



ADDICTION AND MENTAL HEALTH MOBILE APPLICATION DIRECTORY 2018



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.

This report is considered a work-in-progress and represents information currently available. The purpose of this report is to provide mobile resources dealing with mental health and addiction-related issues for health care professionals and researchers. It is updated annually and mainly includes apps that have been released within the previous year.

Any omission or inaccuracy in this document is oversight and unintentional. Contents are current up to March, 2018. We invite you to comment, submit revisions and/or provide further information to us at researchpartnership@ahs.ca.

Disclaimer

The Alberta Addiction and Mental Health Research Partnership Program does not have any financial interests in any of the products listed in this document nor do they endorse the use of the mobile applications listed in this document. The privacy and security of the listed applications has not been independently verified. **No evaluations of the applications listed in this document have been done; it is intended for information purposes only.**

DEVELOPMENT

PREPARED BY

Knowledge Exchange
Knowledge, Performance & Integrated Planning
Provincial Addiction and Mental Health
Alberta Health Services

CITATION

For citation purposes, please use the following format:
Alberta Addiction & Mental Health Research Partnership Program. (2018). *Addiction and Mental Health - Mobile Application Directory 2018*. Edmonton, AB: Alberta Health Services.

For more information about this report, contact Knowledge Exchange at researchpartnership@ahs.ca

© 2018 Alberta Health Services. This material is protected by Canadian and other international copyright laws. All rights reserved. This material may not be copied, published, distributed or reproduced in any way in whole or in part without the express written permission of Alberta Health Services (please contact David O'Brien at Community, Seniors, Addiction & Mental Health at patti.vandervelden@ahs.ca). This material is intended for general information only and is provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm the accuracy of the information, Alberta Health Services does not make any representation or warranty, express, implied or statutory, as to the accuracy, reliability, completeness, applicability or fitness for a particular purpose of such information. This material is not a substitute for the advice of a qualified health professional. Alberta Health Services expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.

TABLE OF CONTENTS

Acknowledgement	2
Development.....	3
Table of Contents	4
Background	5
<i>Information Provided in this Document</i>	5
<i>Intended Audience</i>	5
<i>Search</i>	5
<i>Effectiveness of Mental Health Apps</i>	5
<i>Selection and Evaluation of Apps</i>	6
Report Format	7
Major App Category	7
<i>Specific App Category</i>	7
1.0 Neurodevelopmental Disorders.....	8
1.1 <i>Communication Disorders & Autism Spectrum Disorders</i>	8
1.2 <i>Attention-Deficit/Hyperactivity Disorder</i>	9
2.0 Substance-Related Disorders and Addictive Disorders	9
2.1 <i>Alcohol-Related Disorders</i>	9
2.2 <i>Tobacco-Related Disorders</i>	10
2.3 <i>Opioid Use Disorder</i>	11
2.4 <i>Non-Substance Related Disorders (Gambling Disorder)</i>	11
3.0 Mood Disorders	12
4.0 Anxiety Disorders	13
5.0 Trauma- and Stressor-Related Disorders	14
5.1 <i>Post-Traumatic Stress Disorder (PTSD)</i>	14
6.0 Other Conditions	14
6.1 <i>Cognitive Disorders</i>	14
6.2 <i>Eating Disorders</i>	15
6.3 <i>Obsessive-Compulsive Disorder (OCD)</i>	15
7.0 General Information	16
7.1 <i>Education Tools</i>	16
7.2 <i>Stress</i>	17
7.3 <i>Suicide</i>	18
7.4 <i>Weight Management</i>	18
7.5 <i>Medication Management</i>	18
7.6 <i>Sleep</i>	19
7.7 <i>On-Demand Care</i>	20
8.0 References	21

BACKGROUND

Information Provided in this Document

This document includes information about mobile applications (apps) related to addiction and mental health. It provides a directory of electronic resources for different mobile platforms which may be used as aids in mental health or addiction conditions.

The information in this report was gathered and collated from various organizational websites and other information sources in the public domain. The information represents a brief cross-section of current apps related to addiction and mental health available for the general mobile device user. Apps have been grouped into categories of disorders according to the Diagnostic and Statistical Manual of Mental Disorders 5 (DSM 5)¹. These categories are not mutually exclusive.

Intended Audience

This is a comprehensive document that provides a representation of the current apps available which are related to addiction and mental health and is current up to March, 2018.

This app directory is divided into various categories pertaining to different mental health or addiction disorders. It 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
- » electronic application developers in identifying gaps in the current app market

It is hoped that this directory will increase awareness of current addiction and mental health apps and be a useful resource. Further evaluation and clinical judgement is encouraged prior to recommending apps for patient use.

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; however, there is a paucity of research examining their efficacy and effectiveness (Fowler, Holt & Joshi, 2016; 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 (Firth et al., 2017a; Firth et al., 2017b). 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.

There is a clear need for increased evidence-based evaluations of apps. Future research should focus on evaluating the utility and effectiveness of mental health apps, and comparing app-based interventions with traditional face-to-face psychological care. There is also a need for a standardized system to inform healthcare professionals and the public about the efficacy, usability, safety, and privacy of apps (Ferron et

¹ American Psychiatric Association (2013). *Diagnostic and statistical manual of mental disorders, fifth edition*. Arlington, VA: American Psychiatric Publishing.

al., 2017). A consumer app database supported by a provincial government or health authority, in partnership with clinical organizations and post-secondary institutions, would be an important first step in regulating and validating app use in clinical care.

Developers should strive to produce apps that are based on clinical best practice, have been rigorously evaluated, are easy to use, have privacy policies, and are available at a reasonable cost (Fowler, Holt & Joshi, 2016). Developers and the scientific and health communities should be working together to achieve this goal (Van Ameringen et al., 2017).

Selection and Evaluation of Apps

Due to the deluge of mental health apps, 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 an effort to enhance app assessment, several evaluation tools have been developed, including the [Mobile App Rating Scale \(MARS\)](#) and the American Psychiatric Association's [App Evaluation Model](#). The Canadian Medical Association's [Guiding Principles for Physicians Recommending Mobile Health Applications to Patients](#) provides physicians with seven general principles to consider when determining the appropriateness of health apps for their patients.

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).

Although we do not download and evaluate the apps in the Directory, we strive to include apps that have supporting evidence (e.g., academic articles, expert reviews). When supporting evidence has been identified, a link to the source is provided. We recommend that potential users of the listed apps personally evaluate app quality before use. Users may find the aforementioned tools useful in this regard.

Mental health app research is a burgeoning field of study. We hope that eventually we will be able to provide supporting evidence for all the apps in the Directory.

REPORT FORMAT

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

MAJOR APP CATEGORY

Specific App Category

App Name

Developer (Year of last update)

Cost*

Summary of the main features of app.

[Link to expert review or research study \(if available\)](#)

Platforms (iOS, Android)

[Link to app](#)

*Cost Legend:

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

Note: While some apps are listed as Free, they might also have 'in-app' add-ons that may have a cost associated with them.

1.0 NEURODEVELOPMENTAL DISORDERS

1.1 Communication Disorders & Autism Spectrum Disorders

Avaz Pro – AAC app for Autism

Avaz, Inc (2018)

\$\$\$\$\$

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

iOS

<https://itunes.apple.com/us/app/id558161781?mt=8>

Proloquo2Go

AssistiveWare (2018)

\$\$\$\$\$

Augmentative and alternative communication 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.

[Research study](#)

iOS

<https://itunes.apple.com/ca/app/proloquo2go/id308368164?mt=8>

Autism Tracker Lite

Track & Share Apps, LLC (2017)

Free

Provides educational material for families with an autistic child. Explores various domains of autism. Users can upgrade to [Autism Tracker Pro](#) for a fee.

iOS

<https://itunes.apple.com/ca/app/autism-tracker-lite-track/id478527813?mt=8#>

1.2 Attention-Deficit/Hyperactivity Disorder

30/30

Binary Hammer (2017)

Free

Helps users manage tasks. Provides information about planning, time estimation, self-monitoring, and social behaviors.

iOS

<https://itunes.apple.com/ca/app/30-30/id505863977?mt=8>

2.0 SUBSTANCE-RELATED DISORDERS AND ADDICTIVE DISORDERS

2.1 Alcohol-Related Disorders

AlcoDroid Alcohol Tracker

Myrecek (2018)

Free

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

[Expert review](#)

Android

<https://play.google.com/store/apps/details?id=org.M.alcodroid>

Nomo – Sobriety Clocks

Parker Stech (2017)

Free

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

[Expert review](#)

iOS, Android

<https://itunes.apple.com/ca/app/nomo-sobriety-clocks/id566975787?mt=8>

<https://play.google.com/store/apps/details?id=air.com.parkerstech.day&hl=en>

Saying When: How to Quit Drinking or Cut Down

Centre for Addiction and Mental Health (2016)

Free

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.

[Expert review](#)

iOS, Android

<https://itunes.apple.com/ca/app/saying-when-how-to-quit-drinking/id881678936?mt=8>

<https://play.google.com/store/apps/details?id=com.sayingwhencamh&hl=enwww.sayingwhen.com>

2.2 Tobacco-Related Disorders

Smokefree

David Crane (2018)

Free

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.

[Expert review](#)

iOS, Android

<https://itunes.apple.com/ca/app/smoke-free-quit-smoking-now/id577767592?mt=8>

<https://play.google.com/store/apps/details?id=com.portablepixels.smokefree&hl=en>

2MorrowQuit (was SmartQuit)

2Morrow, Inc (2017)

Free

Users create a personalized quit plan to better understand their motivations and commitment to quitting. Uses Acceptance and Commitment Therapy (ACT) concepts to help users cope with urges.

[Expert review](#) | [Research study](#)

iOS, Android

<https://itunes.apple.com/ca/app/smartquit-clinically-proven/id913032892?mt=8>

<https://play.google.com/store/apps/details?id=com.a2morrowinc.hSQ1&hl=en>

2.3 Opioid Use Disorder

MATx

SAMHSA (2016)

Free

Provides information and supports for healthcare professionals about medication-assisted treatment (MAT) of opioid use disorder.

iOS, Android

<https://itunes.apple.com/us/app/matx-by-samhsa/id1162219879?mt=8>

<https://play.google.com/store/apps/details?id=gov.hhs.samhsa.app.matx&hl=en>

2.4 Non-Substance Related Disorders (Gambling Disorder)

Take 10

RED the Agency (2014)

Free

Sponsored by the Alberta Gaming and Liquor Commission, this app helps gambling patrons access fun ways to take healthy breaks from gambling.

Android

<https://play.google.com/store/apps/details?id=air.com.redtheagency.aglctake10>

3.0 MOOD DISORDERS

iMoodJournal

Inexika Inc. (2018)

\$

Allows users to keep track of their well-being, establish associations between mood and experiences, and identify the causes of emotional highs and lows.

[Expert review](#)

iOS, Android

<https://itunes.apple.com/us/app/imoodjournal-mood-journal/id517952128?mt=8>

<https://play.google.com/store/apps/details?id=com.inexika.imood>

SuperBetter

SuperBetter, LLC (2018)

Free

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

[Expert review](#) | [Research study](#)

iOS, Android

<https://itunes.apple.com/ca/app/superbetter/id536634968?mt=8>

<https://play.google.com/store/apps/details?id=com.superbetter.paid&hl=en>

MoodKit – Mood Improvement Tools

Thriveport, LLC (2016)

\$\$

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

[Expert review](#)

iOS

<https://itunes.apple.com/ca/app/moodkit-mood-improvement-tools/id427064987?mt=8>

4.0 ANXIETY DISORDERS

Pacifica

Pacifica Labs Inc. (2018)

Free

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

[Expert review](#) | [Expert review](#)

iOS, Android

<https://itunes.apple.com/us/app/pacifica/id922968861?mt=8>

<https://play.google.com/store/apps/details?id=com.pacificalabs.pacifica>

MindShift

Anxiety Disorders Association of British Columbia (2017)

Free

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

[Expert review](#) | [Expert review](#)

iOS, Android

<https://itunes.apple.com/ca/app/mindshift/id634684825?mt=8>

<https://play.google.com/store/apps/details?id=com.bstro.MindShift&hl=en>

Stop Panic & Anxiety Self Help

Excel At Life (2016)

Free

Contains information about panic, anxiety and cognitive behavioural therapy, an anxiety diary, emotional training, relaxation techniques, and coaches users through panic attacks.

[Expert review](#)

Android

<https://play.google.com/store/apps/details?id=com.excelatlife.panic&hl=en>

5.0 TRAUMA- AND STRESSOR-RELATED DISORDERS

5.1 Post-Traumatic Stress Disorder (PTSD)

PTSD Coach

US Department of Veterans Affairs (2017)

Free

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

[Expert review](#) | [Research study](#) | [Research study](#)

iOS, Android

<https://itunes.apple.com/ca/app/ptsd-coach/id430646302?mt=8>

<https://play.google.com/store/apps/details?id=is.vertical.ptsdcoach&hl=en>

PTSD Coach Canada

Veteran Affairs Canada (2017)

Free

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

iOS, Android

<https://itunes.apple.com/ca/app/ptsd-coach-canada/id616851357?mt=8>

<https://play.google.com/store/apps/details?id=ca.gc.veterans.ptsd.ptsdcoach>

6.0 OTHER CONDITIONS

6.1 Cognitive Disorders

Fit Brains Trainer

Rosetta Stone Canada Inc. (2018)

Free

Offers training sessions purported to enhance users' cognitive performance. Designed to improve memory, processing speed, concentration, problem solving, and visual skills.

[Expert review](#)

iOS, Android

<https://itunes.apple.com/us/app/fit-brains-trainer/id565200595?mt=8>

<https://play.google.com/store/apps/details?id=com.vivitylabs.android.braintrainer>

6.2 Eating Disorders

Recovery Record - Eating Disorder Management

Recovery Record (2018)

Free

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 users' treatment team.

[Research study](#) | [Research study](#)

iOS, Android

<https://itunes.apple.com/ca/app/recovery-record-eating-disorder/id457360959?mt=8>

<https://play.google.com/store/apps/details?id=com.recoveryrecord&hl=en>

Recovery Record for Clinicians

Recovery Record (2018)

Free

Designed for clinicians that treat eating disorders. With permission from the client, it can link with the patient's Recovery Record self-monitoring app to help clinicians track patient data and outcomes.

iOS, Android

<https://itunes.apple.com/app/id657266479?ls=1&mt=8>

<https://play.google.com/store/apps/details?id=com.recoveryrecord.clinician&hl=en>

6.3 Obsessive-Compulsive Disorder (OCD)

nOCD

nOCD, LLC (2017)

\$

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

iOS

<https://itunes.apple.com/us/app/nocd/id1063365447?mt=8>

7.0 GENERAL INFORMATION

7.1 Education Tools

3D Brain

Cold Spring Harbor Laboratory (2017)

Free

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

iOS, Android

<https://itunes.apple.com/ca/app/3d-brain/id331399332?mt=8>

<https://play.google.com/store/apps/details?id=org.dnalc.threedbrain&hl=en>

DSM-5 Diagnostic Criteria

American Psychiatric Association (2017)

\$\$\$\$\$

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

iOS, Android

<https://itunes.apple.com/us/app/dsm-5-diagnostic-criteria/id662938847?mt=8>

<https://play.google.com/store/apps/details?id=com.apa.dsm.v>

mhGAP-IG 2.0 App (e-mhGAP)

Universal Projects and Tools, SL (2017)

Free

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

iOS, Android

<https://itunes.apple.com/gb/app/mhgap-ig-2-0-app-e-mhgap/id1291414206?mt=8>

<https://play.google.com/store/apps/details?id=com.universaltools.mhgap>

PsycExplorer

The Psych Files (2017)

\$

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

iOS

<https://itunes.apple.com/us/app/psycexplorer/id389372937?mt=8>

7.2 Stress

Headspace

Headspace Inc. (2018)

Free

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.

[Expert review](#) | [Expert review](#) | [Research study](#) | [Research study](#)

iOS, Android

<https://itunes.apple.com/ca/app/headspace-on-the-go/id493145008?mt=8>

<https://play.google.com/store/apps/details?id=com.getsomeheadspace.android&hl=en>

Smiling Mind

Smiling Mind (2018)

Free

Daily mindfulness meditations to help alleviate stress, anxiety, and depression. Includes 6 programs tailored for different ages groups (i.e., children, teens, adults, seniors).

iOS, Android

<https://itunes.apple.com/us/app/smiling-mind/id560442518?mt=8>

<https://play.google.com/store/apps/details?id=com.smilingmind.app&hl=en>

Breathe2Relax

National Centre for Telehealth and Technology (2016)

Free

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

[Expert review](#)

iOS, Android

<https://itunes.apple.com/ca/app/breathe2relax/id425720246?mt=8>

<https://play.google.com/store/apps/details?id=org.t2health.breathe2relax&hl=en>

7.3 Suicide

Suicide Safe

SAMHSA (2017)

Free

This learning tool offers tips and advice for care providers who are helping individuals cope with suicidal ideation.

iOS, Android

<https://itunes.apple.com/us/app/suicide-safe-by-samhsa-suicide/id968468139?mt=8>

<https://play.google.com/store/apps/details?id=gov.hhs.samhsa.app.spa&hl=en>

7.4 Weight Management

Lose It!

FitNow (2018)

Free

Provides a customized weight loss plan that meets users' goals. Users can enter meals, track nutrients, and share exercises and recipes with friends.

[Research study](#)

iOS, Android

<https://itunes.apple.com/ca/app/lose-it!/id297368629?mt=8>

<https://play.google.com/store/apps/details?id=com.fitnow.loseit>

7.5 Medication Management

Dosecast

Montuno Software (2018)

Free

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

iOS, Android

<https://itunes.apple.com/ca/app/dosecast/id365191644?mt=8>

<https://play.google.com/store/apps/details?id=com.montunosoftware.dosecast>

Epocrates

Epocrates, Inc. (2018)

Free

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

iOS, Android

<https://itunes.apple.com/us/app/epocrates-reference-tools-for-healthcare-providers/id281935788?mt=8>

<https://play.google.com/store/apps/details?id=com.epocrates&hl=en>

Pill Reminder and Medication Tracker

MediSafe Inc. (2018)

Free

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

iOS, Android

<https://itunes.apple.com/us/app/medisafe-medication-reminder/id573916946?mt=8>

<https://play.google.com/store/apps/details?id=com.medisafe.android.client&hl=en>

7.6 Sleep

CBT-i Coach

US Department of Veteran Affairs (2017)

Free

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

[Expert review](#) | [Research study](#) | [Research study](#)

<https://itunes.apple.com/us/app/cbt-i-coach/id655918660?mt=8>

<https://play.google.com/store/apps/details?id=gov.va.mobilehealth.ncptsd.cbti&hl=en>

Sleepio

Big Health LTD (2017)

Free (trial)

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

[Expert review](#) | [Research study](#)

iOS

<https://www.sleepio.com/>

<https://itunes.apple.com/ca/app/sleepio-sleep-improvement/id910208298?mt=8>

7.7 On-Demand Care

Akira

Akira Medical Ltd. (2018)

\$\$\$\$\$

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

iOS, Android

<https://itunes.apple.com/ca/app/akira-on-demand-healthcare/id1084429206?mt=8>

<https://play.google.com/store/apps/details?id=md.akira&hl=en>

Talkspace Online Therapy

Talkspace (2018)

\$\$\$\$\$

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

iOS, Android

<https://itunes.apple.com/us/app/talkspace-online-therapy/id661829386?mt=8>

<https://play.google.com/store/apps/details?id=com.talkspace.talkspaceapp&hl=en>

8.0 REFERENCES

- Baumel, A., Faber, K., Mathur, N., Kane, J. M., & Muench, F. (2017). Enlight: A comprehensive quality and therapeutic potential evaluation tool for mobile and web-based eHealth interventions. *Journal of Medical Internet Research*, *19*(3), e82. doi: 10.2196/jmir.7270
- Bidargaddi, N., Musiat, P., Winsall, M., Vogl, G., Blake, V., Quinn, S., ... Schrader, G. (2017). Efficacy of a web-based guided recommendation service for a curated list of readily available mental health and well-being mobile apps for young people: Randomized controlled trial. *Journal of Medical Internet Research*, *19*(5), e141. doi: 10.2196/jmir.6775
- Chan, S., Godwin, H., Gonzalez, A., Yellowlees, P. M., Hilty, D. M. (2017). Review of use and integration of mobile apps into psychiatric treatments. *Current Psychiatry Reports*, *19*(12), 96. doi: 10.1007/s11920-017-0848-9
- Firth, J., Torous, J., Nicholas, J., Carney, R., Pratap, A., Rosenbaum, S., & Sarris, J. (2017a). The efficacy of smartphone-based mental health interventions for depressive symptoms: A meta-analysis of randomized controlled trials. *World Psychiatry*, *16*(3), 287-298. doi: 10.1002/wps.20472
- Firth, J., Torous, J., Nicholas, J., Carney, R., Rosenbaum, S., & Sarris, J. (2017b). Can smartphone mental health interventions reduce symptoms of anxiety? A meta-analysis of randomized controlled trials. *Journal of Affective Disorders*, *218*, 15-22. doi: 10.1016/j.jad.2017.04.046
- Ferron, J. C., Brunette, M. F., Geiger, P., Marsch, L. A., Adachi-Mejia, A. M., & Bartels, S. J. (2017). Mobile phone apps for smoking cessation: Quality and usability among smokers with psychosis. *JMIR Human Factors*, *4*(1), e7. doi: 10.2196/humanfactors.5933
- Fowler, L. A., Holt, S. L., & Joshi, D. (2016). Mobile technology-based interventions for adult users of alcohol: A systematic review of the literature. *Addictive Behaviors*, *62*, 25-34. doi: 10.1016/j.addbeh.2016.06.008
- Van Ameringen, M., Turna, J., Pullia, K., & Patterson, B. (2017). There is an app for that! The current state of mobile applications (apps) for DSM-5 obsessive-compulsive disorder, posttraumatic stress disorder, anxiety and mood disorders. *Depression and Anxiety*, *34*(6), 526-539. doi: 10.1002/da.22657