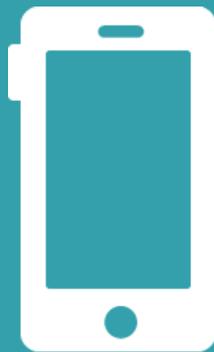


Knowledge Exchange
Provincial Addiction & Mental Health

Addiction and Mental Health



Mobile Apps Directory

January 2022

Contents

Project team.....	4
About this directory	5
Intended audience.....	5
Search	5
Effectiveness of mental health apps.....	5
Selecting and evaluating apps.....	6
Inclusion criteria for this directory	7
Directory format.....	7
Major Disorder Category	7
Specific Disorder Category.....	7
Online version of this directory	8
1.0 Neurodevelopmental Disorders	9
1.1 Communication Disorders & Autism Spectrum Disorders.....	9
1.2 Attention Deficit/Hyperactivity Disorder.....	11
2.0 Schizophrenia Spectrum and Psychotic Disorders	12
3.0 Depressive Disorders.....	13
4.0 Anxiety Disorders.....	18
5.0 Obsessive-Compulsive Disorder	22
6.0 Posttraumatic Stress Disorder.....	23
7.0 Feeding and Eating Disorders	26
8.0 Disruptive, Impulse-Control, and Conduct Disorders	28
9.0 Substance-Related and Addictive Disorders	29
9.1 Alcohol-Related Disorders.....	29
9.2 Opioid-Related Disorders	32
9.3 Tobacco-Related Disorders.....	33
9.4 Gambling Disorder	34
10.0 Neurocognitive Disorders	36
10.1 Parkinson’s Disease.....	36
10.2 Unspecified Neurocognitive Disorders.....	37

Addiction & Mental Health
Mobile Apps Directory

11.0 Other Conditions	39
11.1 Suicidal Behaviour Disorder	39
11.2 Nonsuicidal Self-Injury.....	40
11.3 Stress.....	41
11.4 Sleep.....	44
11.5 COVID-19-related Concerns	46
11.6 Educational and Occupational Problems	46
12.0 General Information	47
12.1 Education Tools	47
12.2 Medication Management	49
12.3 On-Demand Care	50
References	52
General references	52
Research studies for individual apps	55

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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 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., 2017; Rathbone & Prescott, 2017; 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., 2019).

As such, patients and healthcare providers should be cautious when selecting apps for treatment to ensure they are evidence-based, 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](#) framework
- The American Psychiatric Association's [App Evaluation Model](#)
- The Canadian Medical Association's [Guiding Principles for Physicians Recommending Mobile Health Applications to Patients](#)
- The [Mobile App Rating Scale \(MARS\)](#)

Common evaluation criteria for mental health apps include:

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

Specific Disorder Category

App Name

Developer (Year of last update)

Cost*

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

Summary of the main features of the app.

Supporting evidence:

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

This app also applies to:

- DSM-5 section number and name for additional relevant conditions (if applicable)

*Cost Legend:

- » Free
- » \$ = \$1-\$5.99
- » \$\$ = \$6-\$10.99
- » \$\$\$ = \$11-\$20.99
- » \$\$\$\$ = \$21-\$50
- » \$\$\$\$\$ = More than \$50

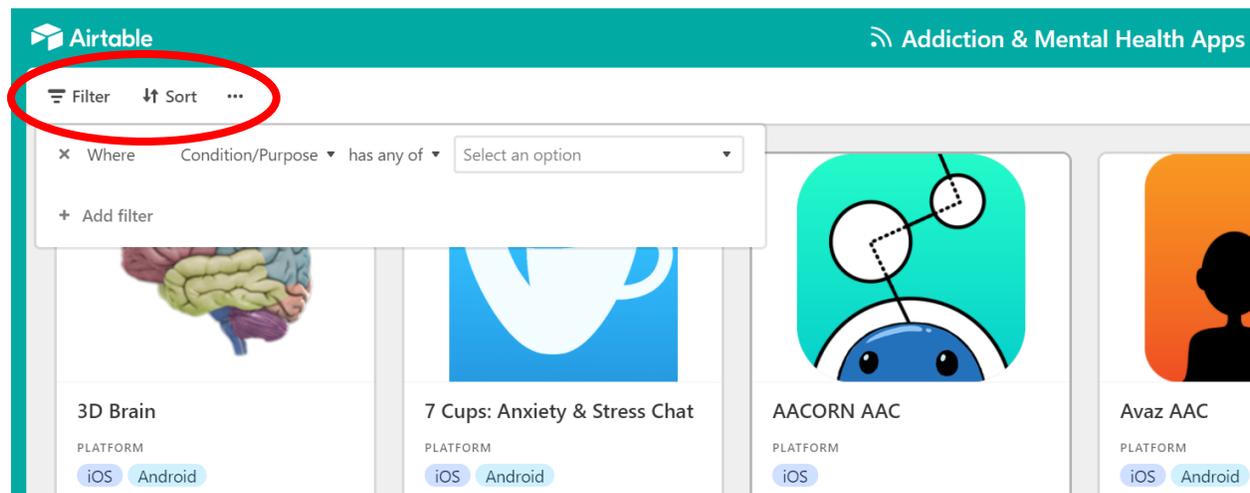
Note:

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 similar to 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”
- [Evaluating iPad Technology for Enhancing Communication Skills of Children with Autism Spectrum Disorders](#) (2015)

Avaz AAC

Avaz, Inc. (2020)

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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](#) (Sonawane & Varshneya, 2020)
- [Research study](#) (Sreekumar et al., 2020)
- [Research study](#) (Sankardas & Rajanahally, 2017)

Language Therapy for Children (MITA)

ImagiRation LLC (2021)

Free

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

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

Supporting evidence:

- [Research study](#) (Vyshedskiy et al., 2020)
- [Research study](#) (Dunn et al., 2017)

Naming Therapy

Tactus Therapy Solutions Ltd. (2021)

\$\$\$\$

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

Helps people with communication disorders and children with special needs practice naming and description skills.

Supporting evidence:

- [Research study](#) (Vaezipour et al., 2020)

Proloquo2Go

AssistiveWare (2021)

\$\$\$\$\$

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](#) (Nakkawita et al., 2021)
- [Research study](#) (Collette et al., 2019)
- [Research study](#) (Alzrayer et al., 2017)
- [Research study](#) (Krcek, 2015)

1.2 Attention Deficit/Hyperactivity Disorder

This article may be helpful in choosing an appropriate app for individuals with ADHD:

- [ADHD: Harnessing the Power of Technology & Apps](#) (2020)

Evernote

Evernote Corporation (2022)

Free

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

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

Supporting evidence:

- [Research study](#) (Moëll et al., 2015)

2.0 Schizophrenia Spectrum and Psychotic Disorders

Schizophrenia Storylines

Health Storylines (2018)

Free

Available on: [iOS](#)

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)

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 Journal

Habitics (2022)

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](#) (Dahne et al., 2019)
- [Research study](#) (Bakker et al., 2018)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (Anxiety and Depression Association of America)
- [Expert review](#) (MindTools.io)

MoodMission

MoodMission (2021)

\$\$

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

Users tell MoodMission how they're feeling and receive a tailored list of five Missions to help them feel better and improve their well-being, including mindfulness and relaxation exercises, fitness activities, and gratitude exercises.

Supporting evidence:

- [Research study](#) (Aizenstros et al., 2021)
- [Research study](#) (Bakker et al., 2018)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (MindTools.io)

Stop, Breathe & Think: Meditation

Stop, Breathe & Think (2022)

Free with subscription options

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

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.

Supporting evidence:

- [Research study](#) (Clement et al., 2020)
- [Research study](#) (Levin et al., 2020)
- [Research study](#) (Athanas et al., 2019)
- [Expert review](#) (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. (2022)

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](#) (Li et al., 2021)
- [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. (2021)

Free

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

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

Supporting evidence:

- [Research study](#) (Almodovar 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 life challenges.

Supporting evidence:

- [Research study](#) (Devan et al., 2019)
- [Research study](#) (Roepke et al., 2015)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (MindTools.io)

Virtual Hope Box

National Center for Telehealth & Technology (2019)

Free

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

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

Supporting evidence:

- [Research study](#) (Melia et al., 2020)
- [Research study](#) (Gould et al., 2019)
- [Research study](#) (Denneson et al., 2018)
- [Research study](#) (Pospos et al., 2018)
- [Research study](#) (Bush et al., 2017)
- [Expert review](#) (Health Navigator)
- [Expert review](#) (PsyberGuide)

This app also applies to:

- DSM-5 section 11.1: Suicidal Behaviour Disorder
- DSM-5 section 11.2: Nonsuicidal Self-Injury

Woebot

Woebot Labs (2022)

Free

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

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](#) (Li et al., 2021)
- [Research study](#) (Fitzpatrick et al., 2017)
- [Research study](#) (Ly et al., 2017)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (MindTools.io)

This app also applies to:

- DSM-5 section 4.0: Anxiety Disorders

Wysa: Anxiety, therapy chatbot

Touchkin (2021)

Free

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

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

Supporting evidence:

- [Research study](#) (Leo et al., 2022)
- [Research study](#) (Kretzschmar et al., 2019)
- [Research study](#) (Inkster et al., 2018)
- [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

4.0 Anxiety Disorders

7 Cups: Online therapy & chat

7 Cups of Tea (2021)

Free

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

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

Supporting evidence:

- [Research study](#) (Baumel et al., 2018)
- [Research study](#) (Baumel et al., 2016)
- [Research study](#) (Baumel, 2015)
- [Expert review](#) (*Family Practice Management* journal)
- [Expert review](#) (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. (2022)

Free

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

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](#) (Huberty et al., 2021)
- [Research study](#) (Laird et al., 2021)
- [Research study](#) (Clarke & Draper, 2020)
- [Research study](#) (Huberty et al., 2019a)
- [Research study](#) (Huberty et al., 2019b)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (MindTools.io)

This app also applies to:

- DSM-5 section 8.0: Disruptive, Impulse-Control, and Conduct Disorders
- DSM-5 section 11.3: Stress
- DSM-5 section 11.4: Sleep

eQuoo

PsycApps Ltd. (2021)

Free

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

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](#) (Litvin et al., 2020)
- [Expert review](#) (PsyberGuide)

Headspace: Meditation & Sleep

Headspace Inc. (2022)

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](#) (Haliwa et al., 2021)
- [Research study](#) (Flett et al., 2020)
- [Research study](#) (Bostock et al., 2019)
- [Research study](#) (Champion et al., 2018)
- [Research study](#) (Economides et al., 2018)
- [Research study](#) (Howells et al., 2016)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (MindTools.io)
- [Expert review](#) (Anxiety and Depression Association of America)
- [Expert review](#) (Health Navigator)

This app also applies to:

- DSM-5 section 8.0: Disruptive, Impulse-Control, and Conduct Disorders
- DSM-5 section 11.3: Stress
- DSM-5 section 11.4: Sleep

MindShift CBT – Anxiety Relief

Anxiety Canada Association (2021)

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

Stop, Breathe & Think: Meditation

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.

Woebot

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

See 3.0 Depressive Disorders for full description.

Wysa: Anxiety, therapy chatbot

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

See 3.0 Depressive Disorders for full description.

5.0 Obsessive-Compulsive Disorder

GG OCD

Ggtude Ltd (2022)

Free

Available on: [iOS](#) | [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 (2022)

Free

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

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

Supporting evidence:

- [Research study](#) (Gershkovich et al., 2021)
- [Research study](#) (Hong et al., 2020)
- [Expert review](#) (PsyberGuide)

6.0 Posttraumatic Stress Disorder

CPT Coach

US Department of Veterans Affairs (2021)

Free

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

Designed to complement the user's 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)

PTSD Family Coach

US Department of Veterans Affairs (2021)

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:

- [Research study](#) (Nolan et al., 2019)

Sinasprite

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

See 3.0 Depressive Disorders for full description.

VetChange

US Department of Veterans Affairs (2021)

Free

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

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](#) (Enggasser et al., 2021)
- [Research study](#) (Livingston et al., 2021)
- [Research study](#) (Livingston et al., 2020)
- [Research study](#) (Brief et al., 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

Body+

Ggtude Ltd (2022)

Free

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

Includes a wide range of features to help users focus on body positivity and acceptance.

Supporting evidence:

- [Research study](#) (Cerea et al., 2021)
- [Research study](#) (Aboody et al., 2020)
- [Expert review](#) (PsyberGuide)

Recovery Record for Clinicians

Recovery Record (2022)

Free

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

Designed for clinicians who treat eating disorders. With permission from the client, it links with the client's RR Eating Disorder Management self-monitoring app (listed below) to help clinicians track client 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](#) (Wasil et al., 2021)
- [Expert review](#) (Health Navigator)
- [Expert review](#) (MindTools.io)

RR Eating Disorder Management

Recovery Record (2022)

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 encouraging messages to users, and share progress with their treatment team.

Supporting evidence:

- [Research study](#) (Lindgreen et al., 2021)
- [Research study](#) (Neumayr et al., 2019)
- [Research study](#) (Tregarthen et al., 2019)
- [Research study](#) (Lindgreen et al., 2018a)
- [Research study](#) (Lindgreen et al., 2018b)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (Health Navigator)
- [Expert review](#) (MindTools.io)

8.0 Disruptive, Impulse-Control, and Conduct Disorders

Calm: Meditate, Sleep, Relax

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

Users with an active subscription can access the Calm Kids content library.

See 4.0 Anxiety Disorders for full description.

Headspace: Meditation & Sleep

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

Users with an active subscription can access Headspace for Kids content.

See 4.0 Anxiety Disorders for full description.

RegnaTales

Immersive Play (2020)

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 (2021)

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](#) (Tait et al., 2019)
- [Expert review](#) (MindTools.io)

Drink Less

Robert West (2021)

Free

Available on: [iOS](#)

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](#) (Garnett et al., 2021)
- [Research study](#) (Garnett et al., 2019)
- [Research study](#) (Crane et al., 2018)
- [Expert review](#) (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)

Stand Down: Think Before You Drink

Here and Now Systems LLC (2021)

Free

Available on: [iOS](#)

Designed for veterans who want to reduce or stop their drinking but are hesitant or unable to access 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., 2021)
- [Research study](#) (Blonigen et al., 2020)

Step Away: Alcohol Help

Here and Now Systems LLC (2021)

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](#) (Malte et al., 2021)
- [Research study](#) (Blonigen et al., 2020)
- [Expert review](#) (MindTools.io)

Talk. They Hear You.

SAMHSA (2021)

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.

VetChange

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

See 6.0 Posttraumatic Stress Disorder for full description.

9.2 Opioid-Related Disorders

emocha

emocha Mobile Health (2022)

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:

- [Research study](#) (Holtyn et al., 2021)
- [Research study](#) (Schramm et al., 2020)
- [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 (2021)

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.

Opioid Awareness

Wood Buffalo RCSD (2019)

Free

Available on: [Android](#)

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

9.3 Tobacco-Related Disorders

My QuitBuddy

Australian National Preventive Health Agency (2020)

Free

Available on: [iOS](#) | [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](#) (Peek et al., 2021)
- [Expert review](#) (MindTools.io)

QuitGuide – Quit Smoking

ICF International (2021)

Free

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

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

Supporting evidence:

- [Research study](#) (Gowarty et al., 2021)
- [Research study](#) (Bricker et al., 2020)
- [Research study](#) (Bricker et al., 2014)
- [Expert review](#) (Beacon)
- [Expert review](#) (Health Navigator)

Smoke Free – Quit Smoking Now

David Crane (2022)

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)

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: [Android](#)

Developed to determine the risk of excessive gambling in 63 different situations, as well as identify a user'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 Parkinson's Treatment App

Beats Medical Ltd (2021)

\$\$\$\$\$ 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)

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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 (2021)

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

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

Supporting evidence:

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

10.2 Unspecified Neurocognitive Disorders

BrainHQ

Posit Science (2021)

Free

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

Provides brain exercises that adapt 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](#) (Meltzer et al., 2021)
- [Research study](#) (Nguyen et al., 2021)
- [Research study](#) (Knoefel et al., 2018)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (MindTools.io)

CogniFit Brain Fitness

CogniFit Inc. (2022)

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](#) (Nguyen et al., 2021)
- [Research study](#) (Bahar-Fuchs et al., 2020)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (MindTools.io)

Total Brain

MyBrainSolutions (2021)

Free

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

Measures the 12 brain capacities associated with positive mental health and screens for the risk of common mental health 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 (2021)

Free

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

Guides users through creating a personalized suicide safety plan to help when they 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 (2022)

Free

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

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

Supporting evidence:

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

Suicide Safe by SAMHSA

SAMHSA (2020)

Free

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

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 clients 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

Stem4 (2021)

Free

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

Using principles from dialectical behaviour therapy (DBT), 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: Online therapy & chat

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

See *4.0 Anxiety Disorders* for full description.

Breathe2Relax

National Center for Telehealth & Technology (2021)

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. (2022)

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](#) (Li et al., 2021)
- [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: Meditation & Sleep

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

See 4.0 Anxiety Disorders for full description.

Stop, Breathe & Think: Meditation

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 (2021)

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., 2019)
- [Research study](#) (Mani et al., 2015)
- [Expert review](#) (Health Navigator)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (MindTools.io)

Wysa: 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 (2020)

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., 2021)
- [Research study](#) (Reilly et al., 2019)
- [Research study](#) (Koffel et al., 2018)
- [Research study](#) (Miller et al., 2017)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (Health Navigator)

Headspace: Meditation & Sleep

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

See 4.0 Anxiety Disorders for full description.

Stop, Breathe & Think: Meditation

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

See 3.0 Depressive Disorders for full description.

Sleepio

Big Health Ltd (2021)

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Available on: [iOS](#)

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

Supporting evidence:

- [Research study](#) (Henry et al., 2021)
- [Research study](#) (Stott et al., 2021)
- [Research study](#) (Cliffe et al., 2020)
- [Research study](#) (Espie et al., 2019)
- [Research study](#) (Freeman et al., 2017)
- [Research study](#) (Leigh et al., 2017)
- [Expert review](#) (Health Navigator)

11.5 COVID-19-related Concerns

COVID Coach

US Department of Veterans Affairs (2021)

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 mood and measure growth toward personal goals.

Supporting evidence:

- [Research study](#) (Jaworski et al., 2021)

Managing your stress & anxiety: Mental health during COVID-19

Centre for Addiction and Mental Health (CAMH) (2021)

Free

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

This app provides information and evidence-based coping strategies to help users manage stress and anxiety during the COVID-19 pandemic.

11.6 Educational and Occupational Problems

KnowBullying by SAMHSA

SAMHSA (2020)

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 (2020)

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

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

mhGAP-IG 2.0 App (e-mhGAP)

Universal Projects and Tools S.L. (2020)

Free

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

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

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 (2021)

Free

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

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

Supporting evidence:

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

Epocrates

Epocrates, Inc. (2022)

Free

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

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

Supporting evidence:

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

Medisafe Pill Reminder and Medication Tracker

MediSafe Inc. (2022)

Free

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

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

Supporting evidence:

- [Research study](#) (Diaz-Skeete et al., 2021)
- [Research study](#) (Santo et al., 2016)
- [Expert review](#) (Health Navigator)
- [Expert review](#) (*Journal of Nurse Practitioners*)

12.3 On-Demand Care

7 Cups: Online therapy & chat

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

See 4.0 *Anxiety Disorders* for full description.

Four Streams Coaching (previously rTribe)

The Recovery Tribe, Inc. (2022)

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)

PocketWell

Wellness Together Canada (2022)

Free

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

Connects Canadians with professional mental health and substance use supports.

Talkspace Counseling & Therapy

Talkspace (2021)

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

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

Supporting evidence:

- [Research study](#) (Hull et al., 2020)
- [Research study](#) (DellaCrosse et al., 2019)
- [Expert review](#) (MindTools.io)
- [Expert review](#) (PsyberGuide)

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