (http://www.paniccenter.net/Program/Toolbox.aspx)	3.00	2.33	2.50	3.75	2.29	2.67	2.00	3.00	2.00	3.00
Website	Mental Health	Peer Leadership Center (http://www.peerleadershipcenter.org/assnfe/CourseOnline.asp?MODE=VIEW&encEvald=&crsId=4&modId=15&fromSum=1) ^d	3.33	3.00	2.20	3.50	1.86	2.67	1.67	5.00	1.00	4.00
Website	Mental Health	Serene (http://serene.me.uk/kiosk-0/anxiety_menu.php) ^d	3.67	2.33	2.00	3.00	1.43	1.67	1.00	3.00	2.00	0.00
Website	Mental Health	Smiling Mind (http://app.smilingmind.com.au/programs/7/)	3.00	3.00	3.40	4.00	2.71	3.00	3.00	5.00	1.00	1.00
Website	Mental Health	Start 2 (http://www.start2.co.uk/) ^d	2.67	2.33	2.80	3.50	2.29	2.67	2.67	3.00	1.00	3.00
Website	Mental Health	Stop Breathe Think (https://app.stopbreathethink.org/)	4.00	4.67	3.80	4.00	3.14	3.33	3.67	3.00	1.00	1.00
Website	Mental Health	The Desk (https://www.thedesk.org.au/login?login)	4.00	3.67	4.00	3.75	2.14	3.00	4.00	5.00	2.00	6.00

Delivery	Clinical Aim	Name	Usability	Visual Design	UE ^c	Content	TP ^c	TA ^c	General Subjective Evaluation	Credibility	Evidence Based Program	Privacy Checklist
Website	Mental Health	The Journal (https://depression.org.nz/is-it-depression-anxiety/self-test/depression-test/)	3.33	3.33	3.60	4.25	3.29	3.67	3.33	5.00	1.00	2.00
Website	Mental Health	Youth Mental Health (http://ymhonline.com/loginpage.asp)	3.33	2.33	2.20	3.00	1.29	2.00	1.33	5.00	1.00	0.00

Notes: ^a These mobile applications were identified by the raters to receive high Usability scores only since they were very lean and therefore easy to learn and use regardless of design aspects that enhance usability. ^b This free to use intervention program also includes the ability to access a paid version that was not examined. ^c UE: User Engagement; TP: Therapeutic Persuasiveness; TA: Therapeutic Alliance. ^d This web-based program was identified to “nest” within a larger website, in which, high percentage of users were expected to access the website for different reasons than the intervention program itself.