



Choosing the Right Adherence & Self-Management App

A Guide for Pediatric Psychologists

1 Narrow Contender Apps

- Define presenting adherence concern (e.g., medication, sleep, exercise)
- Specify user (i.e., child, caregiver, or both)
- Search for apps in app store using key terms (e.g., medication tracking, sleep tracker)
 - *For medication adherence specifically, here are a few credible ones to consider: Medisafe Mango, MedCoach, or MyMedSchedule*

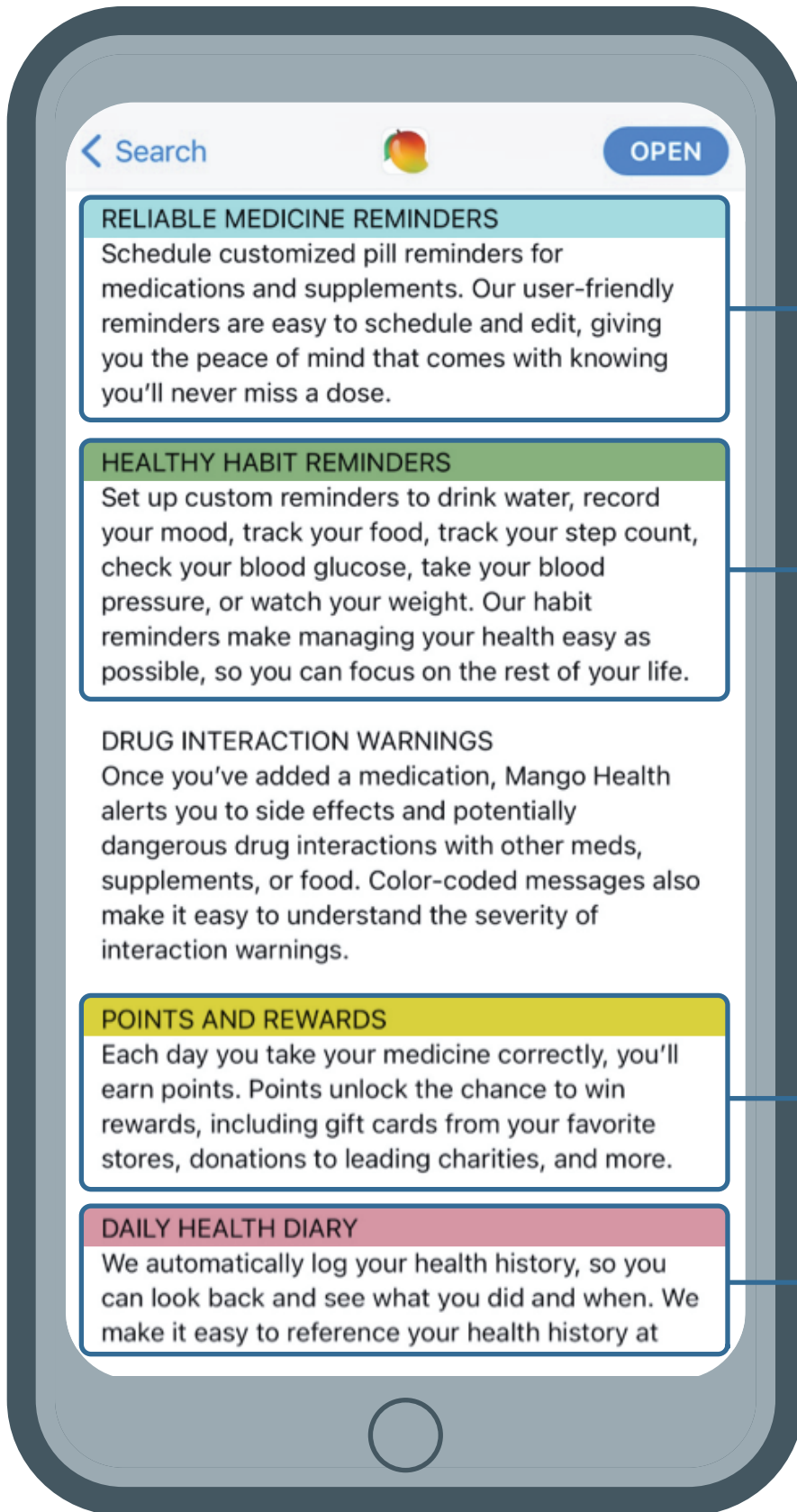
2 Explore – Get More Information and Try the App out Yourself

- Review app descriptions
- Consider if the app contains any of the following evidence-based features (preferably > 3; see Mango Health example at end):
 - *Prompts user to set specific goals*
 - *Teaches user to use prompts/cues*
 - *Facilitates user self-monitoring*
 - *Provides feedback to user on their performance*
 - *Provides or facilitates social support*
 - *Gives user contingent rewards*
 - *Delivers consequences of nonadherence to user*
 - *Provides user with social comparison*
- Narrow down ≤5 apps to download and pilot

3 Determine Utility & Feasibility for Your Target User

- Ease of use (e.g., Is it easy to set up reminders? Are instructions clear?)
- Entertainment (e.g., Is it fun to use? Are the graphics attractive?)
- Appropriateness
- Intervention target (e.g., Does the app target the desired health behavior?)
 - *Physical, developmental, or cognitive factors (e.g., Are graphics age appropriate?)*
 - *Diversity, equity, & inclusion factors (e.g., Is the app inclusive and representative?)*
 - *Language barriers (e.g., Does the app require English proficiency?)*
- Access considerations (e.g., Wi-Fi, data plan, smartphone, is the app available for iPhone and/or Android?)

Example using Mango Health



- 1 Prompts user to set specific goals
- 2 Teaches user to use prompts/cues

- 3 Facilitates user self-monitoring

- 4 Gives user contingent rewards

- 5 Provides feedback to user on their performance