

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) ^	Unchanged ^a	- 50%
	Stress	20-18 ^	18-16 ^	(16-20) ^	20-20 ^	Unchanged	0%
2	Depression	12-10 ^	10-4 *	4-4 ^	12-4 *	Unchanged ^a	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) *	Deteriorated ^a	- 150%
	Anxiety	(8-12) ^	12-12 ^	(12-14) ^	(8-14) ^	Unchanged ^a	42.86%
	Stress	(14-16) ^	(16-20) ^	20-18 ^	(14-18) ^	Unchanged ^a	- 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 ^	Unchanged ^a	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

	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