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Details of mobile health apps using built-in mobile phone sensors in surveyed curated libraries.

Purpose	Sensor	App name	Description in library	Operating	Health		
				system	condition		
AppScript	AppScript (n=8)						
Diagnosis	Microphone	SnoreMonitor	Graph your snoring and	iOS	Respiratory		
and		SleepLab	breathing sounds. Tap the		(snoring)		
treatment			graph to listen and analyze.				
			Repeat tapping to accelerate				
			playback speed.				
Diagnosis	Microphone	SnoreLab	SnoreLab records, measures,	iOS	Respiratory		
and			and tracks your snoring and		(snoring)		
treatment			helps you to discover				
			effective ways to reduce it.				
Diagnosis	Microphone	Breathing Zone	Breathing Zone uses a	iOS and	Respiratory		
and			clinically proven therapeutic	Android	(breathing)		
treatment			breathing technique that				
			decreases your heart rate and				
			over time can even help				
			lower high blood pressure.				

Treatment	Camera	HeartRate+	HeartRate+ includes a	iOS	Respiratory
		Coherence	breathing guide and measures		(breathing)
			how well you are doing the		
			breathing exercise via		
			monitoring your heart rate		
			variability.		
Diagnosis	Camera	SpotMole	This is the world's first	Android	Dermatology
			smartphone app to perform		(skin cancer)
			an automatic mole analysis		
			using the device's camera,		
			gallery and embedded		
			algorithms.		
Treatment	Touch screen	Vision Training	Vision Training 1 is training	iOS	Visual acuity
		1	for eye movement, eye-hand		
			coordination, and binocular		
			function.		
Treatment	Touch screen	Visual Attention	Visual Attention Therapy	iOS	Visual acuity
		Therapy Lite	Lite helps brain injury and		
			stroke survivors, as well as		
			struggling students, to		
			improve scanning abilities.		

Treatment	Touch screen	pdFIT	Beneufit's pdFIT is a disease	iOS	Neurology			
			management tool for people		(Parkinson			
			with Parkinson disease. A		disease)			
			finger tapping test allows					
			users to objectively assess					
			their manual dexterity and					
			fine motor control on their					
			own through the pdFIT app.					
MyHealth	MyHealthApps (n=8)							
Treatment	Touch screen	Dexteria	App to improve fine motor	iOS and	Neurology			
			skills as part recovering from	Android				
			injury or stroke or for					
			learning development skills.					
			Dexteria's hand and finger					
			activities use the iOS					
			multitouch screen to help					
			build strength, control, and					
			dexterity.					
Diagnosis	Camera	iDoc24	Allows a user to send	iOS and	Dermatology			
			anonymous photos of any	Android				
			skin condition to a					
			dermatologist.					

Diagnosis	Camera	MyPso	Helps people with psoriasis	iOS and	Dermatology
and			track their conditions and	Android	
treatment			recording symptoms and		
			severity as and when they		
			happen.		
Diagnosis	Camera	UMSkinCheck	Allows a user to check for	iOS	Dermatology
			skin cancer by conducting		(skin cancer)
			self-examination.		
Treatment	Touch screen	Anti-stress	Chromotherapy app intended	Android	Anxiety
		Chromotherapy	to reduce mental stress by		
			demonstrating the therapeutic		
			value of 256 shades of color.		
Diagnosis	Camera	Instant Heart	Measures heart rate and	iOS and	Cardiology
and		Rate	pulse. Uses the phone's	Android	
treatment			camera to detect the pulse in		
			a user's fingertip. The app		
			beeps in time with the pulse.		
Diagnosis	Accelerometer	Lift Pulse	Records the extent of a user's	iOS and	Neurology
and			tremor via the smartphone's	Android	
treatment			accelerometer.		
Diagnosis	Speaker	uHear	Self-administered hearing	iOS	Audiology
			test.		
NHS Anns	Library (n=2)				

NHS Apps Library (n=2)

Treatment	Touch screen	Beat Panic	The Beat Panic app uses a	iOS	Anxiety—
			series of soothing colored		panic attacks
			flashcards with messages		
			designed to help you		
			overcome a panic attack in a		
			calm, gentle manner.		
Treatment	Camera	Chill Panda	Learn to relax, manage your	iOS and	Anxiety—
			worries, and improve your	Android	general
			well-being with Chill Panda.		
			The app measures your heart		
			rate and suggests tasks to suit		
			your state of mind.		