Table S1. References of the mHealth applications (n = 29) included in the study.

APP NAME	Reference
Effecto Symptom Tracker	https://apps.apple.com/us/app/effecto-track-mood-symptoms/id1617568819
Wave: health and symptom tracker	https://apps.apple.com/us/app/wave-health-symptom-tracker/id1482036778
CareClinic – Tracker, Reminder	https://apps.apple.com/us/app/careclinic-tracker-reminder/id1455648231
Healthily: Self-care & Tracker	https://apps.apple.com/gb/app/healthily-self-care-tracker/id1491316446
Moodflow	https://apps.apple.com/us/app/moodflow/id1450736806
Symptom & Mood Tracker	https://apps.apple.com/us/app/symptom-mood-tracker/id1482581097
Avanti	https://apps.apple.com/us/app/avanti/id1434679620
Journal My Health	https://apps.apple.com/us/app/journal-my-health/id1548038194
itFeels	https://apps.apple.com/my/app/itfeels/id1602940771
Crystal™	https://apps.apple.com/us/app/id1407131771
Folia Health	https://apps.apple.com/us/app/folia-health/id1403862750
Wanngi Health tracker	https://apps.apple.com/au/app/wanngi-health-tracker/id1473088241
Medication Reminder – Care	https://apps.apple.com/us/app/medication-reminder-care/id1448776934
Health Storylines	https://apps.apple.com/us/app/health-storylines/id935411489
Opencare – Track symptoms	https://apps.apple.com/us/app/opencare-track-symptoms/id1344067100
#trackit: Track Health & Pain	https://apps.apple.com/us/app/trackit-track-health-pain/id1559328063
Chronic insights	https://apps.apple.com/us/app/chronic-insights/id1480121546
MDHealthTrak – Symptom Tracker	https://apps.apple.com/us/app/mdhealthtrak-symptom-tracker/id1461757043
Symptomator	https://apps.apple.com/tt/app/symptomator/id1562522260
CoVstat	https://apps.apple.com/us/app/covstat/id1563244252
Chronic iIllness Monitor	https://apps.apple.com/us/app/chronic-illness-monitor/id1435161881
Metriport – Tracker & Lifelog	https://apps.apple.com/us/app/metriport-tracker-lifelog/id1597363011
Symple Symptom Tracker	https://apps.apple.com/us/app/symple-symptom-tracker/id479818115
Flaredown for Chronic Illness	https://apps.apple.com/us/app/flaredown-for-chronic-illness/id982963596

Symptom Tracker°	https://apps.apple.com/au/app/symptom-tracker/id1589913574
Wellth Health Tracker	https://apps.apple.com/lr/app/wellth-health-tracker/id1450734197
TracknShare LITE	https://apps.apple.com/us/app/tracknshare-lite/id338964782
PeopleWith – Symptoms & Health	https://apps.apple.com/us/app/peoplewith-symptoms-health/id1323985690
Healthmatica	https://apps.apple.com/us/app/healthmatica/id1175272405