

Table 1 Classification of mhealth apps

Category	Name of the app	Authors	Year	Paper Title
App with device	Collective Intelligence	Addo et al	2013	Toward collective intelligence for fighting obesity
Standalone	iN Touch	Kim et al	2015	Youth-centered Design and Usage Results of the iN Touch Mobile Self-management Program for Overweight/Obesity
Real (Human)	Personal Wellness Coach	Asselin et al	2005	Implementation and evaluation of the personal wellness coach
Virtual	Move it move it	Frost et al	2012	We Like to Move It Move It!: Motivation and Parasocial Interaction
None	iN Touch	Kim et al	2015	Youth-centered Design and Usage Results of the iN Touch Mobile Self-management Program for Overweight/Obesity
Reminder	Txt2Bfit	Partridge et al	2015	Effectiveness of a mHealth Lifestyle Program With Telephone Support (TXT2BFIT) to Prevent Unhealthy Weight Gain in Young Adults: Randomized Controlled
Smart Suggestion	Teenagers and Digital Coaching	Kettunen et al	2018	Can Sport and Wellness Technology be My Personal Trainer?—Teenagers and Digital Coaching
None	MyFitnessPal	Levinson et al	2017	My Fitness Pal calorie tracker usage in the eating disorders
Intangible				**PEGASO DSAHBOARD (not published)
Tangible	Pegaso City	Caon et al	2016	PEGASO Companion: A Mobile App to Promote Healthy Lifestyles Among Adolescents
None	Fitbit for Obese	Yoost et al	2018	The Use of Fitbit Technology Among Rural Obese Adolescents
Connected	Collective Intelligence	Addo et al	2013	Toward collective intelligence for fighting obesity
Standalone	Personal Wellness Coach	Asselin et al	2005	Implementation and evaluation of the personal wellness coach