



## **ADDICTION AND MENTAL HEALTH MOBILE APPLICATION DIRECTORY 2019**



## **ACKNOWLEDGEMENT**

The Alberta Addiction & Mental Health Research Partnership Program (Research Partnership Program) was established in 2005 through a collaborative process. The implementation of the program was based on a thorough consultation that was led by the Research Partnership Committee. The intent of the partnership program is to increase research and its application in addiction and mental health services and in public and population health. They also have a focus on knowledge translation to assist with evidence informed addiction and mental health practice.

This document was produced on behalf of the Alberta Addiction & Mental Health Research Partnership Program through the efforts of Alberta Health Services, Provincial Addiction and Mental Health. Its purpose is to provide healthcare professionals and researchers with a list of mobile applications (apps) dealing with mental health and addiction-related issues. It is updated annually and mainly includes apps that have been released or updated within the previous year

Contents of this document are current to May 2019. Any omission or inaccuracy is unintentional. We invite you to comment, submit revisions, and/or provide further information to us at [amh.researchhub@ahs.ca](mailto:amh.researchhub@ahs.ca).

## **DISCLAIMER**

The Alberta Addiction & Mental Health Research Partnership Program:

- does not have any financial interests in any of the products listed in this document.
- does not endorse the use of the mobile applications listed in this document.

**The applications listed in this document have not been evaluated for privacy, security, or efficacy. This resource is intended for information purposes only.**

## **DEVELOPMENT**

### *PREPARED BY*

Knowledge Exchange

Knowledge, Performance & Integrated Planning

Provincial Addiction and Mental Health

Alberta Health Services

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## **BACKGROUND**

### **Information provided in this document**

This document provides a directory of mobile applications (apps) that may be used as aids in mental health or addiction conditions.

This information was gathered in March to May 2019 from various organizational websites and other sources in the public domain, and provides a brief cross-section of current apps related to addiction and mental health. Apps have been grouped into categories of disorders according to the Diagnostic and Statistical Manual of Mental Disorders 5 (“DSM-5”) (American Psychiatric Association, 2013). These categories are not mutually exclusive.

### **Intended audience**

This directory may be useful for:

- Clinicians looking for information about apps related to mental health or addiction
- Clinicians looking for electronic technologies to supplement care
- Researchers interested in learning about mobile health technology
- Application developers identifying gaps in the current app market

Further evaluation and clinical judgment is encouraged prior to recommending apps to patients.

### **Search**

A comprehensive search for apps was conducted in Google and academic databases (e.g., MEDLINE, PsycINFO). Apps were also identified from organizational websites, news articles, and other information sources in the public domain.

### **Effectiveness of mental health apps**

There is a wealth of commercial mental health apps available to smartphone users. Apps are viewed as a promising alternative to traditional face-to-face mental health care by offering tools of assessment, tracking, and treatment through the convenience of a handheld device (Van Ameringen et al., 2017). They have the potential to overcome treatment barriers, such as geographic location and financial cost, and to provide effective interventions for clinical populations. In recent years, there has been an increase in research examining mental health apps’ efficacy and effectiveness, although more research is needed to determine long-term outcomes (Fowler, Holt, & Joshi, 2016; Magee, Adut, Brazill, & Warnick, 2018; Rathbone, Clarry, & Prescott, 2017a; Rathbone & Prescott, 2017b; Van Ameringen et al., 2017).

There is some preliminary evidence suggesting that mental health interventions delivered via smartphone devices may help improve certain mental health conditions, such as anxiety and depression (Dubad, Winsper, Meyer, Livanou, & Marwaha, 2018; Firth et al., 2017a; Firth et al., 2017b) and tobacco dependence (Regmi, Kassim, Ahmad, & Tuah, 2017). However, it has yet to be determined if app interventions can match the effectiveness of traditional treatments. As such, patients and healthcare providers should be cautious when selecting and using apps for treatment.

## Selection and evaluation of apps

Due to the large number of mental health apps available, it can be a challenge to identify apps that are user-friendly and clinically effective. Most people searching for apps rely on app store ratings as an indication of an app's quality. Unfortunately, these ratings are based on subjective experiences of users, typically from a usability or visual standpoint, and are not reflective of an app's quality in terms of improving health outcomes (Bidargaddi et al., 2017). In addition, descriptions of apps' effectiveness may be misleading to users. In addition, mental health app descriptions often include claims about their effectiveness, but recent research has found that these claims are rarely based on high-quality evidence (Larsen et al., 2019).

In an effort to enhance app assessment, several evaluation tools have been developed, including:

- The Mental Health Commission of [Canada's Mental Health Apps: How to Make an Informed Choice](#) framework
- The American Psychiatric Association's [App Evaluation Model](#)
- The Canadian Medical Association's [Guiding Principles for Physicians Recommending Mobile Health Applications to Patients](#)
- The [Mobile App Rating Scale \(MARS\)](#)

Common evaluation criteria for mental health apps include:

- Classification (intended audience, program aim)
- Usability (ease of use, navigation)
- Visual design (aesthetics, layout)
- User engagement (interactivity, personalization)
- Business model (for-profit, not-for-profit)
- Privacy and security (terms of use, secure data, information sharing with third parties)
- Credibility (owner's credibility, evidence-based program, third-party endorsement)
- Content (evidence-based content, quality of information)
- Therapeutic persuasiveness (therapeutic rationale and pathway, ongoing feedback) (Baumel et al., 2017; Bidargaddi et al., 2017; Chan et al., 2017; Torous et al., 2019).

## Inclusion criteria for this directory

We include apps that have supporting evidence (such as research articles or positive expert reviews). When supporting evidence has been identified, a link to the source is provided.

In rare cases, we will include apps that do not have supporting evidence. In these cases, we include the apps only if:

- There are very few apps on a particular topic, and we want to provide a starting point.
- The app is created by a known reliable source.

Beyond identifying supporting evidence, we do not evaluate the apps in this directory. We recommend that you personally evaluate app quality before use—the tools listed in the “Selection and evaluation of apps” section above may be useful for this.

## Report format

For consistency, information is provided in a standard format throughout this report. The apps have been divided into categories based on their intended addiction or mental health use.

### MAJOR DISORDER CATEGORY

#### Specific Disorder Category

##### App Name

*Developer (Year of last update)*

Cost\*

Available on: [iOS](#) | [Android](#)

Summary of the main features of the app.

Supporting evidence:

- [Links to expert reviews or research studies \(if available\)](#)

*This app also applies to:*

- Section number and name for additional relevant conditions (if applicable)

##### \*Cost Legend:

- » Free
- » \$ = \$1.00-\$5.99
- » \$\$ = \$6.00-\$10.99
- » \$\$\$ = \$11.00-\$20.99
- » \$\$\$\$ = \$21.00-\$50.00
- » \$\$\$\$\$ = More than \$50.00

##### Note:

Apps listed as Free might also have “in-app” add-ons that have a cost associated with them.

## 1.0 NEURODEVELOPMENTAL DISORDERS

### 1.1 Communication Disorders & Autism Spectrum Disorders

There are a large number of autism apps available, which can make it difficult to choose the app that is right for your situation. To help inform your choice, see the following articles.

- [iPads and the Use of “Apps” by Children with Autism Spectrum Disorder: Do They Promote Learning?](#) (2016) – See “Recommendations for app use”
- [Evaluating iPad Technology for Enhancing Communication Skills of Children with Autism Spectrum Disorders](#) (2015)

#### **AACORN AAC**

*aacorn* (2018)

\$\$\$\$\$

Available on: [iOS](#)

Augmentative and alternative communication (AAC) app to support non-verbal children of all ages and abilities. Goes beyond single words to help children make sentences and improve language comprehension.

Supporting evidence:

- [Research study](#) (Kraleva & Kralev, 2018)

#### **Autism Language and Cognitive Therapy with MITA**

*ImagiRation LLC* (2019)

Free

Available on: [iOS](#) | [Android](#)

Mental Imagery Therapy for Autism (MITA) is an early-intervention app for children with Autism Spectrum Disorder. MITA aims to train mental integration and receptive language, starting with simple vocabulary, and progressing towards higher forms of language, such as adjectives, verbs, pronouns, and syntax.

Supporting evidence:

- [Research study](#) (Dunn et al., 2017)
- [Research study](#) (Kraleva & Kralev, 2018)
- [Research study](#) (Vyshedskiy et al., 2017)



**Avaz Pro – AAC app for Autism**

*Avaz, Inc. (2018)*

\$\$\$\$\$

Available on: [iOS](#)

Augmentative and alternative communication (AAC) app for children with complex communication needs. Uses a variety of learning and speech therapy tools to help children communicate.

Supporting evidence:

- [Research study](#) (Sankardas & Rajanahally, 2017)

**InnerVoice: Communication**

*iTherapy (2019)*

\$\$\$\$\$

Available on: [iOS](#)

InnerVoice teaches speech, language, and social communication skills to people with a variety of abilities. The app combines artificial intelligence technology with facial expressions, emotions, tone of voice, written words, and videos, which provides a multi-sensory learning experience.

Supporting evidence:

- [Research study](#) (Kraleva & Kraleev, 2018)

**LetMeTalk: Free AAC Talker**

*Appnotize UG (2018)*

Free

Available on: [iOS](#) | [Android](#)

Augmentative and alternative communication (AAC) app to support people with communication difficulties. Includes more than 9,000 images and allows users to add their own images.

Supporting evidence:

- [Research study](#) (Kraleva & Kraleev, 2018)

**Proloquo2Go**

*AssistiveWare (2019)*

\$\$\$\$\$

Available on: [iOS](#)

Augmentative and alternative communication (AAC) app for people who have difficulty speaking. Uses a variety of methods including picture symbols and text-to-speech voices to help people communicate effectively.

Supporting evidence:

- [Research study](#) (Alzrayer, Banda, & Koul, 2017)

**See.Touch.Learn Pro**

*Brain Parade (2017)*

\$\$\$\$\$

Available on: [iOS](#)

Designed for parents and educators, this app provides visual instruction through picture cards for children with autism and special needs. Includes pre-designed exercises and also allows for custom exercises and lessons and performance tracking.

Supporting evidence:

- [Research study](#) (Mykyta & Zhou, 2017)

## 1.2 Attention-Deficit/Hyperactivity Disorder

**Evernote**

*Evernote Corporation (2019)*

Free

Available on: [iOS](#) | [Android](#)

Evernote is a planner app that helps its users organize their work in multiple formats, syncs content across devices, and allows for sharing and collaboration.

Supporting evidence:

- [Research study](#) (Moëll, Kollberg, Nasri, Lindefors, & Kaldo, 2015)

## 2.0 SUBSTANCE-RELATED DISORDERS AND ADDICTIVE DISORDERS

### 2.1 Alcohol-Related Disorders

#### **AlcoDroid Alcohol Tracker**

*Myrecek (2018)*

Free

Available on: [Android](#)

Tracks alcohol consumption, helps users maintain a drink diary, and calculates blood alcohol content. Allows users to monitor drinking habits and set goals.

Supporting evidence:

- [Expert review](#) (Practical Apps)
- [Expert review](#) (Health Navigator)

#### **Daybreak – Drink less**

*Hello Sunday Morning (2019)*

Free 3-week trial, monthly and annual subscriptions available after trial (\$\$\$ monthly).

*\*See app description for information about sponsorship if cost is a concern.*

Available on: [iOS](#) | [Android](#)

Daybreak is funded by the Australian Department of Health and offers professional “coaches” to help users get control of their drinking habits. Users are encouraged to make changes based on their goals and motivations through tailored activities, and contribute to the online support community.

Supporting evidence:

- [Expert review](#) (MindTools.io)

**Drink Less.**

*Robert West (2019)*

Free

Available on: [iOS](#)

Drink Less was created by a team of behavioural scientists at University College London. The app allows users to keep track of their drinking and how it changes over time, set goals for the targets that are important to them, play games designed to strengthen their resolve to drink less alcohol, and create plans to deal with situations where they may be tempted to drink.

Supporting evidence:

- [Research study](#) (Crane, Garnett, Michie, West, & Brown, 2018)
- [Expert review](#) (Beacon)

**DrinkControl – Drink Tracker**

*E-protect (2019)*

Free

Available on: [iOS](#)

DrinkControl tracks and converts your alcohol intake quantities, such as glasses, bottles or cans, into the standard units of alcohol, and lets you know when you are going over the limits (set by moderate drinking guidelines). It also informs users how much they have spent on drinks and the calories consumed from alcohol.

Supporting evidence:

- [Expert review](#) (Health Navigator)

**Nomo – Sobriety Clocks**

*Parker Stech (2019)*

Free

Available on: [iOS](#) | [Android](#)

Monitors sobriety time, provides “chip” awards for recovery milestones, and tracks money saved over time.

Supporting evidence:

- [Expert review](#) (Practical Apps)

### **Saying When: How to Quit Drinking or Cut Down**

*Centre for Addiction and Mental Health (2016)*

Free

Available on: [iOS](#) | [Android](#)

Includes a variety of tools to help decrease drinking. Users complete a self-assessment and create personalized goals. Coping strategies and a drink tracker are also included.

Supporting evidence:

- [Expert review](#) (Practical Apps)

### **Triggr Health**

*Triggr, LLC (2019)*

Free

Available on: [iOS](#) | [Android](#)

The app targets addiction recovery and is focused on reducing substance dependence for a range of drugs, including alcohol, opioids, and methamphetamine.

Supporting evidence:

- [Research study](#) (Chapman et al., 2018)

*This app also applies to:*

- 2.3 Opioid Use Disorder

### **VetChange**

*US Department of Veterans Affairs (2019)*

Free

Available on: [iOS](#)

VetChange is designed for veterans or military members who are concerned about their drinking and how it relates to posttraumatic stress after deployment. The app provides tools for cutting down or quitting drinking and managing stress symptoms, as well as education about alcohol use and how it relates to PTSD symptoms.

Supporting evidence:

- [Expert review](#) (MindTools.io)

## 2.2 Tobacco-Related Disorders

### **QuitGuide – Quit Smoking**

*ICF International (2019)*

Free

Available on: [iOS](#) | [Android](#)

Tracks cigarette cravings and moods, monitors progress toward milestones, and identifies triggers and strategies to deal with them.

Supporting evidence:

- [Research study](#) (Bricker et al., 2014)
- [Expert review](#) (Beacon)
- [Expert review](#) (Health Navigator)

### **Smoke Free – Quit Smoking Now**

*David Crane (2019)*

Free

Available on: [iOS](#) | [Android](#)

Keeps track of money saved from being smoke free and the number of cigarettes avoided. Provides information to help deal with cravings, and demonstrates how users' health is improving over time.

Supporting evidence:

- [Research study](#) (Crane, Ubhi, Brown, & West, 2019)
- [Expert review](#) (Practical Apps)

## 2.3 Opioid Use Disorder

**emocha**

*emocha Mobile Health (2019)*

Free

Available on: [iOS](#) | [Android](#)

Helps patients achieve stability during buprenorphine treatment for opioid use disorder by video recording taking their dose each day and reporting side effects or symptoms. It also helps track appointments and provides general information.

Supporting evidence:

- [Expert review](#) (Johns Hopkins Medicine – Note a potential conflict of interest: Johns Hopkins Medicine owns equity in this company and receives royalties.)

**Opioid Awareness**

*Wood Buffalo RCSD (2018)*

Free

Available on: [Android](#)

Designed to help family and friends deal with opioid overdose in the Fort McMurray area. The app includes first aid steps for opioid overdose, health information around opioid use, contact information for support services and naloxone in the area.

**Talk About Opioids**

*Kognito Interactive (2018)*

Free

Available on: [iOS](#) | [Android](#)

Clinical practice simulation to allow healthcare providers to learn and practice effective techniques to identify patients with opioid use disorder and discuss symptoms and appropriate treatment options.

Supporting evidence:

- [Expert review](#) (Providers Clinical Support System)

**Triggr Health**

Available on: [iOS](#) | [Android](#)

See 2.1 Alcohol-Related Disorders for full description.

## 2.4 Non-Substance Related Disorders (Gambling Disorder)

### **Monitor Your Gambling & Urges**

*Centre for Addiction and Mental Health (CAMH) (2018)*

Free

Available on: [iOS](#) | [Android](#)

Provides a way to monitor gambling behaviour through self-reported entries about gambling urges, triggers, and outcomes. The information is used to create reports that allow users to see patterns in their gambling behaviours.

Supporting evidence:

- [Expert review](#) (Beacon)



## 3.0 MOOD DISORDERS

### **BoosterBuddy**

*Island Health (2017)*

Free

Available on: [iOS](#) | [Android](#)

Helps teens and young adults improve their mental health through gamification of daily tasks. Based on different intervention strategies such as cognitive behavioral therapy, meditation, and mindfulness, the program uses a series of games and quests to teach coping skills, follow self-care routines, increase real-life socialization, and establish positive habits.

Supporting evidence:

- [Expert review](#) (*Family Practice Management* journal)
- [Expert review](#) (*Psychiatric Services* journal)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (MindTools.io)

### **Daylio – Diary, Journal, Mood Tracker**

*Habitics (2019)*

Free

Available on: [iOS](#) | [Android](#)

Daylio helps users track their moods and the activities related to them, in order to better see patterns.

Supporting evidence:

- [Research study](#) (Cristol, 2018)
- [Expert review](#) (*mHealth* journal)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (MindTools.io)

### **MoodKit – Mood Improvement Tools**

*ThrivePort, LLC (2016)*

\$\$

Available on: [iOS](#)

Provides mood improvement activities, guidance to modify distressing thoughts, and tracks mood over time.

Supporting evidence:

- [Expert review](#) (PsyberGuide)
- [Expert review](#) (Anxiety and Depression Association of America)

### **MoodTools – Depression Aid**

*MoodTools (2019)*

Free

Available on: [iOS](#) | [Android](#)

Helps users with clinical depression improve their mood and functioning using six tools: information, videos for mood improvement, a thought diary, mood improvement activities, a symptom severity test (PHQ-9 depression questionnaire), and a safety plan.

Supporting evidence:

- [Expert review](#) (Anxiety and Depression Association of America)
- [Expert review](#) (*Family Practice Management* journal)
- [Expert review](#) (PsyberGuide)

### **SuperBetter**

*SuperBetter, LLC (2018)*

Free

Available on: [iOS](#) | [Android](#)

This game helps users to build resilience and stay motivated and optimistic to overcome real life challenges.

Supporting evidence:

- [Research study](#) (Roepke et al., 2015)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (MindTools.io)

## **T2 Mood Tracker**

*National Center for Telehealth & Technology (2018)*

Free

Available on: [iOS](#) | [Android](#)

Helps users track their emotional experience over time using sliding scales on six pre-loaded areas: anxiety, depression, general well-being, head injury, PTSD, and stress. The app then develops reports that can be shared with a healthcare provider.

Supporting evidence:

- [Research study](#) (Bush, Ouellette, & Kinn, 2014)
- [Expert review](#) (Anxiety and Depression Association of America)
- [Expert review](#) (Health Navigator)
- [Expert review](#) (PsyberGuide)

*This app also applies to:*

- 4.0 Anxiety Disorders
- 5.1 Post-Traumatic Stress Disorder (PTSD)
- 7.3 Stress

## **Virtual Hope Box**

*National Center for Telehealth & Technology (2019)*

Free

Available on: [iOS](#) | [Android](#)

Includes tools to help people suffering from depression with coping, relaxation, distraction, and positive thinking. This app can be used in collaboration with a mental health provider to address specific problem areas.

Supporting evidence:

- [Research study](#) (Pospos et al., 2018)
- [Research study](#) (Bush et al., 2017)
- [Expert review](#) (PsyberGuide)

*This app also applies to:*

- 6.6 Suicide and Self-harm

### **Wysa: Stress, depression & anxiety therapy chatbot**

*Touchkin (2020)*

Free

Available on: [iOS](#) | [Android](#)

Wysa is a chatbot that keeps track of your mood with friendly chats and helps fight stress and anxiety with a variety of tools and exercises, including calming meditation and mindfulness practices.

Supporting evidence:

- [Research study](#) (Inkster, Sarda, & Subramanian, 2018)
- [Research study](#) (Kretzschmar et al., 2019)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (MindTools.io)

*This app also applies to:*

- 4.0 Anxiety Disorders
- 7.3 Stress

## **4.0 ANXIETY DISORDERS**

### **7 Cups: Anxiety & Stress Chat**

*7 Cups of Tea (2019)*

Free

Available on: [iOS](#) | [Android](#)

Provides a chat messaging platform (available via the app or a web browser) for users to receive emotional support and counselling through trained volunteers and self-help tools. There is also a fee-based option to speak with certified therapists.

Supporting evidence:

- [Expert review](#) (*Family Practice Management journal*)
- [Expert review](#) (MindTools.io)

*This app also applies to:*

- 7.3 Stress
- 7.6 On-Demand Care

## **AnxietyCoach**

*Mayo Clinic (2017)*

\$\$

Available on: [iOS](#)

Uses cognitive behavioural therapy approaches to reduce a wide variety of fears and worries, from extreme shyness to obsessions and compulsions. Users make a list of feared activities and are then guided through mastering them, which can increase confidence and coping.

Supporting evidence:

- [Research study](#) (Carper, 2017)
- [Research study](#) (Grist, Porter, & Stallard, 2017)
- [Expert review](#) (Practical Apps – Child & Adolescent)
- [Expert review](#) (Practical Apps – Adult)
- [Expert review](#) (Beacon)

## **Headspace: Guided Meditation**

*Headspace Inc. (2019)*

Free

Available on: [iOS](#) | [Android](#)

Includes hundreds of guided meditations on a wide range of topics, including sleep, focus, and exercise. Users can track their progress and time spent meditating. The free version is limited, but users can subscribe for expanded offerings.

Supporting evidence:

- [Research study](#) (Mistler, Ben-Zeev, Carpenter-Song, Brunette, & Friedman, 2017)
- [Research study](#) (Howells, Ivtzan, & Eiroa-Orosa, 2016)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (Practical Apps)
- [Expert review](#) (MindTools.io)
- [Expert review](#) (Anxiety and Depression Association of America)
- [Expert review](#) (Health Navigator)

*This app also applies to:*

- 7.3 Stress
- 7.5 Sleep

**MindShift CBT – Anxiety Canada**

*Anxiety Disorders Association of British Columbia (2019)*

Free

Available on: [iOS](#) | [Android](#)

Designed to help users cope with anxiety. In addition to providing strategies to deal with everyday anxiety, this app also offers specific tools to tackle issues like social anxiety and perfectionism.

Supporting evidence:

- [Research study](#) (Paul & Fleming, 2019)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (Practical Apps)
- [Expert review](#) (Anxiety and Depression Association of America)
- [Expert review](#) (Health Navigator)

**Sanvello for Stress, Anxiety & Depression** (previously Pacifica)

*Sanvello Health Inc. (2020)*

Free

Available on: [iOS](#) | [Android](#)

Offers tools to help ease stress and anxiety, including a daily mood tracker and relaxation audio recordings.

Supporting evidence:

- [Expert review](#) (Anxiety and Depression Association of America)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (Practical Apps)
- [Expert review](#) (MindTools.io)

### **Self-help Anxiety Management**

*University of the West of England (2017)*

Free

Available on: [iOS](#) | [Android](#)

Provides users with a symptom tracker, educational articles, self-help techniques, and social support through a closed social networking function.

Supporting evidence:

- [Research study](#) (Matthews, Topham, & Caleb-Solly, 2018)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (Anxiety and Depression Association of America)
- [Expert review](#) (Health Navigator)

### **T2 Mood Tracker**

Available on: [iOS](#) | [Android](#)

*See 3.0 Mood Disorders for full description.*

### **Thrive: Mental Wellbeing**

*Thrive Therapeutic Software Ltd (2019)*

Free

Available on: [iOS](#) | [Android](#)

Helps users monitor their mood and teaches relaxation techniques such as meditation and deep muscle relaxation to help people cope better with stressful situations. It also includes cognitive behavioural therapy techniques to help users manage negative thoughts.

Supporting evidence:

- [Research study](#) (Christoforou, Fonseca, & Tsakanikos, 2017; note that this research was done with an older version of the app, called Stress Free)
- [Expert review](#) (PsyberGuide)

*This app also applies to:*

- 7.3 Stress

### **Wysa: Stress, depression & anxiety therapy chatbot**

Available on: [iOS](#) | [Android](#)

*See 3.0 Mood Disorders for full description.*

## 5.0 TRAUMA- AND STRESSOR-RELATED DISORDERS

### 5.1 Post-Traumatic Stress Disorder (PTSD)

#### **CPT Coach**

*US Department of Veterans Affairs (2019)*

Free

Available on: [iOS](#) | [Android](#)

Designed to be used by the patient to complement their cognitive processing therapy (CPT) treatment, this app offers education about PTSD symptoms and a guide to following the assessments that correspond with each of week of treatment.

Supporting evidence:

- [Expert review](#) (PsyberGuide)
- [Expert review](#) (Anxiety and Depression Association of America)

#### **PTSD Coach**

*US Department of Veterans Affairs (2018)*

Free

Available on: [iOS](#) | [Android](#)

Provides information about PTSD, self-assessment tools, support opportunities, and tools to manage post-traumatic stress.

Supporting evidence:

- [Research study](#) (Kuhn et al., 2017)
- [Research study](#) (Possemato et al., 2016)
- [Expert review](#) (Beacon)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (Anxiety and Depression Association of America)
- [Expert review](#) (Health Navigator)



**PTSD Coach Canada**

*Veterans Affairs Canada (2017)*

Free

Available on: [iOS](#)

Supplies information and self-help tools that aid individuals to learn about and manage symptoms after trauma. Also includes direct links to support.

Supporting evidence:

- [Expert review](#) (Practical Apps)
- [Expert review](#) (*mHealth* journal)

**PTSD Family Coach**

*US Department of Veterans Affairs (2018)*

Free

Available on: [iOS](#) | [Android](#)

Designed for family members of those living with PTSD, this app provides extensive information about PTSD, how to take care of yourself, how to take care of your relationship with your loved one or with children, and how to help your loved one get treatment.

Supporting evidence:

- [Expert review](#) (Practical Apps)

**T2 Mood Tracker**

Available on: [iOS](#) | [Android](#)

*See 3.0 Mood Disorders for full description.*

## 6.0 OTHER CONDITIONS

### 6.1 Cognitive Disorders

#### **BrainHQ**

*Posit Science (2019)*

Free

Available on: [iOS](#) | [Android](#)

Provides brain exercises that adapts to each user, getting more challenging as performance improves. The free version of the app includes one exercise every day. For full access, a subscription is required.

Supporting evidence:

- [Research study](#) (Knoefel et al., 2018)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (MindTools.io)

#### **CogniFit Brain Fitness**

*CogniFit Inc. (2019)*

Free

Available on: [iOS](#) | [Android](#)

Uses brain exercises to evaluate and improve users' cognitive abilities. Includes brain challenges, memory games, puzzles, intelligence games, educational, and learning games.

Supporting evidence:

- [Research study](#) (Bahar-Fuchs et al., 2019)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (MindTools.io)

### **Peak – Brain Training**

*Peaklabs (2019)*

Free

Available on: [iOS](#) | [Android](#)

Includes over 40 unique games developed by neuroscientists and game experts to challenge users' cognitive skills. Provides recommendations to reach specific goals or for limited time, and tracks progress.

Supporting evidence:

- [Expert review](#) (PsyberGuide)
- [Expert review](#) (MindTools.io)

## **6.2 Eating Disorders**

### **Jourvie**

*Jourvie gemeinnützige UG (2019)*

Free

Available on: [iOS](#) | [Android](#)

Allows users to track their meals, thoughts, and feelings, with the option to export the logs and send the information to a provider. Also includes coping strategies and activities.

Supporting evidence:

- [Expert review](#) (PsyberGuide)

### **Recovery Record for Clinicians**

*Recovery Record (2019)*

Free

Available on: [iOS](#) | [Android](#)

Designed for clinicians who treat eating disorders. With permission from the patient, it links with the patient's Recovery Record self-monitoring app (listed above) to help clinicians track patient data and outcomes.

Supporting evidence:

- [Research study](#) (Lindgreen, Clausen, & Lomborg, 2018)
- [Research study](#) (Juarascio et al., 2015)
- [Expert review](#) (Health Navigator)

### **Rise Up + Recover**

*Recovery Warriors (2015)*

Free

Available on: [iOS](#) | [Android](#)

Helps users track their meals, moods, and factors that affect problematic eating behaviours. Offers tips related to recovery around a variety of themes, including body image, journal activities, mindfulness, relationships.

Supporting evidence:

- [Research study](#) (Juarascio et al., 2015)
- [Expert review](#) (Health Navigator)
- [Expert review](#) (MindTools.io)

### **RR Eating Disorder Management**

*Recovery Record (2019)*

Free

Available on: [iOS](#) | [Android](#)

Allows users to keep a record of meals, thoughts, and feelings. Users can customize meal plans, receive and send anonymous encouragement messages to other people using the app, and share progress with their treatment team.

Supporting evidence:

- [Research study](#) (Lindgreen, Clausen, & Lomborg, 2018)
- [Research study](#) (Juarascio et al., 2015)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (Health Navigator)

## **6.3 Obsessive-Compulsive Disorder (OCD)**

### **NOCD: Effective care for OCD**

*NOCD INC (2019)*

Free

Available on: [iOS](#) | [Android](#)

Designed for people with OCD who are undergoing cognitive behavioural therapy (CBT), exposure and response prevention (ERP), or acceptance and commitment therapy (ACT). Provides a variety of personalized features to complement ongoing treatment.

Supporting evidence:

- [Research study](#) (Hong, Sanchez, & Comer, 2019)
- [Expert review](#) (PsyberGuide)

## 6.4 Parkinson's Disease

### **Beats Medical Parkinsons Treatment App**

*Beats Medical Ltd (2017)*

Free

Available on: [iOS](#)

Provides tailored daily exercises to help people with Parkinson's disease with their mobility, speech, and dexterity.

Supporting evidence:

- [Expert review](#) (Parkinson's UK)

### **Swallow Prompt**

*Speechtools Ltd (2019)*

\$

Available on: [iOS](#) | [Android](#)

Helps people with Parkinson's disease remember to swallow by delivering regular and discreet prompts.

Supporting evidence:

- [Expert review](#) (Parkinson's UK)

### **Voice Analyst**

*Speechtools Ltd (2019)*

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Available on: [iOS](#) | [Android](#)

Allows users to measure the volume and pitch of their voice, and set targets for maximum and minimum levels of each. Can be used for self-monitoring or to share progress with a speech therapist.

Supporting evidence:

- [Expert review](#) (Parkinson's UK)

## 6.5 Schizophrenia

### Schizophrenia Storylines

*Health Storylines (2018)*

Free

Available on: [iOS](#) | [Android](#)

Developed in partnership with the Schizophrenia and Related Disorders Alliance of America (SARDAA), this app allows users to record details about symptoms, medication, moods, and more.

Supporting evidence:

- [Research study](#) (Torous et al., 2017)

## 6.6 Suicide and Self-harm

### Calm Harm

*Stem4 (2019)*

Free

Available on: [iOS](#) | [Android](#)

Using principles from dialectical behaviour therapy, this app directs the user to “ride the wave” of the urge to self-harm. The user can choose 5 or 15 minute blocks of different activities to overcome urges as they arise.

Supporting evidence:

- [Expert review](#) (MindTools.io)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (The British Psychological Society)

**Self-Heal**

*University of Oxford (2019)*

Free

Available on: [iOS](#) | [Android](#)

Includes information and advice about self-harm, a gallery of mood-boosting pictures, and suggests distraction tasks for crisis management.

Supporting evidence:

- [Expert review](#) (The British Psychological Society)

**Stay Alive**

*Grassroots Suicide Prevention (2019)*

Free

Available on: [iOS](#) | [Android](#)

Includes suicide prevention resources, a safety plan, customizable reasons for living, and a “life box” where users can store photos that are important to them.

Supporting evidence:

- [Research study](#) (Pospos et al., 2018)

**Suicide Safe by SAMHSA**

*SAMHSA (2019)*

Free

Available on: [iOS](#)

This learning tool offers tips and advice for care providers who are helping individuals cope with suicidal ideation. The app offers tips on how to communicate effectively with patients and their families, determine appropriate next steps, and make referrals to treatment and community resources.

**Virtual Hope Box**

Available on: [iOS](#) | [Android](#)

*See 3.0 Mood Disorders for full description.*



## 7.0 GENERAL INFORMATION

### 7.1 Education Tools

#### **3D Brain**

*Cold Spring Harbor Laboratory (2017)*

Free

Available on: [iOS](#) | [Android](#)

Interactive map of the brain, complete with information about functions, consequences of injury, and associations with mental illness.

#### **DSM-5 Diagnostic Criteria**

*American Psychiatric Association (2017)*

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Available on: [iOS](#) | [Android](#)

Psychiatric reference including all diagnostic criteria from DSM-5. Targeted for mental health care practitioners.

#### **mhGAP-IG 2.0 App (e-mhGAP)**

*Universal Projects and Tools S.L. (2018)*

Free

Available on: [iOS](#) | [Android](#)

Official e-version of the World Health Organization's mhGAP Intervention Guide for mental, neurological, and substance use disorders in non-specialist health settings.

#### **PsycExplorer – What's Happening Now in Psychology**

*The Psych Files (2017)*

\$

Available on: [iOS](#)

Keeps users informed of the latest news, blog posts, and videos in the field of psychology.

### **Research Digest**

*The British Psychological Society (2018)*

Free

Available on: [iOS](#) | [Android](#)

Offers a digest version of a new journal article in psychology each weekday, focusing on new psychological science developments and methods.

### **The Psychologist**

*The British Psychological Society (2018)*

Free

Available on: [iOS](#) | [Android](#)

Reports on the latest science of mind and behaviour, including features, news, interviews, reviews and more.

## **7.2 Schools & Workplaces**

### **KnowBullying by SAMHSA**

*SAMHSA (2019)*

Free

Available on: [iOS](#)

This app is designed for parents and teachers. It aims to help users have conversations with children about bullying, share successful bullying prevention strategies, recognize when a child is being bullied or engaging in bullying, and prevent bullying in the classroom.

## **7.3 Stress**

### **7 Cups: Anxiety & Stress Chat**

Available on: [iOS](#) | [Android](#)

See 4.0 Anxiety Disorders for full description.

**Breathe2Relax**

*National Center for Telehealth & Technology (2018)*

Free

Available on: [iOS](#) | [Android](#)

Includes stress management tools that provide information on the effects of stress on the body and practice exercises for diaphragmatic breathing.

Supporting evidence:

- [Expert review](#) (PsyberGuide)
- [Expert review](#) (Anxiety and Depression Association of America)

**Happify**

*Happify, Inc. (2019)*

Free

Available on: [iOS](#) | [Android](#)

Designed to help adults improve overall well-being and happiness, with influences from positive psychology, cognitive behavioural therapy and mindfulness. Users complete happiness activities to earn points and enter to win prizes.

Supporting evidence:

- [Expert review](#) (Anxiety and Depression Association of America)
- [Expert review](#) (PsyberGuide)

**Headspace: Guided Meditation**

Available on: [iOS](#) | [Android](#)

*See 4.0 Anxiety Disorders for full description.*

### **MindSurf – Manage Stress**

*Tim Carey (2018)*

Free

Available on: [iOS](#)

Based on the Method of Levels, a transdiagnostic cognitive therapy developed by clinical psychologists. The app sends users questions throughout the day to help examine their feelings and thoughts. Users become more aware of their feelings and thoughts, which can help relieve stress and anxiety.

Supporting evidence:

- [Research study](#) (Carey, Haviland, Tai, Vanags, & Mansell, 2016)
- [Expert review](#) (Beacon)

### **Smiling Mind**

*Smiling Mind (2019)*

Free

Available on: [iOS](#) | [Android](#)

Daily mindfulness meditations to help alleviate stress, anxiety, and depression. Includes programs tailored for different age groups (children, teens, adults) and settings (work, school, sports).

Supporting evidence:

- [Research study](#) (Flett, Hayne, Riordan, Thompson, & Conner, 2018)
- [Research study](#) (Mani, Kavanagh, Hides, & Stoyanov, 2015)
- [Expert review](#) (Health Navigator)
- [Expert review](#) (PsyberGuide)

### **T2 Mood Tracker**

Available on: [iOS](#) | [Android](#)

*See 3.0 Mood Disorders for full description.*

### **Thrive: Mental Wellbeing**

Available on: [iOS](#) | [Android](#)

*See 4.0 Anxiety Disorders for full description.*

### **Wysa: Stress, depression & anxiety therapy chatbot**

Available on: [iOS](#) | [Android](#)

See 3.0 Mood Disorders for full description.

## **7.4 Medication Management**

### **Dosecast – Medication Reminder**

Montuno Software, LLC (2019)

Free

Available on: [iOS](#) | [Android](#)

Users receive notifications to take medications, vitamins, or birth control pills. Offers customizable dose instructions and scheduling to match specific user needs.

Supporting evidence:

- [Research study](#) (Wu et al., 2018)
- [Research study](#) (Santo et al., 2016)
- [Research study](#) (Trujillo, 2015)

### **Epocrates**

Epocrates, Inc. (2019)

Free

Available on: [iOS](#) | [Android](#)

Provides a wide range of information and supports for healthcare providers regarding drug prescribing practices.

Supporting evidence:

- [Expert review](#) (*Journal of Digital Imaging*)

### **Pill Reminder and Medication Tracker**

*MediSafe Inc. (2019)*

Free

Available on: [iOS](#) | [Android](#)

Helps users to take their medicine on time. Also allows users to engage their families or caregivers to assist with their medication management.

Supporting evidence:

- [Research study](#) (Santo et al., 2016)
- [Expert review](#) (Health Navigator)
- [Expert review](#) (*Journal of Nurse Practitioners*)

## **7.5 Sleep**

### **CBT-i Coach**

*US Department of Veterans Affairs (2019)*

Free

Available on: [iOS](#) | [Android](#)

Provides strategies to improve sleeping habits and ease symptoms of insomnia. May be used by people engaged in cognitive behavioural therapy (CBT) for insomnia.

Supporting evidence:

- [Research study](#) (Yu, Kuhn, Miller, & Taylor, 2019)
- [Research study](#) (Koffel et al., 2018)
- [Research study](#) (Miller et al., 2017)
- [Expert review](#) (Practical Apps)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (Health Navigator)

### **Headspace: Guided Meditation**

Available on: [iOS](#) | [Android](#)

See 4.0 Anxiety Disorders for full description.

**InsomniaFix**

*Behavioral Health Solutions, LLC (2018)*

Free

Available on: [iOS](#) | [Android](#)

Provides users with education about insomnia, a questionnaire about their sleep habits, and recommended sleep schedule and instructions. Includes sleep-related alerts and reminders, a daily sleep diary, and sleep analysis.

Supporting evidence:

- [Research study](#) (Yu, Kuhn, Miller, & Taylor, 2019)

**Sleep: Better Sleep with CBT**

*Learning 2 Sleep (2016)*

Free

Available on: [iOS](#)

Provides users with CBT-based tools to address insomnia. Features include: mindfulness audio exercises, sleep evaluation test, bedtime routine checklist, and a sleep health diary to track moods and sleep patterns.

Supporting evidence:

- [Research study](#) (Yu, Kuhn, Miller, & Taylor, 2019)

**Sleepio**

*Big Health Ltd (2018)*

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Available on: [iOS](#)

Designed to help users overcome persistent sleep problems with a personalized program of cognitive behavioural therapy (CBT) techniques.

Supporting evidence:

- [Research study](#) (Cowie, Bower, Gonzales, & Alfano, 2018)
- [Research study](#) (Elison et al., 2017)
- [Research study](#) (Freeman et al., 2017)
- [Research study](#) (Espie et al., 2012)
- [Expert review](#) (Practical Apps)

### **Somnology MD**

*Somnology, Inc. (2018)*

Free

Available on: [iOS](#)

Intended to help people with sleep disorders such as snoring disturbance and insomnia. Provides a questionnaire to help users identify potential sleep disorders to discuss with their doctor, and includes recommendations to improve sleep habits and patterns.

Supporting evidence:

- [Research study](#) (Yu, Kuhn, Miller, & Taylor, 2019)

## **7.6 On-Demand Care**

### **7 Cups: Anxiety & Stress Chat**

Available on: [iOS](#) | [Android](#)

See 4.0 Anxiety Disorders for full description.

### **Akira – Healthcare On-Demand**

*Akira Medical Ltd. (2018)*

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Available on: [iOS](#) | [Android](#)

Provides on-demand access to Canadian doctors and nurse practitioners by text and video.

### **Talkspace Online Therapy**

*Talkspace (2019)*

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Available on: [iOS](#) | [Android](#)

Provides unlimited access to on-demand therapy and counselling from a licensed therapist.

Supporting evidence:

- [Expert review](#) (MindTools.io)
- [Expert review](#) (PsyberGuide)





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