Addiction and Mental Health Mobile Apps Directory
January 2021
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Citation

About this directory

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 May and June 2020 from various organizational websites and other sources in the public domain, and provides a brief overview of available evidence-based 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*, 5th edition (DSM-5) (American Psychiatric Association, 2013).

Intended audience

This directory may be useful for:
- Clinicians looking for information about apps related to mental health or addiction for their patients. (Note: We encourage further evaluation and clinical judgment before recommending apps to patients.)
- Clinicians looking for technologies to supplement care.
- Researchers interested in learning about mobile health technology.
- App developers identifying gaps in the current app market.

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 et al., 2016; Magee et al., 2018; Rathbone et al., 2017a; Rathbone & Prescott, 2017b; Van Ameringen et al., 2017).

There is some evidence suggesting that mental health interventions delivered via smartphone devices may help improve certain mental health conditions, such as anxiety and depression (Dubad et al., 2018; Firth et al., 2017a and 2017b; Karyotaki et al., 2021; Lecomte et al., 2020; Linardon et al., 2019; Weisel et al., 2019) and in some cases of tobacco dependence (Regmi et
al., 2017; Weisel et al., 2019; Whittaker et al., 2019). However, it is not yet clear if app interventions can be as effective as traditional treatments. While many Canadians have reported that they believe apps can help them cope with mental illness (Ipsos, 2018), evidence suggests that user engagement with mental health apps can be low (Baumel et al., 2019; Torous et al., 2018).

As such, patients and healthcare providers should be cautious when selecting apps for treatment to ensure they are based in evidence and found to be user-friendly and engaging.

**Selecting and evaluating 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 do not reflect an app’s quality in terms of improving health outcomes (Bidargaddi et al., 2017). 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](https://www.mhcanada.ca/mhapps) framework
- The Canadian Medical Association’s [Guiding Principles for Physicians Recommending Mobile Health Applications to Patients](https://www.cmaj.ca/content/190/10/E1)
- The [Mobile App Rating Scale (MARS)](https://www.machts.org)

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; Zelmer et al., 2018).
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.

Directory format

Information is provided in a standard format throughout this directory. The apps have been divided into categories based on their intended addiction or mental health use.

### Major Disorder Category

<table>
<thead>
<tr>
<th>App Name</th>
<th>Developer (Year of last update)</th>
<th>Cost*</th>
<th>Available on: iOS</th>
<th>Android</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summary of the main features of the app.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Supporting evidence:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Links to available research studies or expert review</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>*This app also applies to:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- DSM-5 section number and name for additional relevant conditions (if applicable)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Cost Legend:*
- » Free
- » $ = $1-$5.99
- » $$ = $6-$10.99
- » $$$ = $11-$20.99
- » $$$$ = $21-$50
- » $$$$$ = More than $50

**Note:**
Apps listed as Free might also have “in-app” add-ons that have a cost associated with them.
Online version of this directory

This directory is also available as an online database. This version is hosted on the free Airtable platform. It looks much like an Excel spreadsheet, but is more flexible for sorting and filtering the information that interests you (see below). You can also print the filtered database, or download the data in CSV format.

The top menu bar includes all the options for manipulating the data.

Note that you can apply multiple filters to limit results by cost, platform, disorder, main features, target population, and supporting evidence.
1.0 Neurodevelopmental Disorders

1.1 Communication Disorders & Autism Spectrum Disorders

These articles may be helpful in choosing an appropriate app for children with autism:
- **iPads and the Use of “Apps” by Children with Autism Spectrum Disorder: Do They Promote Learning?** (2016) – See “Recommendations for app use”

**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)
- **Expert review** (BridgingApps)

**Avaz AAC**

*Avaz, Inc. (2020)*

Available on: **iOS | Android**

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)
- **Research study** (Sonawane & Varshneya, 2020)
**InnerVoice Smart Communication**

*iTherapy (2020)*

Free

Available on: [iOS](https://apps.apple.com)

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 & Kralev, 2018)

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**Language and Cognitive Therapy for Children (MITA)**

*ImagiRation LLC (2020)*

Free

Available on: [iOS](https://apps.apple.com) | [Android](https://play.google.com)

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)
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 & Kralev, 2018)

Proloquo2Go
AssistiveWare (2020)
$$$$$$

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 et al., 2017)
- Research study (Collette et al., 2019)
- Research study (Krcek, 2015)
See.Touch.Learn Pro

*Brain Parade (2017)*

$$$$$

Available on: [iOS](https://www.apple.com/apps/download/)

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](https://example.com) (Allen et al., 2015)
- [Research study](https://example.com) (Mykyta & Zhou, 2017)

### 1.2 Attention Deficit/Hyperactivity Disorder

**Evernote**

*Evernote Corporation (2020)*

Free

Available on: [iOS](https://www.apple.com/apps/download/) | [Android](https://example.com)

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](https://example.com) (Moëll et al., 2015)
1.3 Motor Disorders

**BT-Coach English**  
Tim Limpt (2017)  
Free

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

Supports home practice of exposure and response prevention (ERP) in the treatment of tics and Tourette Syndrome. Users learn to suppress their tics as long as possible as well as tolerate the tic alarms that precede the tics.

Supporting evidence:
- [Expert review](#) (iMedicalApps)
2.0 Schizophrenia Spectrum and Psychotic Disorders

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

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**UCSF PRIME**  
*UC San Francisco (2018)*  
Free

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

Developed to inspire young people with schizophrenia to improve their quality of life through social networking with relatable peers, goal-setting focused on promoting well-being, and access to mental health motivational coaches.

Supporting evidence:
- Research study ([Schlosser et al., 2018](#))
3.0 Depressive Disorders

Daylio – Diary, Journal, Mood Tracker
Habitics (2020)
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
ThrivePort, LLC (2020)
$$

Available on: iOS

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

Supporting evidence:
- Research study (Bakker et al., 2018)
- Expert review (PsyberGuide)
- Expert review (Anxiety and Depression Association of America)
- Expert review (MindTools.io)
**MoodMission**  
*MoodMission* (2020)  
Free

Available on: [iOS](https://apps.apple.com) | [Android](https://play.google.com)

Users tell MoodMission how they’re feeling and receive a tailored list of five Missions to help users feel better and improve their wellbeing, including mindfulness and relaxation exercises, fitness activities, and gratitude exercises.

Supporting evidence:

- [Research study](https://www.researchgate.net) (Bakker & Rickard, 2019)
- [Research study](https://www.researchgate.net) (Bakker et al., 2018)
- [Expert review](https://psyberguide.com) (PsyberGuide)
- [Expert review](https://mindtools.io) (MindTools.io)

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**MyLife Meditation** (previously Stop, Breathe & Think)  
*Stop, Breathe & Think* (2021)  
Free with subscription options

Available on: [iOS](https://apps.apple.com) | [Android](https://play.google.com)

Allows users to rate their mood and be matched with mindfulness meditation exercises that may be helpful. Users can also track their moods over time to identify patterns. A version specifically for children is available on [iOS](https://apps.apple.com) only.

Supporting evidence:

- [Research study](https://www.researchgate.net) (Clement et al., 2020)
- [Research study](https://www.researchgate.net) (Levin et al., 2020)
- [Research study](https://www.researchgate.net) (Athanas et al., 2019)
- [Expert review](https://psyberguide.com) (PsyberGuide)

**This app also applies to:**

- DSM-5 section 4.0: Anxiety Disorders
- DSM-5 section 11.3: Stress
- DSM-5 section 11.4: Sleep
Sanvello for Stress & Anxiety (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:
- Research study (Moberg et al., 2019)
- Expert review (Anxiety and Depression Association of America)
- Expert review (PsyberGuide)
- Expert review (MindTools.io)

This app also applies to:
- DSM-5 section 4.0: Anxiety Disorders
- DSM-5 section 11.3: Stress

Sinasprite
Litesprite Inc. (2020)
Free

Available on: iOS | Android

This game-based app leads users are led through various exercises, including meditation, digital painting, and journaling, scheduling worries, and understanding locus of control.

Supporting evidence:
- Research study (Almadovar et al., 2018)
- Expert review (PsyberGuide)

This app also applies to:
- DSM-5 section 4.0: Anxiety Disorders
- DSM-5 section 6.0: Posttraumatic Stress Disorder
- DSM-5 section 11.3: Stress
SuperBetter

*SuperBetter, LLC (2019)*

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](#) (Devan et al., 2019)
- [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 et al., 2014)
- [Expert review](#) (Anxiety and Depression Association of America)
- [Expert review](#) (Health Navigator)
- [Expert review](#) (PsyberGuide)

*This app also applies to:*
- DSM-5 section 4.0 Anxiety Disorders
- DSM-5 section 6.0 Posttraumatic Stress Disorder
- DSM-5 section 11.3 Stress
Virtual Hope Box
*National Center for Telehealth & Technology (2019)*
Free

Available on: [iOS](https://apps.apple.com) | [Android](https://play.google.com)

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](https://www.ncbi.nlm.nih.gov/pubmed/31255398) (Denneson et al., 2018)
- [Research study](https://www.ncbi.nlm.nih.gov/pubmed/30195354) (Pospos et al., 2018)
- [Research study](https://www.ncbi.nlm.nih.gov/pubmed/28914872) (Bush et al., 2017)
- [Research study](https://www.ncbi.nlm.nih.gov/pubmed/26146834) (Bush et al., 2015)
- [Expert review](https://www.psyster.com/) (Health Navigator)
- [Expert review](https://www.mindtools.io/) (PsyberGuide)

This app also applies to:
- DSM-5 section 11.1 Suicidal Behaviour Disorder
- DSM-5 section 11.2 Nonsuicidal Self-Injury

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Woebot
*Woebot Labs (2020)*
Free

Available on: [iOS](https://apps.apple.com) | [Android](https://play.google.com)

Woebot is an AI-powered chatbot that guides users through the management of distressing thoughts and feelings using cognitive behavioural therapy principles.

Supporting evidence:
- [Research study](https://www.ncbi.nlm.nih.gov/pubmed/28804118) (Fitzpatrick et al., 2017)
- [Research study](https://www.ncbi.nlm.nih.gov/pubmed/28431273) (Ly et al., 2017)
- [Expert review](https://www.psyster.com/) (PsyberGuide)
- [Expert review](https://www.mindtools.io/) (MindTools.io)

This app also applies to:
- DSM-5 section 4.0 Anxiety Disorders
Wysa: Stress, depression & anxiety therapy chatbot

*Touchkin (2020)*

Free

Available on: [iOS](https://www.applemobile.com) | [Android](https://www.google.com)

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](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6457005/) (Inkster et al., 2018)
- [Research study](https://journals.sagepub.com/doi/abs/10.1177/2382010519868193) (Kretzschmar et al., 2019)
- [Expert review](https://psyberguide.org) (PsyberGuide)
- [Expert review](https://www.mindtools.io) (MindTools.io)

*This app also applies to:*
- DSM-5 section 4.0 Anxiety Disorders
- DSM-5 section 11.3 Stress
4.0 Anxiety Disorders

**7 Cups: Anxiety & Stress Chat**  
*7 Cups of Tea (2020)*  
Free

Available on: [iOS](https://apps.apple.com) | [Android](https://play.google.com)

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:
- [Research study](https://example.com) (Baumel et al., 2018)
- [Research study](https://example.com) (Baumel et al., 2016)
- [Research study](https://example.com) (Baumel, 2015)
- [Expert review](https://example.com) (*Family Practice Management* journal)
- [Expert review](https://example.com) (MindTools.io)

*This app also applies to:*
- DSM-5 section 11.3 Stress
- DSM-5 section 12.3 On-Demand Care
Calm: Meditate, Sleep, Relax
*Calm.com, Inc.* (2020)
Free

Available on: [iOS](https://apps.apple.com) | [Android](https://play.google.com)

Helps users reduce stress and anxiety, improve sleep, and relax through the practice of mindfulness and meditation. Audio sessions range from 3 to 25 minutes, and the app tracks users’ daily streaks and time spent meditating.

Supporting evidence:
- [Research study](https://www.clinicaltrials.gov) (Clark & Draper, 2020)
- [Research study](https://www.ncbi.nlm.nih.gov) (Huberty et al., 2019a)
- [Research study](https://www.ncbi.nlm.nih.gov) (Huberty et al., 2019b)
- [Expert review](https://www.psyb erguide.com) (PsyberGuide)
- [Expert review](https://www.psyb erguide.com) (MindTools.io)

This app also applies to:
- DSM-5 section 11.3 Stress
- DSM-5 section 11.4 Sleep

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eQuoo
*PsycApps Ltd.* (2020)
Free

Available on: [iOS](https://apps.apple.com) | [Android](https://play.google.com)

This game-based app aims to help users develop emotional intelligence skills by choosing how fictional characters should respond to challenging situations. The app features different topics (such as openness, neuroticism, agreeableness, self-serving bias, extraversion, and reciprocity) in each level and users unlock more levels as they play the game.

Supporting evidence:
- [Research study](https://www.clinicaltrials.gov) (Litvin et al., 2020)
- [Expert review](https://www.psyb erguide.com) (PsyberGuide)
Headspace: Meditation & Sleep
Headspace Inc. (2020)
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 (Bostock et al., 2019)
- Research study (Champion et al., 2018)
- Research study (Economides et al., 2018)
- Research study (Mistler et al., 2017)
- Research study (Howells et al., 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:
- DSM-5 section 11.3 Stress
- DSM-5 section 11.4 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)

### MyLife Meditation (previously Stop, Breathe & Think)
Available on: [iOS](#) | [Android](#)

*See 3.0 Depressive Disorders for full description.*

### Sanvello for Stress & Anxiety (previously Pacifica)
Available on: [iOS](#) | [Android](#)

*See 3.0 Depressive Disorders for full description.*
**Self-help for Anxiety Management**  
*University of the West of England (2017)*  
Free

Available on: [iOS](https://apps.apple.com) | [Android](https://play.google.com)

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

Supporting evidence:
- [Research study](#) (Hoffman et al., 2019)
- [Research study](#) (Matthews et al., 2018)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (Anxiety and Depression Association of America)
- [Expert review](#) (Health Navigator)
- [Expert review](#) (MindTools.io)

**Sinasprite**
Available on: [iOS](https://apps.apple.com) | [Android](https://play.google.com)

*See 3.0 Depressive Disorders for full description.*

**T2 Mood Tracker**
Available on: [iOS](https://apps.apple.com) | [Android](https://play.google.com)

*See 3.0 Depressive Disorders for full description.*
Thrive: Mental Wellbeing
*Thrive Therapeutic Software Ltd (2020)*
Free

Available on: [iOS](https://apps.apple.com) | [Android](https://play.google.com)

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 et al., 2017; this research was done with an older version of the app, called Stress Free)
- [Expert review](#) (PsyberGuide)

*This app also applies to:*
- DSM-5 section 11.3 Stress

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**Woebot**
Available on: [iOS](https://apps.apple.com) | [Android](https://play.google.com)

See 3.0 Depressive Disorders for full description.

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**Wysa: Stress, depression & anxiety therapy chatbot**
Available on: [iOS](https://apps.apple.com) | [Android](https://play.google.com)

See 3.0 Depressive Disorders for full description.
5.0 Obsessive-Compulsive Disorder

GG OCD – Thoughts Exercise

*GG Apps Platform (2019)*
Free

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

Aims to improve OCD symptoms by increasing the user’s awareness of negative thoughts and training the brain to challenge them. There are 48 levels to complete, which consist of short games with its own theme, such as positive self-task, self-esteem, belief in change, self-criticism, negative thinking, and coping.

Supporting evidence:
- [Research study](Pascual-Vera et al., 2018)
- [Expert review](PsyberGuide)

NOCD: Effective care for OCD

*NOCD INC (2020)*
Free

Available on: [iOS]([iOS]) | [Android]([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](Gershkovich et al., 2020)
- [Research study](Hong et al., 2020)
- [Expert review](PsyberGuide)
### 6.0 Posttraumatic Stress Disorder

**CPT Coach**  
*US Department of Veterans Affairs (2020)*  
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 week of treatment.

Supporting evidence:
- [Expert review](PsyberGuide)
- [Expert review](Anxiety and Depression Association of America)

**PTSD Coach**  
*US Department of Veterans Affairs (2020)*  
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](Tiet et al., 2019)
- [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 (2019)_
Free

Available on: **iOS** | **Android**

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:
- [Research study](#) (Kuhn et al., 2018)
- [Expert review](#) (Practical Apps)

---

PTSD Family Coach
_US Department of Veterans Affairs (2019)_
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)

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Sinasprite

Available on: **iOS** | **Android**

See 3.0 Depressive Disorders for full description.

---

T2 Mood Tracker

Available on: **iOS** | **Android**

See 3.0 Depressive Disorders for full description.
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 post-traumatic 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 post-traumatic stress symptoms.

Supporting evidence:
- Research study (Livingston et al., 2020)
- Research study (Brief et al., 2018)
- Research study (Watkins & Sprang, 2018)
- Research study (Enggasser et al., 2015)
- Expert review (MindTools.io)

This app also applies to:
- DSM-5 section 9.1 Alcohol-Related Disorders
7.0 Feeding and Eating Disorders

**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 RR Eating Disorder Management self-monitoring app (listed below) to help clinicians track patient data and outcomes.

Supporting evidence:
- See description for RR Eating Disorder Management below.

**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, and 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 et al., 2018a)
- Research study (Lindgreen et al., 2018b)
- Research study (Juararesco et al., 2015)
- Expert review (PsyberGuide)
- Expert review (Health Navigator)
- Expert review (MindTools.io)
8.0 Disruptive, Impulse-Control, and Conduct Disorders

RegnaTales
*Immersive Play (2017)*
Free

Available on: iOS

Designed to encourage players to learn social responsibility, anger management, and communication through gameplay. Skills include identifying emotions and feelings, perspective-taking, coping, empathy, and problem-solving.

Supporting evidence:
- Research study (Ong et al., 2019)
- Research study (Ooi et al., 2016)
9.0 Substance-Related and Addictive Disorders

9.1 Alcohol-Related Disorders

Daybreak – Alcohol Support

*Hello Sunday Morning* (2020)

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:

- [Research study](http://example.com) (Tait et al., 2019)
- [Expert review](http://example.com) (MindTools.io)

Drink Less

*Robert West* (2020)

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](http://example.com) (Garnett et al., 2019)
- [Research study](http://example.com) (Crane et al., 2018)
- [Expert review](http://example.com) (Beacon)
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:
- Research study (Tofighi et al., 2019)
- Expert review (Practical Apps)

Stand Down: Think Before You Drink
Here and Now Systems LLC (2018)
Free
Available on: iOS

Designed for veterans who want to reduce or stop their drinking but are hesitant or unable to use in-person treatment. Provides a comprehensive assessment of a veteran’s drinking patterns, norm-based feedback, and evidence-based tools and strategies for managing cravings and changing drinking habits.

Supporting evidence:
- Research study (Blonigen et al., 2020)
**Step Away: Alcohol Help**  
*Here and Now Systems LLC (2020)*  
**Free**

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

Users complete a short screening questionnaire to establish their drinking profile and risk level. The program leads users to set a goal: either to moderate their drinking or stop drinking for a set number of days. The program is designed as a sequence of steps, which are recommended to be completed daily for three months.

Supporting evidence:
- [Research study](#) (Blonigen et al., 2020)
- [Expert review](#) (MindTools.io)

---

**Talk. They Hear You.**  
*SAMHSA (2015)*  
**Free**

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

Provides parents and caregivers of children and teens ages 9 to 15 with tools and information to start talking with their children early about the dangers of alcohol.

---

**Triggr Health**  
*Triggr, LLC (2019)*  
**Free**

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

Promotes 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:*
- DSM-5 section 9.2 Opioid-Related Disorders
VetChange
Available on: iOS
See 6.0 Posttraumatic Stress Disorder for full description.

9.2 Opioid-Related Disorders

emocha
emocha Mobile Health (2020)
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.)

Lifeguard App
Essential Designs Software (2020)
Free
Available on: iOS | Android

Created by provincial and regional health authorities in British Columbia in response to the overdose crisis. The user activates the app before they take their dose. After 50 seconds the app will sound an alarm. If the user doesn’t hit a button to stop the alarm, it will grow louder. After 75 seconds, a text-to-voice call will go to 911 to alert emergency medical dispatchers of a potential overdose.
<table>
<thead>
<tr>
<th><strong>Opioid Awareness</strong></th>
<th></th>
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</thead>
<tbody>
<tr>
<td><em>Wood Buffalo RCSD (2019)</em></td>
<td>Free</td>
</tr>
<tr>
<td><strong>Available on:</strong></td>
<td>Android</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td>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.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Talk About Opioids</strong></th>
<th></th>
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</thead>
<tbody>
<tr>
<td><em>Kognito Interactive (2019)</em></td>
<td>Free</td>
</tr>
<tr>
<td><strong>Available on:</strong></td>
<td>iOS</td>
</tr>
<tr>
<td><strong>Description:</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Supporting evidence:</strong></td>
<td>• Expert review (Providers Clinical Support System)</td>
</tr>
</tbody>
</table>

<table>
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<tr>
<th><strong>Triggr Health</strong></th>
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<tbody>
<tr>
<td>Available on:</td>
<td>iOS</td>
</tr>
<tr>
<td>See 9.1 Alcohol-Related Disorders for full description.</td>
<td></td>
</tr>
</tbody>
</table>
9.3 Tobacco-Related Disorders

**My QuitBuddy**  
*Australian National Preventive Health Agency (2020)*  
Free

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

Includes customizable goals for different stages of readiness to quit smoking. Helps users set goals and stay motivated by achieving manageable milestones.

Supporting evidence:
- [Research study](Patel et al., 2015)
- [Expert review](MindTools.io)

**QuitGuide – Quit Smoking**  
*ICF International (2019)*  
Free

Available on: [iOS](iOS) | [Android](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 (2020)
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 et al., 2019)
- Expert review (Practical Apps)

9.4 Gambling Disorder

Gambling Therapy
The Gordon Moody Association (2019)
Free

Available on: iOS | Android

Provides a self-assessment questionnaire for users to determine if their gambling is a problem. Includes resources and advice on how to deal with problem gambling, including mindfulness and self-help exercises, tools to block online gambling, and crisis support information.

Supporting evidence:
- Expert review (Health Navigator)
Inventory of Gambling Situations
Centre for Addiction and Mental Health (CAMH) (2018)
Free

Available on: iOS | Android

The Inventory of Gambling Situations (IGS) was developed by researchers at the Centre for Addiction and Mental Health (CAMH) to determine the risk of excessive gambling in 63 different situations, as well as identify a person’s profile of high-risk situations or triggers. The questionnaire takes about 20 minutes and can be done either independently by the person with gambling problems or together with a therapist.

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)
10.0 Neurocognitive Disorders

10.1 Parkinson’s Disease

**Beats Medical Parkinsons Treatment App**  
*Beats Medical Ltd (2019)*  
$$$$$ with free 14-day trial

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](Health Navigator)
- [Expert review](Parkinson’s UK)
**Voice Analyst**  
*Speechtools Ltd (2020)*  
$$$

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)

### 10.2 Unspecified Neurocognitive Disorders

**BrainHQ**  
*Posit Science (2020)*  
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. (2020)*
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., 2020)
- Expert review (PsyberGuide)
- Expert review (MindTools.io)

Total Brain
*MyBrainSolutions (2020)*
Free

Available on: **iOS | Android**

Measures the 12 brain capacities associated with mental health and screens for the risk of common mental conditions. Based on this assessment, the app provides specific mental fitness programs to strengthen brain capacities and improve mental health.

Supporting evidence:
- Research study (Gordon et al., 2013; note that this study uses the app’s previous name, MyBrainSolutions)
- Expert review (PsyberGuide)
11.0 Other Conditions

11.1 Suicidal Behaviour Disorder

**Hope by CAMH**
*Centre for Addiction and Mental Health (2020)*
Free

Available on: [iOS](https://apps.apple.com) | [Android](https://play.google.com)

This app will guide users through creating a personalized suicide safety plan to help when users are feeling sad or hopeless, or experiencing thoughts of suicide. The plan can be developed together with a healthcare professional, but can also be built with the help of another trusted person. There is also general information on suicide prevention and crisis and support resources.

**Stay Alive**
*Grassroots Suicide Prevention (2020)*
Free

Available on: [iOS](https://apps.apple.com) | [Android](https://play.google.com)

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](https://apps.apple.com) | [Android](https://play.google.com)

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 Depressive Disorders for full description.

11.2 Nonsuicidal Self-Injury

Calm Harm
Sent4 (2020)
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 (Health Navigator)
- Expert review (MindTools.io)
- Expert review (PsyberGuide)
- Expert review (The British Psychological Society)

Virtual Hope Box
Available on: iOS | Android
See 3.0 Depressive Disorders for full description.

11.3 Stress

7 Cups: Anxiety & Stress Chat
Available on: iOS | Android
See 4.0 Anxiety Disorders for full description.
Breathe2Relax
*National Center for Telehealth & Technology (2020)*
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:
- Research study (Hoffman et al., 2019)
- Expert review (Health Navigator)
- Expert review (PsyberGuide)
- Expert review (Anxiety and Depression Association of America)
- Expert review (MindTools.io)

Calm: Meditate, Sleep, Relax
Available on: [iOS] | [Android]

See *4.0 Anxiety Disorders for full description.*

Happify
*Happify, Inc. (2020)*
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:
- Research study (Parks et al., 2020)
- Research study (Hunter et al., 2019)
- Research study (Parks et al., 2018)
- 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 (2019)*
Free

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

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 et al., 2016)
- [Expert review](#) (Beacon)

### MyLife Meditation (previously Stop, Breathe & Think)
Available on: [iOS](#) | [Android](#)

*See 3.0 Depressive Disorders for full description.*

### Sanvello for Stress & Anxiety (previously Pacifica)
Available on: [iOS](#) | [Android](#)

*See 3.0 Depressive Disorders for full description.*

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

*See 3.0 Depressive Disorders for full description.*
**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 et al., 2018)
- [Research study](Mani et al., 2015)
- [Expert review](Health Navigator)
- [Expert review](PsyberGuide)
- [Expert review](MindTools.io)

**T2 Mood Tracker**
Available on: [iOS] | [Android]
*See 3.0 Depressive 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 Depressive Disorders for full description.*

**11.4 Sleep**

**Calm: Meditate, Sleep, Relax**
Available on: [iOS] | [Android]
*See 4.0 Anxiety Disorders for full description.*
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](#) (Reilly et al., 2019)
- [Research study](#) (Yu et al., 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.

MyLife Meditation (previously Stop, Breathe & Think)
Available on: [iOS](#) | [Android](#)

See 3.0 Depressive Disorders for full description.
**Sleepio**  
*Big Health Ltd (2019)*  
$$$$$

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](#) (Cliffe et al., 2020)
- [Research study](#) (Espie et al., 2019)
- [Research study](#) (Cowie et al., 2018)
- [Research study](#) (Elison et al., 2017)
- [Research study](#) (Freeman et al., 2017)
- [Research study](#) (Leigh et al., 2017)
- [Expert review](#) (Health Navigator)
- [Expert review](#) (Practical Apps)

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**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 et al., 2019)
11.5 COVID-19-related Concerns

**COVID Coach**  
*US Department of Veterans Affairs (2020)*  
Free

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

Supports self-care and overall mental health during the coronavirus (COVID-19) pandemic through: education about coping during the pandemic, tools for self-care and to improve emotional well-being, and trackers to check your mood and measure your growth toward personal goals.

**Managing your stress & anxiety: Mental health during COVID-19**  
*Centre for Addiction and Mental Health (CAMH) (2020)*  
Free

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

This app from the Canadian Centre for Addiction and Mental Health (CAMH) provides information and evidence-based coping strategies to help users manage stress and anxiety during the COVID-19 pandemic.

**QuarantineChat**  
*Dialup, Inc. (2020)*  
Free

Uses Dialup app, available on [iOS](#) & [Android](#)

Quarantine Chat is an international phone chat line available to those who are feeling lonely during COVID-19 isolation. Users are anonymous and subscribed to periodic calls from another random person using the Dialup app. Users don't have to pick up if they're busy—the person will be automatically matched with someone else.
11.6 Educational and Occupational Problems

**KnowBullying by SAMHSA**
*SAMHSA (2019)*
Free

Available on: [iOS] | [Android]

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.

12.0 General Information

12.1 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 (2019)*
$$$$$

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. (2019)*
Free

Available on: **iOS** | **Android**


Research Digest
*The British Psychological Society (2020)*
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 (2020)*
Free

Available on: **iOS** | **Android**

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

**Dosecast – My Pill Reminder**  
*Montuno Software, LLC* (2019)  
Free

Available on: [iOS](https://apps.apple.com/) | [Android](https://play.google.com/)

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.* (2020)  
Free

Available on: [iOS](https://apps.apple.com/) | [Android](https://play.google.com/)

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

Supporting evidence:
- [Expert review](#) (*Journal of Digital Imaging*)
Medisafe Pill Reminder and Medication Tracker
MediSafe Inc. (2020)
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)

12.3 On-Demand Care

7 Cups: Anxiety & Stress Chat
Available on: iOS | Android
See 4.0 Anxiety Disorders for full description.

rTribe
The Recovery Tribe, Inc. (2020)
Free
Available on: iOS | Android

Helps users change habits and addictions through messaging and video chats with peer supports or licensed professional counselors and certified coaches (for a fee).

Supporting evidence:
- Expert review (PsyberGuide)
Talkspace Counseling & Therapy

*Talkspace (2020)*

$$$$$

Available on: [iOS](https://www.talkspace.com) | [Android](https://store.talkspace.com)

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

Supporting evidence:

- [Expert review](https://mindtools.io) (MindTools.io)
- [Expert review](https://psyberguide.org) (PsyberGuide)
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Addiction & Mental Health
Mobile Apps Directory


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Mobile Apps Directory


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