Table A.1

*Participant demographic and biographic information 1*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Variable | Participant 1 | Participant 2 | Participant 3 | Participant 4 |
| Age | 49 | 47 | 25 | 20 |
| Sex | M | F | F | F |
| Highest education | Uni | Uni | Secondary – Years 11-12 | Secondary – Years 11-12 |
| Mental health status | Depression, PTSD | Depression, panic attacks | Social anxiety, agoraphobia, generalized anxiety | Depression, social anxiety, panic attacks |
| Years with mental illness | 11+ | 11+ | 6-10 | 1-5 |
| Currently receiving counselling? | No | No | No | Yes - Psychiatrist |
| Currently on medication? | Yes - Antidepressant | No | No | Yes - Antidepressant |
| Co-morbid chronic disease? | Yes - Asthma | No | No | No |
| Sleep | 4-6 hours | 7-8 hours | 4-6 hours | 7-8 hours |

Table A.2

*Participant demographic and biographic information 2*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Variable | Participant 1 | Participant 2 | Participant 3 | Participant 4 |
| Physical health | Average | Good | Poor | Average |
| Beliefs about causes of anxiety and depression | Weak character, brain chemistry, relationship break-up | Brain chemistry, major catastrophic event | Genetics, major catastrophic event | Genetics, brain chemistry, major catastrophic event |
| Treatment | Psychiatrist is harmful | Family and friends are harmful, clergy is helpful | GP, psychiatrist, psychologist, friends and family all harmful | Counsellor is harmful |
| Ability with smartphone | Average | Average | Excellent | Good |
| Ability with technology generally | Average | Average | Good | Good |
| Previously used a mental health app? | No | No | Yes - Headspace | Yes – An app for social anxiety but cannot remember its name |
| Technology has the potential to help mental illness | Somewhat disagree | Neither agree nor disagree | Neither agree nor disagree | Neither agree nor disagree |

Table A.3

*Participant motivation*

|  |  |  |  |
| --- | --- | --- | --- |
| Participant | My psychological health is likely to improve by participating in this research | I am ready to work on changing my psychological health for the better | I am motivated to do what the mobile app suggests |
| 1 | Somewhat disagree | Somewhat agree | Somewhat disagree |
| 2 | Neither agree nor disagree | Somewhat agree | Neither agree nor disagree |
| 3 | Neither agree nor disagree | Strongly agree | Neither agree nor disagree |
| 4 | Neither agree nor disagree | Somewhat agree | Somewhat agree |

Table A.4

*Statistically Reliable and Clinically Significant Changes in DASS Scores*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Participant | Scale | Pre-baseline to post-baseline | Post-baseline to post-intervention | Post-intervention to post-3-week follow up | Overall (pre-baseline to post-3-week follow up) | Classification (pre-baseline to post-3-week follow up) | Improvement (pre-baseline to post-3-week follow up) |
| 1 | Depression | 34-26 \* | 26-18 \* | 18-16 ^ | 34-16 \* | Improved | 52.94% |
|  | Anxiety | 4-4 ^ | 4-2 ^ | (2-6) ^ | (4-6) ^  | Unchangeda | - 50% |
|  | Stress | 20-18 ^ | 18-16 ^ | (16-20) ^ | 20-20 ^ | Unchanged | 0% |
| 2 | Depression | 12-10 ^ | 10-4 \* | 4-4 ^ | 12-4 \* | Unchangeda | 66.67% |
|  | Anxiety | 30-20 \* | 20-16 ^ | 16-12 ^ | 30-12 \* | Improved | 60% |
|  | Stress | 32-26 ^ | 26-14 \* | (14-18) ^ | 32-18 \* | Improved | 43.75% |
| 3 | Depression | (4-6) ^ | (6-8) ^ | (8-10) ^ | (4-10) \* | Deteriorateda | - 150% |
|  | Anxiety | (8-12) ^ | 12-12 ^ | (12-14) ^ | (8-14) ^ | Unchangeda | 42.86% |
|  | Stress | (14-16) ^ | (16-20) ^ | 20-18 ^ | (14-18) ^ | Unchangeda | - 22.22% |
| 4 | Depression | 18-16 ^ | 16-14 ^ | 14-12 ^ | 18-12 \*+ | Recovered | 33.33% |
|  | Anxiety | 20-18 ^ | 18-14 ^ | 14-10 ^ | 20-10 \* | Improved | 50% |
|  | Stress | 30-24 ^ | 24-20 ^ | 20-20 ^ | 30-20 \* | Improved | 33.33% |

*Note*. Based on RCI = 6 and CSI = 14 for Depression, 8 and 8 for Anxiety, and 8 and 16 for Stress. ^ denotes not statistically reliable, not clinically significant; \* denotes statistically reliable (*p* < .05); + denotes clinically significant; \*+ denotes statistically reliable and clinically significant. Parentheses indicate change in a worsening direction.*Recovered* = clinically significant and statistically reliable; *Improved* = not clinically significant, but statistically reliable; *Unchanged* = not clinically significant or statistically reliable; *Deteriorated* = clinically significant and/or statistically reliable in a worsening direction.

a Non-clinical to begin with.

Table A.5

*Statistically Reliable and Clinically Significant Changes in OQ-45.2 Scores*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Participant | Scale | Pre-baseline to post-baseline | Post-baseline to post-intervention | Post-intervention to post-3-week follow up | Overall (pre-baseline to post-3-week follow up) | Classification (pre-baseline to post-3-week follow up) | Improvement (pre-baseline to post-3-week follow up) |
| 1 | Total Score | (91-97) ^ | 97-70 \* | (70-72) ^ | 91-72 \* | Improved | 20.88% |
|  | Symptom Distress | 60-60 ^ | 60-42 \* | (42-46) ^ | 60-46 \* | Improved | 23.3% |
|  | Interpersonal Relations | 22-21 ^ | 21-14 + | 14-13 ^ | 22-13 \*+ | Recovered | 40.91% |
|  | Social Role | 16-16 ^ | 16-14 ^ | 14-13 ^ | 16-13 ^ | Unchanged | 18.75% |
| 2 | Total Score | 122-117 ^ | 117-80 \* | 80-78 ^ | 122-78 \* | Improved | 36.07% |
|  | Symptom Distress | 75-72 ^ | 72-49 \* | 49-48 ^ | 75-48 \* | Improved | 22.67% |
|  | Interpersonal Relations | 27-26 ^ | 26-15 \*+ | (15-19) + | 27-19 \* | Improved | 29.63% |
|  | Social Role | 20-19 ^ | 19-16 ^ | 16-11 + | 20-11 \*+ | Recovered | 45% |
| 3 | Total Score | 74-69 ^ | 69-67 ^ | 67-47 \* | 74-47 \* | Improved | 36.49% |
|  | Symptom Distress | 42-40 ^ | 40-41 ^ | 41-28 \*+ | 42-28 \*+ | Recovered | 33.33% |
|  | Interpersonal Relations | 21-19 ^ | 19-14 ^+ | 14-10 ^ | 21-10 \*+ | Recovered | 52.38% |
|  | Social Role | 11-10 ^ | (10-12) ^ | 12-9 ^ | 11-9 ^ | Unchangeda | 18.18% |
| 4 | Total Score | 104-100 ^ | (100-106) ^ | 106-94 ^ | 104-94 ^ | Unchanged | 9.62% |
|  | Symptom Distress | (64-65) ^ | 65-65 ^ | 65-58 ^ | 64-58 ^ | Unchanged | 9.38% |
|  | Interpersonal Relations | 26-24 ^ | (24-27) ^ | 27-23 ^ | 26-23 ^ | Unchanged | 11.54% |
|  | Social Role | 14-12 ^ | (12-14) ^ | 14-13 ^ | 14-13 ^ | Unchanged | 7.14% |

*Note*. Based on RCI = 14 and CSI = 63 for Total Score, 10 and 36 for Symptom Distress, 8 and 15 for Interpersonal Relations, and 7 and 12 for Social Role. ^ denotes not statistically reliable, not clinically significant; \* denotes statistically reliable (*p* < .05); + denotes clinically significant; \*+ denotes statistically reliable and clinically significant. Parentheses indicate change in a worsening direction. *Recovered* = clinically significant and statistically reliable; *Improved* = not clinically significant, but statistically reliable; *Unchanged* = not clinically significant or statistically reliable; *Deteriorated* = clinically significant and/or statistically reliable in a worsening direction.

a Non-clinical to begin with

Table A.6

*Participant app ratings using the uMars*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Participant | Section A – Engagement(out of 25) | Section B – Functionality(out of 20) | Section C – Aesthetics(out of 15) | Section D – Information(out of 20) | Section E – App subjective quality(out of 20) | Section F – Perceived impact(out of 30) | TOTAL (out of 130) |
| 1 | 18 | 13 | 12 | 14 | 13 | 20 | 90 |
| 2 | 21 | 18 | 14 | 18 | 20 | 27 | 118 |
| 3 | 21 | 16 | 13 | 16 | 17 | 26 | 109 |
| 4 | 17 | 13 | 10 | 13 | 8 | 17 | 78 |