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apps for carers

REPORT ON SELECTED APPLICATIONS

search



learn



support



INTELLECTUAL OUTPUT 1 (IO1): SELECTION OF APPLICATIONS

Report on selected applications

Authors:

Roberta Papa, Flavia Piccinini, Giulia Onorati, Giovanni Lamura (INRCA)

Licia Boccaletti, Alessandra Manattini, Elena Mattioli, Rita Seneca (ANS)

Areti Efthymiou, Theologia, Tsisti, Evridiki Papastavrou (CUT)

Elizabeth Hanson, Francesco Barbabella, Frida Andréasson, Lennart Magnusson (LNU)

Carlos Vaz de Carvalho, Maria Macedo (Virtual Campus)



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1. Introduction and purpose

The aim of *Intellectual Output 1 Selection of applications* is to select applications and mobile-friendly websites available on the market, addressing the needs of informal carers. In particular, the following areas have been considered as relevant:

- Care planning and management;
- Information and micro-learning;
- Communication and social inclusion.

To reach this objective, three tasks have been identified in a time-frame of 7 months (i.e. from 1st November 2016 to 31st May 2017):

- *Task 1.A1: Definition of common criteria for the identification of the application to be selected (November-December 2016);*
- *Task 1.A2: Survey on available applications and selection (January-March 2017);*
- *Task 1.A3: Review by pilot users (April-May 2017).*

This work was led by INRCA, supported by the other partners, namely ANS, CUT, LNU, SINGULAR LOGIC, and VIRTUAL CAMPUS.

This document represents the final output of the IO1 and includes the list of the apps and websites selected by each partner to be included in the A4C library. A brief summary of methodology used (i.e. selection criteria, categories, etc.) is also provided.

2. Methodology

The selection of the online resources was carried out on the basis of specific characteristics and criteria, agreed by the partners at the beginning of the project.

The target group of the project are **informal carers**, defined as “*people who provide unpaid care to someone with a chronic illness, disability or other long-lasting health or care need, outside of a professional or formal framework*” (Eurocarers, <http://www.eurocarers.org/about>). Moreover, only adult and older carers who take care of other adults or older persons (i.e. we are excluding the care of children, which is not the focus of this project) were considered.

The selection process was composed of the following phases:

1. Definition of main characteristics, criteria and searching strategy
2. Evaluation and selection of the resources
3. Focus groups with carers
4. Finalization of the list of selected applications.

2.1 Characteristics, criteria and search strategy

The main characteristics of the resources of interest for the project were agreed to be the following:

Characteristic	Description
Type of applications	<ul style="list-style-type: none"> ○ Apps ○ Websites
Target group	<ul style="list-style-type: none"> ○ Carers ○ Carers and care recipients ○ Care recipients only ○ General public
Scope of the applications	<ul style="list-style-type: none"> ○ Care planning and management ○ Information and micro-learning ○ Communication and social inclusion
List of diseases/conditions	<ul style="list-style-type: none"> ○ Cardiovascular diseases (e.g. Chronic heart failure, Angina pectoris) ○ Stroke ○ Respiratory diseases (e.g. Chronic obstructive pulmonary disease (COPD), Asthma) ○ Mental illness (e.g. Major depressive disorder) ○ Neurodegenerative diseases (e.g. Alzheimer’s disease and other dementia’s, Parkinson disease and multiple sclerosis) ○ Cancer ○ Digestive diseases (e.g. Dysphagia, reduced absorption of nutrients) ○ Sensory organ diseases (e.g. visual impairment, hearing loss) ○ Musculoskeletal diseases (e.g. fractures, osteoporosis, osteoarthritis) ○ Diabetes ○ Urinary incontinence.

A list of keywords was then defined on the basis of Target, Scope and Chronic disease. These were used alone and in combination to conduct the research through Google play and iTunes for the apps, Google for the websites.

As regards the criteria to select the apps/websites, different types of criteria (binding and not binding) were defined:

- General information about the on-line resource,
- Inclusion/exclusion criteria,
- Eligibility and classification issues,
- Other relevant information and final evaluation.

For each criterion, description and codes to be used during the data collection were provided:

Criteria/Characteristics		Description/notes	Codes
General information	Country	Partner's country	1= Italy 2 = Greece 3= Cyprus 4=Portugal 5= Sweden
	Name of the app/website	Name	-
	Link	Link of website/app (if available for Android and iOS include both)	-
	Operating System and version (apps only)	Android, iOS	1 = Android 2 = iOS 3 = both
Inclusion/exclusion criteria	Language	Language of the app/website. To search it in the description of the app or in the menu of the website. Inclusion Criteria: National languages (Italian, Swedish, Portuguese, Greek), or national + English	For each language: 0= no 1= yes
	Price (apps only)	Presence of premium version for the apps/ possibility for subscriptions in the websites Inclusion Criteria: Price: ≤3,00 €	0=free; 1= additional features to pay for; 2=premium version. Price in EUR or SEK
	Update status	App (version and date); website (date of the last update). Exclusion Criteria: only if an app/website is clearly out-of-date	0=clearly out-of-date; 1= updated; 2=not available/not applicable
	Responsiveness (websites only)	Using Google test tool (www.google.com/webmasters/tools/mobile-friendly/) Inclusion Criteria: Only websites responsive	0= no 1= yes

Criteria/Characteristics		Description/notes	Codes
	Usability	Inclusion Criteria - Apps: MARS ¹ Quality score (score ≥ 3) (see Appendix) Inclusion Criteria - Websites: SUS ² (score ≥ 68) (see Appendix)	Score
INCLUDED/EXCLUDED		Final evaluation	0 = excluded 1 = included
Eligibility criteria/Classification	Target group	<ul style="list-style-type: none"> Carers Care recipients General Public 	For each target group 0= no 1= yes
	Scopes	<ul style="list-style-type: none"> Care Planning and Management Information and micro-learning Communication and social inclusion 	For each Scope 0= no 1= yes
	Diseases/conditions	<ul style="list-style-type: none"> Cardiovascular diseases Stroke Respiratory diseases Neurodegenerative diseases Cancer Musculoskeletal diseases Diabetes Mental illnesses Digestive diseases Sensory organ diseases Urinary Incontinence 	For each disease/condition 0= no 1= yes
Additional information	Reliability/appropriateness of the contents	<ul style="list-style-type: none"> HEALTH-RELATED APPS/WEBSITES: verify if endorsed by Health Ministry, or other relevant Organisations such as "Health on The net", or those included in European Directories (i.e. "myHealthApps Directory") WELL-BEING AND OTHER: verify if there is sufficient information about developer 	0= not reliable/appropriate 1= reliable/appropriate 2 = not assessed

¹ MARS is a multidimensional scale developed to rate and measure the quality of health-related apps (Stoyanov, S. R., Hides, L., Kavanagh, D. J., Zelenko, O., Tjondronegoro, D., & Mani, M. (2015). Mobile app rating scale: a new tool for assessing the quality of health mobile apps. JMIR mHealth and uHealth, 3(1), e27.).

² SUS is a simple and reliable tool to measure usability of a variety of products and services (Brooke, J., SUS: A retrospective, Journal of Usability Studies, 2013, Vol. 8, Issue 2, pp. 29-40).

Criteria/Characteristics		Description/notes	Codes
		or if the content is appropriate	
	Data security and privacy	Evaluation of security and privacy assured/considered	0= not assured/considered 1= assured/considered 2 = not assessed
	Developer	Name of the developer	-
	Registration	<ul style="list-style-type: none"> APP: to install it and verify if the creation of an account is requested WEBSITE: verify if there is a private section dedicated to members and its purpose 	0= not needed 1= needed
	Connection (apps only)	From the description of the app or verification in the menu	0= Offline 1= Internet required
	Users Rating (apps only)	To include the last available score in the APP stores (both Google Play and iTunes if available)	-
	Expert's rating	Our global rating of the app/website	1 = Very bad 2 =Bad 3 =Average 4 =Good 5 =Very good
	Description	Description of the app/website	none
	Relevant keywords	Keywords to be used in the library, both in English and in national language.	none
	Notes	Any relevant comment	-

2.2 Evaluation and finalization of the list of resources

The survey of available resources (apps and websites) was carried out in 5 countries (i.e. Cyprus, Greece, Italy, Portugal, Sweden) and it lasted two months and half, from January to mid-March 2017. Due to the common language (i.e. Greek), the survey in Cyprus and Greece was performed in parallel, resulting in a common list of resources, as well as an additional list of resources addressing the two countries separately. A preliminary list of resources was defined for each country, to be evaluated by the users. Eight focus groups were organized to ask feedback to a sample of caregivers (N=47) about the selected resources and their classification. The list of resources was subsequently refined based on the carers’ comments and suggestions. Moreover, the preliminary analysis of the resources, collected in a common database, provided additional information about their classification for the A4C app. In particular, the following table shows the new categories and sub-categories defined, as well as the kind of apps and websites included in each of them. This scheme will be the base for the development of the national versions of the A4C app.

CATEGORY	SUB-CATEGORY	KIND OF RESOURCES INCLUDED
CARER’S WELL-BEING (WELL-BEING)	-	Tools devoted to carers (e.g. relaxation, stress management)
MANAGING HEALTH & DISEASES OF CARE RECIPIENT (HEALTH)	DISEASES & HEALTH- RELATED ISSUES	Information
		Advice and tips to manage symptoms and problems
		Rehabilitation tools
		Assessment and tracking of parameters
		Sharing information among carers and professionals
		Prevention
	MEDICATIONS	Information
		Reminders & management
	NUTRITION & DIET	Information and advice
		Tracking systems
USEFUL CONTACTS (CONTACTS)	SERVICES	Services: information, research and location (pharmacies)
		Associations: information and events
		Legal and financial information and advice
	HELP & INFORMATION	Helplines
		Emergencies: direct link, calls
		Emergencies: information
		Peer support and expert advice (Facebook groups and fora)
TECHNOLOGIES FOR ELDER CARE (TECHNOLOGIES)	-	Resources for disabled people (e.g. interfaces, assistive devices)

3. Selected applications and web-sites

3.1 General overview

Survey on online resources lasted 2.5 months, from January to mid-March 2017. Each partner searched for apps and websites useful to support carers in his/her country, such as Cyprus, Greece, Italy, Portugal and Sweden.

The table below shows an overview of the resources selected by country and type:


TYPE	COUNTRY					Total
	Greece	Cyprus	Italy	Portugal	Sweden	
Websites	4 +8*	5 + 8*	24	5	41	87
Apps	5 + 25*	4 + 25*	42	33	28	137
Total	9 +33*	9 + 33*	66	38	69	224

** Resources applicable to both Greece and Cyprus, of which 20 in English language*

Fifteen percent of websites and nineteen of apps selected are specific for carers. Half the resources are disease-specific, such as they address one or more of the diseases considered; about 50% of these resources relate to neurodegenerative diseases. As regards the categories, 66% of resources are included in the category “Managing health & diseases of care recipient”, 49% in “Useful contacts”, 8% in “Technologies for elder care”, and 6% in “Carer’s well-being”. These frequencies are based on cases, because some resources have been classified as belonging to more than one category.


LEGEND


Op. system:

 = Android

 = iOS


Reliability/Privacy:


 = assured

 = not assured

- = not assessed/not relevant

Registration/Connection:

 = yes

 = no






















MARS score: evaluation of quality of the app; range 1-5.




















SUS score: usability evaluation; range 0-100.



























Expert score: 1 = Very bad; 2 =Bad; 3 =Average; 4 =Good; 5 =Very good.























3.2 Italy (INRCA+ANS)



























APPS














Country	Name	Link	Target	Category	Disease/ condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
IT01	Numeri Utili	https://play.google.com/store/apps/details?id=it.android.numeri&hl=it	General public	CONTACTS	Not disease-specific	This App provides the most important Italian national numbers grouped by section: Emergency numbers, Public services, etc. It discriminates the free phone numbers and the paid ones.			-				3	3
IT02	iFarmacie di turno	https://itunes.apple.com/it/app/ifarmaciediturno/id960636682?mt=8	General public	CONTACTS	Not disease-specific	This App gives information on finding opened pharmacies.			-				3	3
IT03	Farmavie	https://play.google.com/store/apps/details?id=it.wikipharm.farmavie&hl=it	General public	CONTACTS	Not disease-specific	Pharmacy finder allowing users to search for pharmacies by name, by address, or using the GPS locator to list pharmacies nearby.	 			-			4	3
IT04	PharmAround	https://play.google.com/store/apps/details?id=com.dev.elon.pharmaround	General public	CONTACTS	Not disease-specific	This App gives information on finding opened pharmacies.	 		-	-			3	4


























Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
IT05	Iperteso? Controlla anche l'uricemia	https://play.google.com/store/apps/details?id=it.euromultimedia.iperuricemia&rdid=it.euromultimedia.iperuricemia	General public	HEALTH	Cardiovascular	This app includes information about hyperuricemia and helps to manage this condition. It was designed and realized by the Italian Society of Arterial Hypertension (SIIA).							4	4
IT06	La mia pressione del sangue	https://play.google.com/store/apps/details?id=com.mengtaoye.bloodpressure&rdid=com.mengtaoye.bloodpressure	General public	HEALTH	Cardiovascular	This app allows easily monitoring blood pressure and heart rate. It creates charts automatically, allowing to export and send data via e-mail.			-	-			4	3
IT07	Promemoria per farmaci con allarme e calendario	https://itunes.apple.com/it/app/promemoria-per-farmaci-con-allarme-e-calendario/id816347839?mt=8	Carers & care recipients	HEALTH	Not disease-specific	Pill reminder with many functions: it allows creating reminders, to track the remaining quantity of each medication, get refill alerts, marking medications as “taken not taken”, and adding notes for medical appointments. It allows planning the therapy for multiple users.			-	-			4	4
IT08	App Dieta Mediterra	https://play.google.com/store/apps/details?id=com.mengtaoye.bloodpressure	General public	HEALTH	Not disease-	This app includes information about foods and recipes typical of the Mediterranean				-			4	4















Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
	nea Mdiet	etails?id=it.milkmaid.mdiet&rdid=it.milkmaid.mdiet			specific	diet, and allows creating a daily food diary.								
IT09	ESH CARE	https://play.google.com/store/apps/details?id=it.youco.sii&hl=it	Care recipients	HEALTH	Cardiovascular, Stroke	Hypertension app validated and supported by the European Society of Hypertension. It allows keeping track of blood pressure values, and sharing them with medical staff by email. Additionally, the app has a handy medicines reminder, and includes practical hints to keep hypertension under control.	 						4	4
IT10	ICTUS3R	https://play.google.com/store/apps/details?id=com.ictus3r.app	General public	HEALTH	Cardiovascular, Stroke	ICTUS3R gives information on how to recognize signs of a stroke react correctly and reduce the risk.	 		-				4	4
IT11	Ipertensione	https://play.google.com/store/apps/details?id=com.momentomedico.sii	Carers & care recipients	HEALTH	Cardiovascular, Stroke	This App provides detailed information on hypertension. It gives advice on how to keep a healthy lifestyle and reduce the cardiovascular risk. The user can record and monitor personal health data.	 						4	4
IT12	Indice glicemico e carico IG	https://play.google.com/store/apps/details?id=com.crea	General public	HEALTH	Diabetes	This app allows to easily searching for the glycaemic index and glycaemic load of various foods, and their carbohydrate	 			-			4	4





















Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
		msoft.mygi&hl=it				content.								
IT13	Indice glicemico e carico IG - premium	https://play.google.com/store/apps/details?id=com.creamsoft.mygi&hl=it	General public	HEALTH	Diabetes	This app contains a premium version. As the basic version, it allows to easily searching for the glycaemic index and glycaemic load of various foods, and their carbohydrate content. In addition, the premium version allows keeping a food diary, and to create and export charts.	 	€		-			4	4
IT14	Glimp	https://play.google.com/store/apps/details?id=it.ct.glicemia&rdid=it.ct.glicemia	General public	HEALTH	Diabetes	This app records glucose levels in the blood, the units of insulin taken, the carbohydrate consumed, and the sport activity. In case, it can be connected with Dropbox to remote monitoring the results, and is compatible with Abbott sensors.			-	-			3	3
IT15	MyTherapy Promemoria per pastiglie	https://play.google.com/store/apps/details?id=eu.smartpatient.mytherapy&rdid=eu.smartpatient.mytherapy	Carers & care recipients	HEALTH	Not disease-specific	This app helps managing therapies, tracking health conditions, reminding medicines intake, monitoring health values and symptoms. It allows sharing monthly reports and graphs with family and doctors.	 						4	4
IT15	Farmavviso	https://play.google.com/store/apps/details?id=it.seekou	Care recipients	HEALTH	Not disease-specific	Therapy reminder app that allows users to set vocal or textual notifications to remember medication to be taken. It also	 		-				4	3




















Country	Name	Link	Target	Category	Disease/ condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
		t.apps.farmadietto.com/it/app/lesioni-da-decubito-lite?id=1093887592?mt=8				acts as virtual ‘medicine cabinet’, keeping track of all the medicines stored at home.								
IT17	Lesioni da decubito - Lite	https://itunes.apple.com/it/app/lesioni-da-decubito-lite/id1093887592?mt=8	Carers	HEALTH	Not disease-specific	This app provides basic wound care notions based on the latest guidelines and available scientific evidence on pressure sores management. The app is designed and created by Dr. Marco Romitelli.	 			-			4	3
IT18	DrDrin	https://play.google.com/store/apps/details?id=com.biocare.drdrin	Carers & care recipients	HEALTH	Not disease-specific	This app includes drugs reminder and planning; moreover, it gives the possibility to insert the amount of medicines bought and receive a notification when they are ending. It allows communication with some "tutor", like family members and doctors.	 						4	4
IT19	Banca Dati Farmaci AIFA	https://itunes.apple.com/it/app/banca-dati-farmaci/id871252691?mt=8	Care recipients	HEALTH	Not disease-specific	Official drug database of the Italian Medicines Agency (AIFA). It allows downloading information sheets for all the pharmacological products authorized for sale in Italy.	 						3	3
IT20	Automedicazione	https://play.google.com/store/apps/details?id=automedicazione.goticoweb	General public	HEALTH	Not disease-specific	This app provides information about symptoms, disorders, drugs and active principles, allowing users to manage at best OTC drugs.	 			-			4	3





















Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
		&hl=it												
IT21	Io equivalgo	https://play.google.com/store/apps/details?id=it.farmadati.cafarm&hl=it	General public	HEALTH	Not disease-specific	This app helps find equivalent medications searching by product name, active ingredients or using the barcode of the medicine box. The list of low-cost equivalent drugs is provided by the Italian Medicines Agency (AIFA).	 			-	✓	✓	4	3
IT22	Bere acqua promemoria	https://play.google.com/store/apps/details?id=com.northpark.drinkwater&hl=it&rdid=com.northpark.drinkwater	General public	HEALTH	Not disease-specific	This app calculates how much water you should drink per day based on your weight and sets daily goals accordingly. It allows sending drinking reminders and monitoring body weight.			-	-	✓	✗	4	4
IT23	Your Water - free	https://itunes.apple.com/ua/app/your-water-free-your-water/id990678187?mt=8	General public	HEALTH	Not disease-specific	This app allows taking under control water intake by setting daily goals of water consumption, sending notifications to remind drinking, and tracking the progress towards the target.			-	-	✓	✓	4	3
IT24	Asma	https://play.google.com/store/apps/details?id=it.euromultimedia.asma&feature=search_result	General public	HEALTH	Respiratory	This App gives information on asthma and allows users to assess periodically their disease status. It provides a daily reminder for the drug therapy and information on the pollen concentration.	 				✗	✗	3	3

Country	Name	Link	Target	Category	Disease/ condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
		It#?t=W251bGwsMSwyLDEsImI0LmV1cm9tdWx0aW1lZGlhLmFzbWEiXQ												
IT25	Neglect App	https://itunes.apple.com/it/app/neglect-app/id788480837?mt=8	Care recipients	HEALTH	Stroke	This App uses virtual reality to rehabilitate neglect, one of the stroke's possible consequences.			-				4	4
IT26	Memorado	https://play.google.com/store/apps/details?id=com.memorado.brain.games	General public	HEALTH	Stroke, Neurodegenerative	This App contains memory games and other activities designed to train different cognitive functions such as attention and processing speed of information.	 						3	4
IT27	Neuro Nation	https://play.google.com/store/apps/details?id=air.nn.mobile.app.main	General public	HEALTH	Stroke, Neurodegenerative	This App contains memory games and other activities designed to train different cognitive functions such as attention and processing speed of information.	 						3	3
IT28	Alzheimer App	https://play.google.com/store/apps/details?id=com.alzheimer https://itunes.apple.com/it/app/alzheimer-app/id788480837?mt=8	Carers & care recipients	HEALTH, CONTACTS	Neurodegenerative	This App is devoted to people with Alzheimer's disease, their relatives and caregiver. It gives a lot of information on Alzheimer's disease and advice on how to take care of people with this problem.	 		-				4	4

Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
		e.com/us/app/alzheimer-app/id539167137?mt=8												
IT29	Family GPS locator My family	https://play.google.com/store/apps/details?id=net.prtm.myfamily&hl=it	General public	HEALTH, TECHNOLOGIES	Neurodegenerative, Mental	This app allows locating family members and friends using GPS. It sends a notification when a person get to or leave selected places and it has a group chat.	 		-		✓	✓	3	3
IT30	Trova e proteggi i familiari (FamiloNet su iTunes)	https://play.google.com/store/apps/details?id=net.familo.android&rdid=net.familo.android	General public	HEALTH, CONTACTS, TECHNOLOGIES	Neurodegenerative, Mental	This app allows locating family members and friends using GPS. It include group chats with the possibility to create photo album. Moreover, it has a panic button to send an immediate alarm to all family members in case of danger.	 		-	-	✓	✓	4	3
IT31	iNonni	https://play.google.com/store/apps/details?id=it.fab_lab.app.inonni&rdid=it.fab_lab.app.inonni	General public	HEALTH, CONTACTS, TECHNOLOGIES	Not disease-specific	This app is addressed to all older adults and contains games, news, some learning activities, and information about pharmacies and common drugs. Moreover, there is the possibility to use this app for communicate using messages, calls and video calls using a simple design interface.	 		-		✗	✓	4	4
IT32	Pharmawizard -	https://play.google.com/store/apps/details?id=net.prtm.myfamily&hl=it	General public	HEALTH, CONTACTS	Not disease-	This app gives information on different drugs, compares the prices, and shows the	 		-	-	✓	✓	4	4

Country	Name	Link	Target	Category	Disease/ condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
	Farmaci - Farmacie	etails?id=com.gag.salvaunavita&hl=it zard.pharmawizard.app			specific	equivalent ones. It also helps to find opened pharmacies.								
IT33	Salva una vita	https://play.google.com/store/apps/details?id=com.gag.salvaunavita&hl=it https://itunes.apple.com/it/app/salva-una-vita/id1020170957?mt=8	General public	HEALTH, CONTACTS	Not disease-specific	This App provides useful information on facing medical emergencies.	 						4	5
IT34	No barriere	https://www.associazionelucacoscioni.it/notizie/comunicati/app-no-barriere/	General public	TECHNOLOGIES	Not disease-specific	This app aims to enhance the mobility of persons with disabilities by using a geolocation system who collects reports about architectural and sensorial barriers. Each user can contribute to mapping the barriers adding notifications in the database and sending notice to local authorities.	 		-				4	4
IT35	LIS	https://play.google.com/store/apps/details?id=appinven	Carers & care recipients	TECHNOLOGIES	Sense	This App includes more than 150 words translated into sign language. It contains some videos that help the user to repeat							3	4

Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
		tor.ai_sanny4_SB.LIS&hl=it				the sign correctly.								
IT36	Spreadthesign - il più grande dizionario della lingua dei segni	https://play.google.com/store/apps/details?id=com.spreadthesign.android.app_paid	Carers & care recipients	TECHNOLOGIES	Sense	"Spread the sign" is a sign language dictionary. It contains many words in 20 different languages.	 						3	4
IT37	La mia voce	https://play.google.com/store/apps/details?id=com.Zadig.LaMiaVoce	Carers & care recipients	TECHNOLOGIES	Stroke, Cancer, Sense	This App is a communication tool designed for people impaired to speak (for example in case of aphasia, vocal chords problems or speech difficulties). It helps people unable to speak to express their desires, requests, opinions and emotions. Several functions let the user customize the app to respond more and more to the different daily needs.	 						4	3
IT38	Training Autogeno	https://itunes.apple.com/it/app/training-autogeno/id464008177?mt=8	General public	WELL-BEING	Not disease-specific	This App gives basic information on what the autogenous training is, and presents different exercises.		€					3	3

Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
IT39	Esercizi di Respirazione Profonda Tecniche Pranayama	https://itunes.apple.com/it/app/esercizi-respirazione-profonda-tecniche-pranayama/id1135818237?mt=8	General public	WELL-BEING	Not disease-specific	This App presents different breathing exercises to promote relaxation.			-				3	3
IT40	WellBeing	https://itunes.apple.com/it/app/wellbeing/id586165211?mt=8	General public	WELL-BEING	Not disease-specific	This App presents guided meditations to promote relaxation and help users falling asleep.			-				3	3
IT41	Spiritual Me, meditazione, tecniche di consapevolezza, alleviamento dello stress	https://play.google.com/store/apps/details?id=com.spiritualmeapp.masters&hl=it	General public	WELL-BEING	Not disease-specific	This App presents guided meditations in order to promote relaxation and awareness.	 		-				3	3
IT42	Training Autogeno	https://play.google.com/store/apps/details?id=com.spiritualmeapp.masters&hl=it	General public	WELL-BEING	Not disease-specific	This App gives basic information on what autogenous training is and presents			-	-			3	3

Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
	APP	etails?id=appinventor.ai_kirpykirpy.TRAINING_AUTOGENO_APP			specific	different exercises.								

WEBSITES

Country	Name	Link	Target	Category	Disease/condition	Description	Reliability	Privacy	Registration	SUS	Expert score
IT43	We are Parky	https://www.facebook.com/groups/wearparky/	Carers & care recipients	CONTACTS	Neurodegenerative	This Facebook group pursues the following aims: improving the recognition and integration of patients with Parkinson into society; promoting research of any form of care that might improve the quality of life of Parkinson's patients and	-	😊	✓	-	4

Country	Name	Link	Target	Category	Disease/condition	Description	Reliability	Privacy	Registration	SUS	Expert score
						those close to them, and letting people with Parkinson and their relatives to communicate and share experiences with people who are living the same experience.					
IT44	Malati Alzheimer giovani	https://www.facebook.com/alzheimermalatigiovani/	Carers & care recipients	CONTACTS	Neurodegenerative	This FB page is dedicated to people with early onset Alzheimer's disease. It pursues different aims: to improve the recognition of early onset Alzheimer's disease and to provide information on how to recognize the warning symptoms, and the difference between the age-related changes and the signs of illness. It includes several testimonies.	😊	-	✗	-	4
IT45	Amministratori di Sostegno	http://amministratoridisostegno.com/	Carers & care recipients	CONTACTS	Not disease-specific	This website gives information on the support administrator's role (a sort of a guardian): who to contact, when and where submitting an application. It is possible to download a short handbook with all the information.	-	😞	✗	78	3
IT46	Essere caregiver	https://www.facebook.com/caregiverfamiliare	Carers	CONTACTS	Not disease-specific	This Facebook group gives information on different initiatives addressed to caregivers and their families, and promotes contact between them.	😊	😊	✗	-	4
IT47	Progetto Mondiale	http://ginasma.it/	Carers & care recipients	CONTACTS	Respiratory	This website collects information on diagnosis and treatment of asthma.	-	😞	✗	75	3

Country	Name	Link	Target	Category	Disease/condition	Description	Reliability	Privacy	Registration	SUS	Expert score
	Asma										
IT48	A.IT.A - Associazioni Italiane Afasici	https://it-it.facebook.com/AITAFederazione/	Carers & care recipients	CONTACTS	Stroke, Neurodegenerative	This Facebook group has two aims: raising awareness on aphasia and promoting contact between people with aphasia and their families.	-	😊	✗	-	3
IT49	Disabili.com	https://www.disabili.com/	General public	CONTACTS , TECHNOLOGIES	Not disease-specific	This website collects information on various aspects of disability: law, work, school and education, useful products and technologies, medicine and health, architectural barriers and mobility, culture, holidays, leisure, sports, family and friends. It gives people the chance to contact specialists to ask questions.	-	😊	✗	88	5
IT50	Diabete.net	http://www.diabete.net/	Carers & care recipients	HEALTH	Diabetes	This website collects general information on diabetes and anything concerning being a person with diabetes. It also gives practical hints to face daily challenges related to the disease.	-	😞	✗	93	4
IT51	diabete.com	http://www.diabete.com/	Care recipients	HEALTH	Diabetes	This website provides detailed information about diabetes, lifestyles, and practical guidance for managing the disease and its complications. It also includes interactive tools, allowing visitors to test their knowledge about the disease, and to interact with experts. The site is managed by a Scientific Committee composed by physicians,	😊	😊	✗	78	5

Country	Name	Link	Target	Category	Disease/condition	Description	Reliability	Privacy	Registration	SUS	Expert score
						psychologists and nutritionists.					
IT52	nientemale.it	http://www.nientemale.it	General public	HEALTH	Musculoskeletal	This website provides information about chronic and acute pain (mainly of musculoskeletal origin), and its management. It includes a section specifically devoted to pain in elderly people and a news section collecting information about the most recent findings on pain therapy.	😊	😊	✗	78	4
IT53	myperfectdish.it	http://www.myperfectdish.it/it/index.aspx	Carers & care recipients	HEALTH	Neurodegenerative	This platform gives to patients and their carers useful information to create a varied, tasty and balanced diet for people living with Parkinson’s disease. The platform is endorsed by the European Parkinson’s Disease Association (EPDA).	😊	😊	✓	83	4
IT54	Chat yourself	https://www.facebook.com/chatyourselfitalia/	Care recipients	HEALTH	Neurodegenerative	This Chabot supports patients at early stages of Alzheimer disease by memorizing useful information about their daily routines. It will remind the interlocutor about the things the person can forget such as: to take medicine, call relatives and friends, remember his/her address, sending the relevant information via chat.	😊	😊	✓	-	4
IT55	anzianievita.it	http://www.anzianievita.it/	General public	HEALTH	Neurodegenerative, Incontinence	This website provides general information about health and wellbeing of the elderly, in particular those suffering from dementia. It includes many	😊	-	✗	78	3

Country	Name	Link	Target	Category	Disease/condition	Description	Reliability	Privacy	Registration	SUS	Expert score
						sections (e.g. nutrition, hygiene management, utilities) with the aim to provide caregivers with basic yet reliable information about topics related to the care.					
IT56	farmacoecura.it	http://www.farmacoecura.it/	General public	HEALTH	Not disease-specific	This website provides basic information about many medical conditions/diseases (including the main neurodegenerative diseases of elderly) with the aim to provide the public with reliable and quality information on health-related topics. The site is certified by Health on the Net Foundation (HoN).	😊	-	✗	78	5
IT57	aimac.it	https://www.aimac.it/	Carers & care recipients	HEALTH, CONTACTS	Cancer	This website provides information for cancer patients and their carers. It includes information sheets about the different cancer types and their treatments. It also includes a complete list of national cancer hospitals and a forum group for patients and families. The site is certified by Health on the Net Foundation (HoN).	😊	😊	✓	80	5
IT58	Fondazione ANT	http://www.ant.it/	General public	HEALTH, CONTACTS	Cancer	This website collects information on cancer services. It is possible to download a handbook, targeted at caregivers, which contains useful advice to take care of cancer patients at home.	-	😞	✗	73	3
IT59	AIRC	http://www.airc.it/	General	HEALTH,	Cardiovascular,	This website gives information on facing cancer:	-	😞	✗	93	5

Country	Name	Link	Target	Category	Disease/condition	Description	Reliability	Privacy	Registration	SUS	Expert score
		irc.it/	public	CONTACTS	Cancer, Incontinence	screening, treatments, early diagnosis, examinations. It also gives information on scientific researches about cancer.					
IT60	Informcare	http://eurocarers.org/informcare/?lang=it	Carers	HEALTH, CONTACTS	Cardiovascular, Stroke, Neurodegenerative, Musculoskeletal, Diabetes, Sense, Incontinence	First European web-platform for informal carers, developed in the framework of the EU-funded Innovage project. InformCare provides informal carers from 27 EU member states with key information on their rights and entitlements as well as advice on how to best deliver and cope with their caregiving activities. Care professionals and employers from a selection of countries, are also able to access information on how to best support carers and meet their needs.	😊	😊	✗	88	5
IT61	parkinson.it	http://www.parkinson.it/ai	Care recipients	HEALTH, CONTACTS	Neurodegenerative	This website provides detailed information about Parkinson disease, its symptoms and complications, including tips for those who assist the sick person. It also provide updates on the most recent findings about the disease.	😊	😊	✓	70	4
IT62	aims.it	http://www.aism.it/	Care recipients	HEALTH, CONTACTS	Neurodegenerative	This website is promoted by the Italian Multiple Sclerosis Society (AISM) and provides a complete overview of the disease and its management, including suggestions for caregivers, and	😊	-	✗	80	5





Country	Name	Link	Target	Category	Disease/condition	Description	Reliability	Privacy	Registration	SUS	Expert score
						information about legal/advocacy issues. The site is certified by Health on the Net Foundation (HoN).					
IT63	osservatorio malattierare .it	http://www.osservatoriomalattierare.it/	Care recipients	HEALTH, CONTACTS	Neurodegenerative, Cancer	This website mainly provides information about rare diseases (including rare cancers), but it also includes specific sections devoted to chronic diseases (such as Parkinson and Alzheimer diseases) and information on disability support, exemptions and rights, and home care therapies. The site is certified by Health on the Net Foundation (HoN).	😊	😊	✗	80	4
IT64	Caregiver Familiare	http://www.caregiverfamiliare.it/	Carers	HEALTH, CONTACTS	Not disease-specific	This website gives information on caregiver, presents projects, and provides different contents, such as articles and documents. It provides a virtual space in which caregivers can tell their experiences to share with others who are living similar situations.	😊	😊	✗	85	4
IT65	aliceitalia.org	http://www.aliceitalia.org/	Carers & care recipients	HEALTH, CONTACTS	Stroke	This website provides detailed information about stroke, its consequences and the rehabilitation process. It also includes a specific section devoted to patients' rights (e.g. disability support, exemptions, allowances), and a national list of	😊	😊	✗	83	5























Country	Name	Link	Target	Category	Disease/condition	Description	Reliability	Privacy	Registration	SUS	Expert score
						rehabilitation centres and stroke units.					
IT66	fondazioneveronesi.it/magazine	http://www.fondazioneveronesi.it/magazine	General public	HEALTH, CONTACTS	Stroke, Neurodegenerative, Cancer	This online magazine of the Umberto Veronesi Foundation aims to provide people with reliable information on health-related issues. It includes specific sections devoted to oncology, cardiology, neurology and nutrition, and a number of informative tools for users (e.g. glossary, self-medication, prevention checks, etc.).	😊	😊	✓	80	4















3.3 Cyprus (CUT)

Due to the common language (i.e. Greek), the survey in Cyprus and Greece was performed in parallel, resulting in a common list of resources, as well as an additional list of resources addressing the two countries separately.

APPS

Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
CY01	Zoom Cyprus	https://play.google.com/store/apps/details?id=com.trakandtalk.android&hl=el	General public	CONTACTS	Not disease-specific	Whether you are living in Cyprus or just visiting, Zoom Cyprus has you covered. Offline GPS navigation with maps covering the entire island, up-to-date point-of-interest listings, as well as Emergency Services, in cooperation with the biggest insurance providers in Cyprus, that will give you the peace of mind you need to make the most of your experience.			-	-	✗	✓	3	3
CY02	Cyprus Pharmacies	https://play.google.com/store/apps/details?id=com.appbaker.app284162&hl=el	General public	CONTACTS	Not disease-specific	A simple app providing information about the pharmacies in Cyprus			-	-	✗	✓	3	3

Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
CY03	Cyprus Pharmacies guide	https://play.google.com/store/apps/details?id=com.aspectsense.pharmacyguidecy	General public	CONTACTS	Not disease-specific	A simple app providing information about the pharmacies in Cyprus	 		-	-			3	3
CY04	map cyprus	http://www.greekapps.info/2013/01/map-cyprus.html	General public	CONTACTS	Not disease-specific	This is a useful touristic guide, including all information about Cyprus: pharmacies, hospital, taxis, gas stations etc. This app could be of use for carers looking for hospitals and pharmacies.				-			4	4
CY05	Talking point forum	https://play.google.com/store/apps/details?id=com.tapatalk.forumalzheimersorguk&hl=el	Carers	CONTACTS	Neurodegenerative	Talking point forum has been developed by Alzheimer's Society UK. The users need to create an account to be able to post in the forum and create a network with other carers to communicate. Carers are able to read others' experiences, ask for advice, share information, join in discussions and, most of all, feel supported.	 			-			3	4
CY06	iCare health monitor	https://play.google.com/store/apps/details?id=com.hong.BloodAssistant&hl=el	Care recipients	HEALTH	Cardiovascular, Sense	This application is a useful tool to measure easily vision, hearing, blood pressure, oxygen, heart rate. The Greek translation is automatic; so many words are not well translated. The application has the	 		-				5	5

Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
						technology to calibrate the measurements according to the data the users enter								
CY07	Medication reminder	http://www.greekapps.info/2016/01/blog-post_20.html	General public	HEALTH	Not disease-specific	This is a very simple app, to remind medication. The language is Greek and is available only for Android system			-	-	✓	✗	3	3
CY08	Wheelmap	http://myhealthaps.net/app/details/124/Wheelmap	Care recipients	TECHNOLOGIES	Not disease-specific	The application shows map and all accessible places. Users can also upload photos and add comments to places	 			-	✓	✓	4	4
CY09	BIG Launcher (Free version)	http://myhealthaps.net/app/details/131/BIG-Launcher	General public	TECHNOLOGIES	Sense	A useful app to simplify the mobile touchscreen. The application has settings to enlarge the interface and the images on the screen. Suitable android interface for older people, kids, people with visual impairments. More features are available with purchase of different apps					✗	✗	4	4
CY10	Dianoia	https://play.google.com/store/apps/details?id=org.scify.dianoia.app&hl=el	Carers & care recipients	HEALTH	Neurodegenerative	An application for people with mild cognitive impairment or mild dementia. Together with the carer, the care recipient can start suggested activities and cognitive stimulation activities to improve mood and cognitive abilities.					✗	✗	4	4

WEBSITES














Country	Name	Link	Target	Category	Disease/condition	Description	Reliability	Privacy	Registration	SUS	Expert score
CY11	Anticancer Society	http://www.anticancersociety.org.cy/anticancer1/page.php?pageID=1	Care recipients	CONTACTS	Cancer	This website provides information on the activities and services of the non-profit association in Cyprus	😊	😊	✗	78	4
CY12	Cyprus antirheumatism Association	http://www.rheumatism.org.cy	Carers & care recipients	CONTACTS	Musculoskeletal	This website provides information on the activities and services of the non-profit association. Moreover, there are links on brochures of the association providing info on rheumatoid diseases	😊	-	✗	78	4
CY13	Ithaki Association	http://ithakicyprus.com	Carers	CONTACTS	Neurodegenerative	Ithaki's association website provides information on events, services and dementia. Ithaki, non-profit association, is based in Limassol, Cyprus	😊	-	✗	72	2
CY14	Cyprus Alzheimer's Association	http://cyprusalzheimersassociation.weebly.com	Carers	CONTACTS	Not disease-specific	Cyprus Alzheimer Association website provides information on events, services and dementia. The Association covers all 5 regions of Cyprus	😊	-	✗	72	2
CY15	Informcare	http://eurocarers.org/informcare/?lang=en	Carers	HEALTH, CONTACTS	Not disease-specific	Innovage platform provided information for carers. The platform has been developed in 27 EU Member states and provides national specific	😊	😊	✗	70	4













Country	Name	Link	Target	Category	Disease/condition	Description	Reliability	Privacy	Registration	SUS	Expert score
		cy				information and general information on older people chronic diseases and the management of caregiving. The mobile interface appears in English and the language option is not visible directly					
CY16	ELEANA	http://www.arthritis.org.gr	Care recipients	CONTACTS	Musculoskeletal	This website provides information on the activities and services of the no-profit association. Moreover, there are links on brochure and videos providing info on rheumatoid diseases	😊	-	✗	78	4
CY17	Alzheimer's Athens Association	www.alzheimerathens.gr	Carers	CONTACTS	Neurodegenerative	Athens Alzheimer Association website provides information on events, services and dementia in Greece. Carers could find valuable material on the disease	😊	-	✗	82	4
CY18	Greek Multiple Sclerosis Society	http://www.gmss.gr	Carers & care recipients	CONTACTS	Neurodegenerative	Website of the Greek Multiple Sclerosis Society, providing information on services, events, etc.	😊	😊	✗	78	3
CY19	Greek Association of Palliative Care	http://grpalliative.gr/el/	Care recipients	CONTACTS	Not disease-specific	The website represents a non for profit association working with patients and their families provides information on the treatment of chronic pain and the end of life care	😊	-	✗	70	4
CY20	heart failure	http://www.h	General	HEALTH	Cardiovascular	a portal for heart failure, providing all the	😊	😊	✗	70	4












Country	Name	Link	Target	Category	Disease/condition	Description	Reliability	Privacy	Registration	SUS	Expert score
	matters	heartfailurematters.org/el_GR	public			necessary information for people with heart diseases: understanding of heart disease, treatment options, health care professionals options, living with heart disease, FAQ, and questions for the doctor					
CY21	Trainyourbrain	www.trainyourbrain.gr	Carers & care recipients	HEALTH	Neurodegenerative	Trainyourbrain has been developed by health professionals to support cognitive training of people with dementia and their families.	😊	-	✗	82	4
CY22	Nestor	http://www.nestr.gr	Carers & care recipients	HEALTH, CONTACTS	Neurodegenerative	Nestor association website provides information on events, services and dementia in Greece. Carers could find valuable material on the disease	😊	-	✗	68	4

3.4 Greece (CUT)

APPS

Country	Name	Link	Target	Category	Disease/ condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
GR01	XrySOS	https://itunes.apple.com/gr/app/xrysos-pharmakeia-nosokomeia/id525751345?l=el&mt=8	General public	CONTACTS	Not disease-specific	This application provides all pharmacies and Hospitals in distance available in the specific date of search.					✓	✓	3	3
GR02	SOS calls	http://www.greekapps.info/2013/06/blog-post_7131.html	General public	CONTACTS	Not disease-specific	Users of this application may call an emergency number in case of accident, fire or any other emergency event. Do not use the application without purpose. In case you call 112 by mistake, do not hang the phone, instead wait to confirm that this was not intentionally.				-	✓	✗	4	4
GR03	SOS phones	http://www.greekapps.info/2013/10/blog-post_6922.html	General public	CONTACTS	Not disease-specific	This application helps you to have access to useful SOS phones including emergency numbers and websites				-	✓	✗	4	3
GR04	Farmakeia	https://appapp.io/us/app/farmakeia/364925463	General public	CONTACTS	Not disease-specific	This application provides all pharmacies and Hospitals in Greece available in near distance taking the GPS signal of the				-	✓	✓	4	4

Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
						current location.								
GR05	ifarmakeia	http://www.greekapps.info/2016/09/ifarmakeia.html	General public	CONTACTS	Not disease-specific	An application for finding the nearest pharmacy. It provides details on products sales.			-	-	✓	✓	4	3
GR06	Talking point forum	https://play.google.com/store/apps/details?id=com.tapa.talk.forumalzheimersorguk&hl=el	Carers	CONTACTS	Neurodegenerative	Talking point forum has been developed by Alzheimer's Society UK. The users need to create an account to be able to post in the forum and create a network with other carers to communicate. Carers are able to read others' experiences, ask for advice, share information, join in discussions and, most of all, feel supported.	 			-	✓	✓	3	4
GR07	iCare health monitor	https://play.google.com/store/apps/details?id=com.cc.hong.BloodAssistant&hl=el	Care recipients	HEALTH	Cardiovascular, Sense	This application is a useful tool to measure easily vision, hearing, blood pressure, oxygen, heart rate. The Greek translation is automatic; so many words are not well translated. The application has the technology to calibrate the measurements according to the data the users enter	 		-		✓	✗	5	5
GR08	Medication reminder	http://www.greekapps.info/2016/01/blog-post_20.html	General public	HEALTH	Not disease-specific	This is a very simple app, to remind medication. The language is Greek and is available only for Android system			-	-	✓	✗	3	3

Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
GR09	Wheelmap	http://myhealthaps.net/app/details/124/Wheelmap	Care recipients	TECHNOLOGIES	Not disease-specific	The application shows map and all accessible places. Users can also upload photos and add comments to places				-	✓	✓	4	4
GR10	BIG Launcher (Free version)	http://myhealthaps.net/app/details/131/BIG-Launcher	General public	TECHNOLOGIES	Sense	A useful app to simplify the mobile touchscreen. The application has settings to enlarge the interface and the images on the screen. Suitable android interface for older people, kids, people with visual impairments. More features are available with purchase of different apps					✗	✗	4	4
GR11	Dianoia	https://play.google.com/store/apps/details?id=org.scify.dianoia.app&hl=el	Carers & care recipients	HEALTH	Neurodegenerative	An application for people with mild cognitive impairment or mild dementia. Together with the carer, the care recipient can start suggested activities and cognitive stimulation activities to improve mood and cognitive abilities.					✗	✗	4	4

WEBSITES















Country	Name	Link	Target	Category	Disease/condition	Description	Reliability	Privacy	Registration	SUS	Expert score
GR12	Doctoranytime	https://www.doctoranytime.gr	Carers & care recipients	CONTACT S	Not disease-specific	This website manages the doctor appointments in private and social secure services. It is valid and the comments provide a sense of validation for the users	-	-	✓	72	4
GR13	50plus Hellas	http://www.50plus.gr	General public	CONTACT S	Not disease-specific	A website providing information for older people and the available services aiming to active and healthy ageing. The non-profit association works on the domain on healthy and active ageing, organizing trainings to support lifelong learning of older people	😊	-	✗	68	3
GR14	life line Hellas	http://www.lifelinehellas.gr	General public	CONTACT S	Not disease-specific	Life line Hellas is an innovative association working in the field of older people and telemedicine, including red button service, silver alert, for older people missing, national line for older people, and other services supporting older people in need	😊	-	✗	72	5
GR15	Informcare	http://eurocarers.org/informcare/?lang=el	Carers	HEALTH, CONTACT S	Not disease-specific	Innovage platform provided information for carers. The platform has been developed in 27 EU Member States and provides national specific information and general information on the older people chronic diseases and the	😊	😊	✗	70	4







Country	Name	Link	Target	Category	Disease/condition	Description	Reliability	Privacy	Registration	SUS	Expert score
						management of caregiving. The mobile interface appears in English and the language option is not visible directly					
GR16	ELEANA	http://www.arthritis.org.gr	Care recipients	CONTACT S	Musculoskeletal	This website provides information on the activities and services of the no-profit association. Moreover, there are links on brochure and videos providing info on rheumatoid diseases	😊	-	✗	78	4
GR17	Alzheimer's Athens Association	www.alzheimerathens.gr	Carers	CONTACT S	Neurodegenerative	Athens Alzheimer Association website provides information on events, services and dementia in Greece. Carers could find valuable material on the disease	😊	-	✗	82	4
GR18	Greek Multiple Sclerosis Society	http://www.gmss.gr	Carers & care recipients	CONTACT S	Neurodegenerative	Website of the Greek Multiple Sclerosis Society, providing information on services, events, etc.	😊	😊	✗	78	3
GR19	Greek Association of Palliative Care	http://grpalliative.gr/el/	Care recipients	CONTACT S	Not disease-specific	The website represents a non for profit association working with patients and their families provides information on the treatment of chronic pain and the end of life care	😊	-	✗	70	4
GR20	heart failure matters	http://www.heartfailurematters.org/el_G	General public	HEALTH	Cardiovascular	a portal for heart failure, providing all the necessary information for people with heart diseases: understanding of heart disease,	😊	😊	✗	70	4


















Country	Name	Link	Target	Category	Disease/condition	Description	Reliability	Privacy	Registration	SUS	Expert score
		R				treatment options, health care professionals options, living with heart disease, FAQ, and questions for the doctor					
GR21	Trainyourbrain	www.trainyourbrain.gr	Carers & care recipients	HEALTH	Neurodegenerative	Trainyourbrain has been developed by health professionals to support cognitive training of people with dementia and their families.	😊	-	✗	82	4
GR22	Nestor	http://www.nestor.gr	Carers & care recipients	HEALTH, CONTACTS	Neurodegenerative	Nestor association website provides information on events, services and dementia in Greece. Carers could find valuable material on the disease	😊	-	✗	68	4












3.5 Greece – Cyprus: English resources (CUT)











APPS










Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
CY GR 01	Alz & Dementia, Alzheimer's Daily companion	https://play.google.com/store/apps/details?id=com.homeinstead.alzheimersassistantandroid&hl=en	Carers	HEALTH, CONTACTS	Neurodegenerative	This app provides immediate tips and practical advice for all of the behaviours and situations carers face on a daily basis. (500 searchable tips and practical solutions) Caregivers can search on situations they are struggling. The tips are compiled by experts as well as family caregivers dealing with Alzheimer's or other dementia illnesses. Features Include: <ul style="list-style-type: none"> • advice and tips rated by carers • 24-hour caregiving assistance available via toll free phone number or email submission. • Access to free Alzheimer's and other dementias caregiver resources and training materials. • Caregivers sharing their own advice. 	 						4	4
CY GR 02	Dementia Support	https://play.google.com/store/apps/details?id=io.appery.project93137&hl=en	Carers	HEALTH, CONTACTS	Neurodegenerative	This application aims to offer information and advice to carers of people with dementia to increase the quality of life. The app will offer insight on the challenges	 						4	4




















Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
		el				and difficulties that face those affected by dementia and those around them. The users have to select from a menu the topic of interest: support, inspiration, dementia, and network.								
CY GR 03	S3 Care giver wellness	https://play.google.com/store/apps/details?id=com.nexle.s3caregiver&hl=el	Carers	WELL-BEING, HEALTH	Stroke	This is an application developed for the S3 (Stroke Support Station) by Dr. Melvyn Zhang, Dr. Roger Ho & Dr Leonard Yeo. The apps provides information on stroke, relevant videos about mindfulness based therapy, S3 Podcast about Care-giving and Carers' Well-being and enables carers to keep track of their mental health well-being using validated questionnaires.				-	✓	✗	4	4
CY GR 04	Parkinson's EasyCall	https://play.google.com/store/apps/details?id=co.uk.org.parkinsons&hl=el	General public	TECHNOLOGIES	Not disease-specific	This application is a speed dial app, to call carers and friends easily without searching in the phone directory. Numbers can be entered manually or added directly from your contacts list. Contact buttons are created as and when needed as speed dials start to fill up. For people who have dexterity issues and those who do not, the Easy Call app will make calling your				-	✓	✗	3	3



















Country	Name	Link	Target	Category	Disease/ condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
						important contacts much simpler, easier and a hassle free process.								
CY GR 05	Asthma Australia	https://itunes.apple.com/au/app/asthma-australia-asthma-app/id1057041779?mt=8	Carers & care recipients	HEALTH	Respiratory	An educational tool developed by Asthma Australia for healthcare professionals and people with asthma (and their families and carers). It provides easy access to information and resources about asthma, asthma medications, device technique videos, asthma action plans and asthma first aid and clinical guidelines.				-			4	4
CY GR 06	Cancer.Net Mobile	https://itunes.apple.com/us/app/cancer.net-mobile/id433501257?mt=8	Carers & care recipients	HEALTH	Cancer	An application for monitoring your cancer by finding up to date Information ,record Questions, Log Medications, Track Symptoms, Scheduling, Link Questions							4	5
CY GR 07	Canceraid	https://play.google.com/store/apps/details?id=au.com.canceraid	Carers & care recipients	HEALTH	Cancer	CancerAid is a first-of-its kind tool that helps anyone diagnosed with cancer navigate through each stage of his/her cancer journey. The app brings patients and caregivers greater structure in their lives by providing them with an easy to use organisational platform and a medically reliable source of cancer information.	 		-				4	3

Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
CY GR 08	Care4Dementia	https://play.google.com/store/apps/details?id=au.edu.unsw.Care4Dementia&hl=en	Carers	HEALTH	Neurodegenerative	This application is based on the document Behaviour Management-A Guide to Good Practice: Managing Behavioural and Psychological Symptoms of Dementia (2012) by Collaborative Research Centre (DCRC-ABC). The app provides information and advice to carers in their role of caring for persons with behavioural changes that can occur in dementia. Information on what these behaviours look like, why they might be happening and what you can do to help is included for those most commonly reported by carers. Understanding why behavioural changes are occurring can help to manage the behaviour.							4	4
CY GR 09	constipation learning	https://itunes.apple.com/us/app/constipation-learning/id1069767371?mt=8	Care recipients	HEALTH	Digestive	This application will inform patients and providers about 1) normal process of defecation and 2) neuromuscular coordination & biofeedback training exercises to learn the normal process of defecation				-			3	3

Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
CY GR 10	DementiAssist	https://play.google.com/store/apps/details?id=com.bhcscli.p.dementiassist.activity&hl=en	Carers	HEALTH	Neurodegenerative	The application supports carers on how to approach a PWD, behavioural disorders are discussed (aggression and Anger agitation or anxiety, apathy, confusion, pacing, problematic vocalization, psychosis, resistance to bathing, resistance to dressing, resistance to feeding, resistance to oral carer, rummaging or stealing, sexually inappropriate behaviour, sleeping problems, sundowning and wandering. All this behaviours are presented through 4 trigger areas: physical, emotional, social, and environmental. When the user selects the most relevant trigger, actions are presented to manage the symptoms				-			4	5
CY GR 11	heart health - controlling high blood pressure and cholesterol to reduce cardiac risk factors	https://itunes.apple.com/us/app/heart-health-controlling-high/id806004909?mt=8	General public	HEALTH	Cardiovascular	An application providing general information on heart attack, heart diseases. Learn all about: <ul style="list-style-type: none"> – Cholesterol and how to manage it – Healthy dietary decisions – Prevention of heart attacks – Living with a heart condition – Signs and symptoms of common ailments 				-			3	3









Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
						<ul style="list-style-type: none"> Reducing your risk How to handle high blood pressure Self-monitoring your blood pressure.								
CY GR 12	House of memories	https://itunes.apple.com/gb/app/my-house-of-memories/id847763460?mt=8	Carers & care recipients	HEALTH	Neurodegenerative	House of memories is an application developed for people with memory disorders and their carers. The app is a reminiscence-training programme, designed to support people living with dementia and their carers. The programme is based on the fantastic objects, archives and stories at the Museum of Liverpool.				-	✓	✓	4	4
CY GR 13	iStand Falls prevention	https://itunes.apple.com/us/app/istand-falls-prevention-exercise/id587885952?mt=8	Carers & care recipients	HEALTH	Musculoskeletal	This application provides information and exercises on fall prevention. Helpful videos facilitate the exercises				-	✓	✗	3	4
CY GR 14	Living and Dying well with Dementia	https://itunes.apple.com/kw/app/living-dying-well-dementia/id945365520?mt=8	Carers	HEALTH	Neurodegenerative	The application introduces key issues in dementia and end of life care. Interestingly uses the example of Jill to present possible behaviours, reaction of the person with dementia and possible solutions using tips, exercises and resources. The app has been developed by a partnership including Alzheimer's Society UK, university of Chester,				-	✓	✗	4	3
















Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
						Frontline communication and other associations								
CY GR 15	Memory box	https://play.google.com/store/apps/details?id=com.sci.memorybox&hl=el	Carers & care recipients	HEALTH	Neurodegenerative	Memory box is a smartphone application that aims to serve as a memory aid and a conversation inspiration to support relatives and caregivers of those suffering from Alzheimer’s or other types of dementia. It contains visual, musical and written tips for conversations and memory support. The app contains information pieces about famous events, people, places and topics from the 20th century and the user can save your favourite memories in a scrapbook.	 						5	5
CY GR 16	Mood tools	https://play.google.com/store/apps/details?id=com.moodtools.moodtools&hl=el	General public	HEALTH	Mental	MoodTools contains Thought Diary - Activities - based on Behavioral Activation Therapy. Safety Plan -Information - Test – and videos. MoodTools was designed in collaboration with multiple mental health professionals.	 						4	4
CY GR 17	Multiple sclerosis	https://play.google.com/store/apps/details?id=com.sunmediasoft.sclerosis&hl=el	Carers & care recipients	HEALTH	Neurodegenerative	The application provides basic info on Multiple Sclerosis, such as a collection of articles on the definition, the symptoms, prevalence, diagnosis, carers, treatments, causes, chronic pain, and advice.			-				3	3











Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
CY GR 18	Pacifica	https://itunes.apple.com/us/app/pacifica-anxiety-stress-depression-relief/id922968861?mt=8	General public	WELL-BEING	Not disease-specific	Pacifica gives you psychologist-designed tools to address them based on Cognitive Behavioural Therapy, mindfulness meditation, relaxation, and mood/health tracking.	 		-				4	3
CY GR 19	Relaxation techniques	https://play.google.com/store/apps/details?id=com.psiholosko_savetovaliste_relaksacija&hl=en	General public	WELL-BEING	Not disease-specific	An application to facilitate progressive muscle relaxation.				-			4	3
CY GR 20	Self-help anxiety management	https://play.google.com/store/apps/details?id=com.uwe.myoxygen&hl=en	General public	WELL-BEING	Mental	The application Self-help anxiety management is a way to monitor anxiety using graphical display, 25 self-help options covering: Information about anxiety, Thinking and anxiety, Physical relaxation, Mental relaxation, Health and Anxiety, Guidance on putting self-help into practice, Self-monitoring of anxiety, Closed social network of SAM users , External links	 						4	4












3.6 Portugal (VIRTUAL CAMPUS)




















APPS













Country	Name	Link	Target	Category	Disease/ condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
PT01	Knok - Médicos ao domicílio	https://itunes.apple.com/pt/app/knok-medicos-ao-domicilio/id1060604041?mt=8	General public	CONTACTS	Not disease- specific	Allows calling a doctor home.				-	✗	✓	4	5
PT02	My Medi Stuff	https://itunes.apple.com/pt/app/my-medi-stuff/id596482153?mt=8	General public	CONTACTS	Not disease- specific	Allows managing medical appointments and medical contacts, both from doctors and patients.			-	-	✗	✗	4	4
PT03	Emergênci a App 112	https://play.google.com/store/apps/details?id=pt.appylab.app112&hl=pt_PT	Care recipients	CONTACTS	Not disease- specific	Emergency app 112 is an application specially developed for the inclusion of people with disabilities, deaf and elderly people, is intended to facilitate the communication of users with personal assistance services in cases of medical emergencies, personal accidents, car breakdown, earthquake, Terrorist, bullying, domestic violence, etc.				-	✓	✓	4	4









Country	Name	Link	Target	Category	Disease/ condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
PT04	Farmácias de Serviço (On-duty Pharmacies)	https://play.google.com/store/apps/details?id=com.mil.empresas.farmacias&hl=pt_PT	General public	CONTACTS	Not disease-specific	Pharmacy locator	 		-	-	✓	✗	4	4
PT05	Cancro Colorrectal	https://itunes.apple.com/pt/app/cancro-colorrectal/id1159657302?l=en&mt=8	General public	HEALTH	Cancer	Application on Colorectal Cancer Prevention. The app presents information on Colorectal Cancer, focusing on aspects related to epidemiology, prevention, treatment and support.	 			-	✓	✗	4	4
PT06	Cancro Mama	https://itunes.apple.com/pt/app/cancro-mama/id1025046154?l=en&mt=8	General public	HEALTH	Cancer	Application on Breast Cancer Prevention. The app presents information on Breast Cancer, focusing on aspects related to epidemiology, prevention, treatment and support for women with breast cancer.	 			-	✓	✗	4	4
PT07	Elderly Care	http://elderlycareapp.com	Carers	HEALTH	Cardiovascular, Stroke, Neurodegenerative, Cancer, Musculoskeletal	It contains information on how to relate to your loved ones and how to cope with the different impairments that may occur as you age. It aims to offer you both inspiration and information on how you and your relative can make life a little easier and more enjoyable.	 			-	✓	✓	4	4














Country	Name	Link	Target	Category	Disease/ condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
					eleetal, Diabetes, Mental, Sense, Incontinence									
PT08	Diabetes: M	https://play.google.com/store/apps/details?id=com.mydiabetes&hl=pt_PT	Care recipients	HEALTH	Diabetes	This application is intended to help diabetics to manage better their diabetes and keep it under control. Users can log their values in this diary and keep the records with them all the time. The application tracks almost all aspects of the diabetes treatment and provides detailed reports, charts and statistics to share via the email with the supervising physician. It provides various tools to the diabetics, so they can find the trends in blood glucose levels and allows users to calculate normal and prolonged insulin boluses using its highly effective, top-notch bolus calculator.							4	4
PT09	Senior Mood	https://itunes.apple.com/pt/app/seni	Care recipients	HEALTH	Mental	Questionnaire to evaluate depression. APP IN ENGLISH LANGUAGE			-	-			3	3














Country	Name	Link	Target	Category	Disease/ condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
	Assessment - Depressed or Not?	or-mood-assessment-depressed/id430169679?mt=8												
PT10	Dementia Support	https://play.google.com/store/apps/details?id=io.appery.project93137	Carers	HEALTH	Neurodegenerative	The application contains information and support, as well as specific advice and tips for those wishing to learn more about dementia; the practical approach and the challenges people face when caring for someone in a home environment. The application is aimed at family and friends of dementia patients and aims to offer support for those caring for family members in the home. APP IN ENGLISH LANGUAGE	 			-	✓	✓	4	4
PT11	Keys to Care	https://itunes.apple.com/gb/app/keys-to-care/id935587341?mt=8	Carers	HEALTH	Neurodegenerative, Incontinence	it gives inspirational, practical guidance to help improve the health and wellbeing of those one looks after. APP IN ENGLISH LANGUAGE				-	✓	✗	3	3
PT12	Care4Dementia	https://play.google.com/store/apps/details?id=au.edu	Carers	HEALTH	Neurodegenerative, Mental	This App was developed to provide information and support for carers in their role of caring for persons with behavioural	 			-	✓	✗	4	4










Country	Name	Link	Target	Category	Disease/ condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
		unsw.Care4Dementia				changes that can occur in dementia. Information on what these behaviours look like, why they might be happening and what you can do to help is included for those most commonly reported by carers. Understanding why behavioural changes are occurring can help to manage the behaviour. By downloading this App for carers, you agree to the disclaimer below. APP IN ENGLISH LANGUAGE								
PT13	Carezone	https://itunes.apple.com/pt/app/carezone-health-info-organizer/id829841726?mt=8	Carers	HEALTH	Not disease-specific	CareZone makes it simpler to take care of yourself, an aging parent, and other family members that need your help. It allows to manage medication and to track pains, sleep, medication, mood... APP IN ENGLISH LANGUAGE	 						4	4
PT14	Symptomate	https://play.google.com/store/apps/details?id=com.symptomate.mobile	General public	HEALTH	Not disease-specific	Symptom checker designed by doctors that will help to find out what may be going on with your health. APP IN ENGLISH LANGUAGE	 			-			4	4
PT15	Tactio	https://itunes.apple.com/us/app/tactio-health-my-	General public	HEALTH	Not disease-specific	Tactio Health App helps to track and manage a wide range of health data by manual logging or syncing with connected	 			-			4	4







Country	Name	Link	Target	Category	Disease/ condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
		connected/id477774973?mt=8				health apps and medical devices. It allows tracking weight, steps, nutrition, activity, sleep, mood, blood pressure, pulse, glucose, cholesterol, temperature and oximetry.								
PT16	Elderly Mobility Scale	https://itunes.apple.com/pt/app/elderly-mobility-scale/id722895882?mt=8	Carers	HEALTH	Not disease-specific	Questionnaire to evaluate mobility of elder people. APP IN ENGLISH LANGUAGE			-	-	✗	✗	4	3
PT17	CareZapp	https://itunes.apple.com/pt/app/carezapp/id935603605?l=en&mt=8	Carers	HEALTH	Not disease-specific	Enables caregivers to create a private network of care and help ensure communications and collaboration between all people involved in caring. APP IN ENGLISH LANGUAGE	 		-	-	✗	✓	3	3
PT18	Senior Assist	https://itunes.apple.com/pt/app/senior-assist-free/id818337395?mt=8	General public	HEALTH	Not disease-specific	A medication alarm to remind users to take their medication at the correct time. Also has a one-touch HELP button. APP IN ENGLISH LANGUAGE	 		-	-	✗	✗	4	4
PT19	Cardiograf o (Cardiogra	https://play.google.com/store/apps/details?id=com.ma	General public	HEALTH	Not disease-specific	The Cardiograph app measures users' heart rate and enables them to save data for future reference. Cardiograph	 			-	✓	✗	4	4

Country	Name	Link	Target	Category	Disease/ condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
	ph)	cropinch.hydra.android&hl=pt_PT				calculates the heart rate using the built-in smartphone sensors and devices (camera, ...). Moreover, this app also has a multi-tracking function, which enables logging data of multiple people with individual profiles.								
PT20	iCare Monitor de saúde	https://play.google.com/store/apps/details?id=com.chong.BloodAssistant&hl=pt_PT	General public	HEALTH	Not disease-specific	ICare Health Monitor can measure blood pressure, heart rate, vision, hearing, SpO2, respiratory rate.	 			-	✓	✓	3	4
PT21	MediSafe Pill Reminder & Medication Tracker	https://play.google.com/store/apps/details?id=com.medisafe.android.client&referrer=af_tranid%3D0vUYkpoFfwDY9GwsNWbFPw%26pid%3DbadgeButtons%26c%3DmedisafeBadgeButtons	General public	HEALTH	Not disease-specific	Medication manager and pill reminder. Provides the tools, support and information people need to take their medications the way they are supposed to.	 			-	✓	✗	4	5

Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
PT22	Elder 411	http://www.elder411.net	Carers	HEALTH	Not disease-specific	Pieces of expert advice are organized into 11 eldercare topics providing solutions to caregiving problems. APP IN ENGLISH LANGUAGE			-	-	✓	✗	3	3
PT23	Senior Balance Quiz	https://itunes.apple.com/pt/app/senior-balance-quiz-afraid/id499146406?mt=8	Care recipients	HEALTH	Not disease-specific	Questionnaire to evaluate balance problems. APP IN ENGLISH LANGUAGE			-	-	✓	✗	3	3
PT24	Desordem e Doenças Dicionário	https://play.google.com/store/apps/details?id=com.quatkhoi.diseases.dictionary&hl=pt_PT	General public	HEALTH	Not disease-specific	Diseases Dictionary is a free list of medical disorders and diseases that provides all the information about symptoms, disorder and treatment and many medical terminologies.	 		-	-	✓	✗	4	4
PT25	Hora do Medicamento (Pill Time)	https://play.google.com/store/apps/details?id=com.horadomedicamento&hl=pt_PT	General public	HEALTH	Not disease-specific	The application enables users to enter the name of the medicine, the interval between doses and time of the first dose. The additional features to pay for also lets users remove the advertisements, add an unlimited number of meds and choose different notification sounds for each pill.	 		-	-	✓	✗	4	3
PT26	Socorrismo	https://itunes.apple.com/pt/app/socorrismo/id499146406?mt=8	General public	HEALTH, CONTACTS	Cardiovascular,	Useful information on first aid and how to deal with the most common emergencies				-	✓	✗	4	4

Country	Name	Link	Target	Category	Disease/ condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
		orismo-cruz-vermelha/id947395441?mt=8			Stroke, Respiratory, Musculoskeletal, Diabetes, Mental	of everyday life, through videos, interactive quizzes and simple advice.								
PT27	eMed.pt	https://play.google.com/store/apps/details?id=com.cdepixel.infarmedAndroid&hl=pt_PT	General public	HEALTH, CONTACTS	Not disease-specific	eMED.pt app provides information regarding medicines - price, cheaper equivalents and leaflets. It has an alarm system, which enables users to set alarms that remind them to take or give the prescribed medication, and a feature that provides information about the nearby pharmacies.	 			-			4	4
PT28	Farmácias Portuguesas	https://play.google.com/store/apps/details?id=pt.anf.farmaciasportuguesas&hl=pt_PT	General public	HEALTH, CONTACTS	Not disease-specific	Way to find the nearest open pharmacy, buy or reserve directly in the application of the Portuguese Pharmacies and lift at the pharmacy or receive at home. Get access to all the products and medications available in existing pharmacies. Also provides information on health aspects. Receive alerts at the right time to take	 			-			4	4

Country	Name	Link	Target	Category	Disease/ condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
						your medicines or track the evolution of your health data and know if it is in the recommended values. Access relevant health information content and improve your well-being on a daily basis.								
PT29	MySNS	https://play.google.com/store/apps/details?id=pt.min.saude.spms.mysns	General public	HEALTH, CONTACTS	Not disease-specific	MySNS is a tool that allows you to consult news from the National Health Service, consult health information, provide a list and map of health institutions (Hospitals, Primary Health Care and Pharmacies), Health information line 24, notifications such as heat alerts, etc.,	 			-	✗	✓	3	2
PT30	Elder 911	http://www.elder911.net	Carers	HEALTH, CONTACTS	Not disease-specific	Pieces of expert advice providing solutions to caregiving problems. APP IN ENGLISH LANGUAGE			-	-	✓	✗	4	4
PT31	mycare	https://play.google.com/store/apps/details?id=com.dr.awandcode.mycare	Carers	WELL-BEING	Not disease-specific	MyCare provides information and support to allow carers to work towards their own recovery and well-being. It contains elements of education and interaction to help carers achieve goals, manage stress and look after themselves. APP IN ENGLISH LANGUAGE				-	✓	✗	3	3

Country	Name	Link	Target	Category	Disease/ condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
PT32	Tender Loving Eldercare	https://itunes.apple.com/us/app/tender-loving-eldercare/id1118172662?mt=8	Carers	WELL-BEING, HEALTH	Neurodegenerative	Articles, expert tips, resources and interviews with other family caregivers; inspiring words and motivating ideas to help caregivers. APP IN ENGLISH LANGUAGE			-	-	✓	✓	3	3
PT33	S3 Care-giver	https://play.google.com/store/apps/details?id=com.nexle.s3caregiver&hl=pt_BR	Carers	WELL-BEING, HEALTH	Stroke	1. Provide caregivers of stroke patients with necessary care-giving information; 2. Provide links to relevant videos about mindfulness based therapy to aid in the mental health well-being of caregivers (Please note that the access to mindfulness based therapy would require subscription to S3 via http://strokesupportstation.org.sg); 3. S3 Podcast about Care-giving and Carers' Well-being; 4. Enabling Caregivers to keep track of their mental health well-being using validated questionnaires. APP IN ENGLISH LANGUAGE	 			-	✓	✓	4	4

WEBSITES





























Country	Name	Link	Target	Category	Disease/condition	Description	Reliability	Privacy	Registration	SUS	Expert score
PT34	Alzheimer Portugal	http://alzheimerportugal.org/pt/	General public	CONTACTS	Neurodegenerative	The website aims to call attention to Alzheimer Diseases by providing info about on-going national and local information campaigns on Alzheimer; informing about the importance of early diagnosis, the importance of the role of general practitioners in the detection of signs of dementia, the role of caregivers and recognizing their specific needs and rights; on-going training actions for caregivers...	😊	-	✗	82	4
PT35	SOS Demências	http://www.sosdemencias.com	General public	HEALTH, CONTACTS	Neurodegenerative	SOS DEMENTIA is a platform directed to care recipients, carers that deal with patients that have neurodegenerative diseases and people interested in this theme. It provides information about the diseases provides news and informs about other websites.	😊	-	✗	78	4
PT36	Informcare	http://eurocarers.org/informcare/?lang=pt-pt	Carers	HEALTH, CONTACTS	Not disease-specific	First European web-platform for informal carers, developed in the framework of the EU-funded Innovage project. InformCare provides informal carers from 27 EU member states with key information on their rights and entitlements as well as advice on how to best deliver and cope	😊	😊	✗	90	5





















Country	Name	Link	Target	Category	Disease/condition	Description	Reliability	Privacy	Registration	SUS	Expert score
						with their caregiving activities. Care professionals and employers from a selection of countries, are also be able to access information on how to best support carers and meet their needs.					
PT37	mylinkedcare	http://www.mylinkedcare.com	General public	HEALTH, CONTACTS	Not disease-specific	The mylinkedcare app is a platform that brings together all information concerning health. It can be accessed using a computer and it works on every operating systems and browsers. It enables users to record biometric data, such as blood pressure or temperature, and synchronize their physical activity. If the users’ doctors use the platform as well, they can have access to all the introduced data. This app has also a feature that enables searching for doctors according to their specialties, seeing prices charged and availability and making an appointment. Furthermore, users can also buy medication and choose home-delivery.	😊	😊	✓	80	4
PT38	Cuidadores + perto	https://www.facebook.com/cuidadoresmaisperto/?fref	Carers	WELL-BEING, HEALTH	Neurodegenerative	The project aims to contribute to the quality of life and decrease the social isolation of caregivers of people with dementia, by promoting a training and support network of	😊	-	✗	90	4
















Country	Name	Link	Target	Category	Disease/condition	Description	Reliability	Privacy	Registration	SUS	Expert score
		=ts				caregivers, based on the proximity relations and the sponsorship of more experienced caregivers.					




























3.7 Sweden (LNU)



























APPS




















Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
SE01	Nollvision – Anhörig	https://play.google.com/store/apps/details?id=com.sdc.nollvision_relative.myapp&hl=sv	Carers		Neurodegenerative	The app aims at providing information and advice on dementia. Different contents available to illustrate the characteristics of dementia, how to manage daily issues and how to support the patient.	 						3	3
SE02	SENIORG	https://play.google.com/store/apps/details?id=se.sict.seniorg&hl=sv	Carers		Not disease-specific	The app constitutes a communication tool between family members of a person living in a nursing home and the nursing staff. It allows family members to send and receive messages and obtain images of the older person. It works for nursing homes managed by the same company.	 						3	3
SE03	Doro Connect & Care®	https://play.google.com/store/apps/details?id=com.doro.cnc.mobile&hl=sv	Carers & care recipients		Not disease-specific	The app aims at enabling a care network around the older person. It enables chat and group chat, emergency calls from the older person, reminders and to-do lists, and GPS monitoring.	 						4	4
SE04	Landräddningen	https://play.google.com/store/apps/details?id=com.sict.seniorg&hl=sv	Carers & care		Not disease-specific	The app enables functions for emergency calls and emergency networks around the	 						3	4
























Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
		etails?id=se.elicit.p osifon landraddni ngen&hl=sv	recipients		specific	older person. Through GPS tracker, alarm system and information sharing with other volunteers, the older person can contact, be monitored and supported for emergency situations.								
SE05	Elderly Care	<a href="https://play.google.com/store/apps/details?id=com.sci.e
lderlycare&hl=sv">https://play.google.com/store/apps/details?id=com.sci.e lderlycare&hl=sv	Carers		Not disease-specific	The app contains information, advice and stories for carers of older people. It aims to improve knowledge around most common issues on older people and family carers themselves.	 				✓	✓	4	3
SE06	Kalmar Omsorg	<a href="https://play.google.com/store/apps/details?id=eu.appbo
laget.kalmaromsor
g&hl=sv">https://play.google.com/store/apps/details?id=eu.appbo laget.kalmaromsor g&hl=sv	Carers		Not disease-specific	The app provides information about the offer of residential care in the municipality of Kalmar. It shows the facilities, fees, activities and conditions.	 				✓	✓	3	2
SE07	Safe+Sound?	<a href="https://play.google.com/store/apps/details?id=se.nobigg
ig.safeandsound&
hl=sv">https://play.google.com/store/apps/details?id=se.nobigg ig.safeandsound& hl=sv	Care recipients		Not disease-specific	The app sends an alert via SMS to a family member if the older person does not deactivate it (meaning he/she has some problem). It includes also a GPS tracker for monitoring position.	 				✓	✓	3	3
SE08	Första hjälpen	https://play.google.com/store/apps/details?id=com.tryg	General public	CONTACTS	Not disease-specific	The app provides information about how to respond in a crisis. Important phone numbers are provided, etc.	 			-	✓	✓	4	5

Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
		ghansa.forstahjalpen												
SE09	Röda korset-första hjälpen	https://play.google.com/store/apps/details?id=com.cube.gdpc.swe	General public	CONTACTS	Not disease-specific	The app provides information about what to do in a crisis. Acute illness, accidents or similar incidents. Also how to prevent accidents. Also crises when you are abroad.	 			-	✓	✓	4	4
SE10	Fritt fram	https://play.google.com/store/apps/details?id=se.frittfram.frittfram	Care recipients	CONTACTS ,TECHNOLOGIES	Not disease-specific	In the app, you can check if museums, restaurants, etc. have adapted environments for people with disabilities concerning toilets, ramps, parking etc. The developer is a private company.	 		-	-	✗	✓	4	5
SE11	Toahjälpen	https://play.google.com/store/apps/details?id=magotarm.se.toahjälpen	Care recipients	CONTACTS , TECHNOLOGIES	Not disease-specific	This app helps you find nearest toilet. Also if the toilet is free and if it is a toilet for persons with disabilities. However, it only works in Stockholm, Gothenburg and Visby. It is for persons with digestive illnesses or it could be urinary incontinence as well.	 			-	✓	✓	3	2
SE12	Cancervård	https://play.google.com/store/apps/details?id=se.rcc.RCCApp.Android	Care recipients	HEALTH	Cancer	Information about cancer diagnoses that have a standardized care course.	 			-	✓	✓	3	3

Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
SE13	Triabetes	https://play.google.com/store/apps/details?id=com.diabetestoolssweden.mmmminisystem	Care recipients	HEALTH	Diabetes	Triabetes is an app where the patient can take control over his/her diabetes, self-care. You can document how you eat, work out, and take medicines over time. You can fill in measures of your blood sugar and follow over time related to what you eat, how you work out etc. You can set up goals for the different variables.	 						4	3
SE14	tät	https://play.google.com/store/apps/details?id=se.umu.it.s.tat	General public	HEALTH	Incontinence	Information about different exercises concerning urinary incontinence when you cough, jump or physical effort. For women.	 			-			4	5
SE15	Reumatiker	https://play.google.com/store/apps/details?id=se.frisq.reumapp	Carers & care recipients	HEALTH	Musculoskeletal	This app is for people with rheumatism. It aims to gather different kinds of functions and information valuable to enable better control over the person's own health. The app provides news, viewing of prescriptions (patient and carer), order medicines, read your health care journal, report health measures to doctor via system called PER.	 						4	3
SE16	Memory box	https://play.google.com/store/apps/details?id=se.frisq.reumapp	Carers	HEALTH	Neurodegenerative	The app provides written, visual and musical conversation tips on 20th Century	 						4	5

Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
		etails?id=com.sci.memorybox				that enables better interaction with the person with dementia.								
SE17	Kronans apotek	https://play.google.com/store/apps/details?id=se.kronansapotek.kronan	General public	HEALTH	Not disease-specific	Helps you keep track of your prescribed medicines and gives a reminder when you need to renew your prescriptions. You can also choose a power of attorney if needed.	 						5	5
SE18	Medisafe medicinpåminnelser	https://play.google.com/store/apps/details?id=com.medisafe.android.client	Care recipients	HEALTH	Not disease-specific	The app is for self-care. It provides reminders concerning medicines and doctors' appointments. You can make measurements of blood pressure, pulse, glucoses, pain etc. if you connect to google fit. You can write a dairy, share results with your doctor, you can add a family member's medicines or add someone to help you with medicines.	 		-				4	4
SE19	Livsmedels databasen	https://play.google.com/store/apps/details?id=com.hackspett.ldb	General public	HEALTH	Not disease-specific	The app provides information about food and what it contains e.g. energy, fat, vitamins etc.	 			-			3	3
SE20	Pillerkollen	https://play.google.com/store/apps/details?id=com.pillerkollen.pillkoll	General public	HEALTH	Not disease-specific	It is an app where you can search (or scan) a medicine and then get information about it; Side effects, it is bad if a particular medicine is not recommended to take	 			-			4	4

Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
						among older people.								
SE21	STROKE-Riksförbundet	https://play.google.com/store/apps/details?id=com.app.machine.p3132FJ	General public	HEALTH	Stroke	Information about how to recognise a stroke. In addition, a description of a test that you can perform to see if a person has had a stroke.	 			-	✓	✓	4	5
SE22	Min doktor-läkarbesök online	https://play.google.com/store/apps/details?id=se.mindoktor.android	General public	HEALTH, CONTACTS	Not disease-specific	A health care centre via app. You can get a doctor appointment, you describe your symptoms and then a doctor goes through your "case" and responds. Through text message, telephone call or video link the doctors can set a diagnosis and send a prescription to the mobile phone.	 				✗	✓	5	5
SE23	Mina recept apoteket	https://play.google.com/store/apps/details?id=se.apoteket.recept	General public	HEALTH, CONTACTS	Not disease-specific	App that helps you keep track on your prescribed medicines. You can get an overview over your prescribed medicines and high-cost status. You can see the stock and choose the cheapest alternative, see where my medicines are in stock. Advice via telephone while ordering medicine via the app. Chat with pharmacist.	 				✗	✓	4	5
SE24	Kry - träffa läkare online	https://play.google.com/store/apps/details?id=se.kry.an	General public	HEALTH, CONTACTS	Not disease-specific	Doctor online service through video-communication. Advice, prescription and referral. Log in with bank ID.	 				✓	✓	5	5

Country	Name	Link	Target	Category	Disease/condition	Description	Op. system	Price	Reliability	Privacy	Registration	Connection	MARS	Expert score
		droid												
SE25	Apotek hjärtat	https://play.google.com/store/apps/details?id=com.presencekit.apotek.se	General public	HEALTH, CONTACTS	Not disease-specific	Prescribed medicines, order, advice, opening hours, find pharmacy.	 		-				4	3
SE26	Vårdappen Information & råd	https://play.google.com/store/apps/details?id=com.fircofsoftware.vardappen	General public	HEALTH, CONTACTS	Not disease-specific	The developer is a private company. It is an information app about illnesses and conditions. Also about vaccinations, laws and rights in healthcare, self-care etc.	 		-	-			3	3
SE27	Seniorövervakare	https://itunes.apple.com/se/app/seniorovervakare-aldrevard/id1095716826?mt=8	Carers & care recipients	TECHNOLOGIES	Not disease-specific	The app provides a platform for video-communication and interaction between the carer and the care recipient.							3	4
SE28	Teckenspråk	https://play.google.com/store/apps/details?id=com.hiitti.tecken	General public	TECHNOLOGIES	Not disease-specific	The app teaches you the sign language in Swedish. You can get demonstration of the alphabet or write a text (or speak) and get it translated into sign language.	 			-			4	3

WEBSITES

Country	Name	Link	Target	Category	Disease/condition	Description	Reliability	Privacy	Registration	SUS	Expert score
SE29	Anhörigstöd et	www.anhorigstodet.se	Carers		Not disease-specific	The website aims at supporting carers of people with addiction to alcohol, drugs or gambling. It provides information and a forum for exchanging carers’ stories and enabling peer support.	😊	😊	✓	85	4
SE30	Fass	www.fass.se	General public		Not disease-specific	The website aims to provide information about the availability and characteristics of pharmaceutical products. The user can search for detailed information on a certain medicine, check the glossary and find the availability across pharmacies in the country.	😊	😊	✗	75	3
SE31	Cancerkompisar	http://www.cancerkompisar.se/bloggar/ambassadorsbloggen	Carers	CONTACTS	Cancer	The website aims to bring carers of patients with cancer together, they help match carers in similar situations. They have blogs and an online forum for carers of patients with cancer.	😊	-	✗	93	5
SE32	Alzheimer.bloggo.nu	http://alzheimer.bloggo.nu/	Carers & care recipients	CONTACTS	Neurodegenerative	This is a private blog. The blogger is an older woman with Alzheimer’s disease who writes about her everyday life.	-	-	✗	93	4
SE33	Anhörigas riksförbund	http://anhorigasriksforbundet.se/	Carers	CONTACTS	No	The developer is a national carer organisation. Website is targeted to carers. Provides information, news etc.	😊	-	✗	98	5

SE34	Nka	http://www.ahoriga.se/fragor-och-svar/fraga-200/	Carers & care recipients	CONTACTS	Not disease-specific	The developer is a national competence centre concerning carers, care and caring. Website provides information about carers and caring, online lectures and online education (professionals mostly).	😊	-	✗	93	4
SE35	Funktionshinder.se	www.funktionshinder.se	Carers & care recipients	CONTACTS	Not disease-specific	The website is a forum for persons with disabilities.	-	-	✓	70	4
SE36	seniorval.se	www.seniorval.se	Carers & care recipients	CONTACTS	Not disease-specific	The website is a search and information service regarding living arrangements, service and care regarding seniors and carers. The purpose is to help seniors and their carers in decisions concerning care and living arrangements. They also provide tips and guides for e.g. meeting with the needs assessor, which living arrangement to choose etc.	-	-	✗	75	4
SE37	äldrekontakt	www.aldrekontakt.se	Care recipients	CONTACTS	Not disease-specific	The developer is a non-profit organisation and sponsors. They organise different events for older people who are alone and seldom meet friends and family to get in contact with others.	😊	-	✗	80	3
SE38	Senioren	http://www.senioren.se/om-varld-ekonomi/vard-omsorg/sahjalper-du-en-anhorig-med-demens/	General public	CONTACTS	Not disease-specific	The developer is an organisation for seniors in Sweden. The website provides news concerning senior's daily life and ageing. The purpose is to create debate and opinion.	😊	-	✗	85	3
SE39	Apoteksinfo	https://apoteksinfo.nu	General public	CONTACTS	Not disease-specific	On the website, you can do a search concerning opening hours for all pharmacies in Sweden.	-	-	✗	100	5

SE40	sos alarm	https://www.sosalarm.se/	General public	CONTACTS	Not disease-specific	The developer is SOS alarm who develops existing and new services from a general crisis management perspective, for example which numbers to call in different crises, 112 for example.	😊	-	✗	80	3
SE41	pensionsmyndigheten	www.pensionsmyndigheten.se	General public	CONTACTS	Not disease-specific	The website is providing information about your retirement and financial planning concerning retirement. You can register to have "your own page" if you want to. You can get tips about how to manage your retirement allowance.	😊	-	✗	70	3
SE42	äldreomsorgsbloggen	http://www.aldreomsorgsbloggen.se/	General public	CONTACTS	Not disease-specific	The website is a blog regarding topics about ageing and older people. Provides news in the area of older people and has a section targeted at carers.	-	-	✗	90	3
SE43	Teletal	http://www.teletal.se/	Care recipients	CONTACTS , TECHNOLOGIES	Not disease-specific	The website informs about a service where you can get support and interpretation support during a telephone call. Teletal is a free and national service where you get support from a third person in the conversation. You don't have to book the service just call.	-	-	✗	95	3
SE44	Hjälpmedels teknik Sverige	www.hjalpmedel.se	General public	CONTACTS , TECHNOLOGIES	Not disease-specific	The developer is a private company selling different kinds of assistive devices. The website provides a description of different assistive devices and has a web shop.	😊	-	✗	78	3
SE45	Stroke.se	www.stroke.se	General public	HEALTH	Cardiovascular, Stroke	The developer seems to be a private company. No description about the company Health Care Media behind the website. Provides information about stroke. One section about aphasia.	-	-	✗	83	3

SE46	Hjärt-och lungfonden	www.hjart-lungfonden.se	General public	HEALTH	Cardiovascular, Stroke, Respiratory, Diabetes	The developer is an association. They collect donations to support research about heart and lung diseases. Website provides information about heart and lung diseases. They have a section targeting carers.	😊	-	✗	80	4
SE47	Svensk dystoniförening	www.dystoni.se	Care recipients	HEALTH	Musculoskeletal	Website provides information on a rather rare illness called dystonia; it is a neurological disease affecting muscles and movement. Have a section targeting carers.	😊	-	✗	95	4
SE48	Svenskt Demenscentrum	www.demenscentrum.se	General public	HEALTH	Neurodegenerative	The developer is a national centre for knowledge development within the area of dementia. They provide information about dementia and they have a section targeting carers and living with dementia.	😊	-	✗	95	4
SE49	Infoteket om funktionshinder	http://www.infoteket.se/sv/Kampanjwebbar/Infoteket/	Carers & care recipients	HEALTH	Neurodegenerative, Mental	The website provides information about disabilities.	-	-	✗	85	3
SE50	Pfizer hälsa	https://www.pfizerhalsa.se	Carers & care recipients	HEALTH	Not disease-specific	The website is targeted at carers and patients. Gives information about treatment and health information.	-	-	✗	75	3
SE51	Läkemedelsverket/Medical Products Agency	https://lakemedelsverket.se/malgrupp/Allmanhet/Sjukdom-och-behandling/Behandlingsrekommendation	General public	HEALTH	Not disease-specific	The developer is the Medical Products Agency. The purpose with the website is to contribute to the safe and effective use of medicines, drugs, cosmetics and medical devices in society.	😊	😊	✗	73	3

		er--- listan/Behand ling-och- bemotande- vid- beteendemas siga-och- psykiska- symto									
SE52	Arlas kundportal	https://kund.arla.se	General public	HEALTH	Not disease-specific	The website provides food recipes. Contains a section with recipes adapted for seniors.	😊	-	✗	78	4
SE53	Habilitering och hälsa	www.habilitering.se	Carers & care recipients	HEALTH, CONTACTS	Mental	The website provides information about disabilities in all ages, news, tips. They have a chat or telephone line where you can get advice. County council in Stockholm is the developer	😊	-	✗	73	4
SE54	Autism- och aspergerförbundet	http://www.autism.se/	Carers & care recipients	HEALTH, CONTACTS	Mental	The developer is an association. Website provides, information, news.	😊	-	✗	88	3
SE55	Parkinsonförbundet	www.parkinsonforbundet.se	Carers & care recipients	HEALTH, CONTACTS	Neurodegenerative	The developer is an association. Website provides information about Parkinson’s disease. They have a helpline for patients and carers. They have a section targeted at carers.	😊	-	✗	90	3
SE56	Alzheimer Sverige	www.alzheimer Sverige.se	Carers & care recipients	HEALTH, CONTACTS	Neurodegenerative	Website provides information about Alzheimer’s disease. They have a section especially targeted to carers. They have a helpline.	😊	-	✗	98	3
SE57	Neuroförbundet	www.neuroforbundet.se	Carers & care recipients	HEALTH, CONTACTS	Neurodegenerative	The developer is an organisation. Website provides information about different neurological diseases. They have a blog where members can comment and they also have a	😊	-	✗	90	3

						Forum but registration is needed.					
SE58	Handikapptips	https://handikapptips.wordpress.com/	Carers & care recipients	HEALTH, CONTACTS	Neurodegenerative	This is a private blog about dementia and people with disabilities and for people with dementia and disabilities. Provides tips and ideas.	-	-	✗	88	4
SE59	Demensförbundet	www.demensforbundet.se	Carers & care recipients	HEALTH, CONTACTS	Neurodegenerative, Mental	The developer is an association. Website provides information about different types of dementia and also information needed in relation to dementia e.g. different aids, news etc.	😊	-	✗	98	5
SE60	Funkaportalen	www.funkaportalen.se	Carers & care recipients	HEALTH, CONTACTS	Not disease-specific	The website provides information about disabilities, news, tips, thoughts and ideas. The developer is a foundation.	-	-	✗	68	4
SE61	Hörselskada.se	http://horselskada.se/hjalpmedel/	Care recipients	HEALTH, CONTACTS	Not disease-specific	The website developer is a company. The website provides information and news about hearing impairment and hearing impairment aids. They also have a social forum where you can read posts but if you want to write you have to register.	-	-	✗	78	3
SE62	Hörsellinjen	https://horsellinjen.se/fakta-och-rad/horhjalpmedel/tips-om-smarta-horhjalpmedel/	Care recipients	HEALTH, CONTACTS	Not disease-specific	The website provides information about hearing impairment. They also have a counselling service, via phone or electronically.	-	-	✗	93	3
SE63	Privat medicin Information	www.privatmedicin.se	General public	HEALTH, CONTACTS	Not disease-specific	It is not very clear who the developer "privatmedicin" is. The website provides information about illnesses targeting the public	-	-	✗	75	3

	om sjukdomar för privatpersoner					and a "medicinbook" with the most common illnesses, symptoms and treatments. They also have a forum where you can ask questions if you are registered.					
SE64	Netdoktor	http://www.netdoktor.se/	General public	HEALTH, CONTACTS	Not disease-specific	The developer is Netdoktor. Financed by sponsors and advertisements. Doctors have written material and are answering questions from members. If you log in you can ask questions to a doctor and use a forum. You can also a couple of times per month use a chat and ask questions to a doctor.	😊	😊	✗	78	4
SE65	1177 Vårdguiden	https://www.1177.se	General public	HEALTH, CONTACTS	Not disease-specific	The developer is 1177 Vårdguiden, the Swedish county councils and regions. Website provides information about different illnesses and conditions. They have a section targeting carers.	😊	-	✗	98	5
SE66	Koll på läkemedel	http://www.kollpalakemedel.se/guider-rad/for-forskrivare/hypertoni/	General public	HEALTH, CONTACTS	Not disease-specific	The developers are two senior organizations and Apoteket, which are driven by the government, and they sell medications, give advice concerning medications etc. The website provides information about medications e.g. which medications are not compatible. The purpose with the website is to decrease the over prescription and wrong prescriptions of medicines/drugs to older people.	😊	😊	✗	78	4
SE67	Afasiförbundet i Sverige	www.afasi.se	Carers & care recipients	HEALTH, CONTACTS	Stroke	The developer is an association. Website provides information about aphasia, news etc	😊	-	✗	95	4
SE68	Hjärnfonden	www.hjarnfonden.se	General public	HEALTH, CONTACTS	Stroke, Neurodegenerati	Website provides information about different brain diseases/conditions. The provider is a	😊	-	✗	93	3

					ve, Cancer, Musculoskeletal, Mental	foundation.					
SE69	Rehabvalet	http://www.rehabvalet.se	Carers & care recipients	HEALTH, CONTACTS	Stroke, Neurodegenerative, Musculoskeletal, Mental	It is not clearly stated who is behind the website. There is no information "about us". However, the website provides information about rehabilitation, about different support services, about some specific diseases or conditions.	-	-	x	73	4

4. APPENDIX

4.1 System Usability Scale (SUS)

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	Strongly disagree				Strongly agree
1. I think that I would like to use this system frequently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4	5
2. I found the system unnecessarily complex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4	5
3. I thought the system was easy to use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4	5
4. I think that I would need the support of a technical person to be able to use this system	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4	5
5. I found the various functions in this system were well integrated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4	5
6. I thought there was too much inconsistency in this system	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4	5
7. I would imagine that most people would learn to use this system very quickly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4	5
8. I found the system very cumbersome to use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4	5
9. I felt very confident using the system	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4	5
10. I needed to learn a lot of things before I could get going with this system	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	1	2	3	4	5

4.2 Mobile Application Rating Scale (MARS)

App Classification

The Classification section is used to collect descriptive and technical information about the app. Please review the app description in iTunes / Google Play to access this information.

App Name: _____

Rating this version: _____ Rating all versions: _____

Developer: _____

N ratings this version: _____ N ratings all versions: _____

Version: _____ Last update: _____

Cost - basic version: _____ Cost - upgrade version: _____

Platform: ☐ iPhone ☐ iPad ☐ Android

Brief description: _____

Focus: what the app targets (select all that apply)

- ☐ Increase Happiness/Wellbeing
- ☐ Mindfulness/Meditation/Relaxation
- ☐ Reduce negative emotions
- ☐ Depression
- ☐ Anxiety/Stress
- ☐ Anger
- ☐ Behaviour Change
- ☐ Alcohol /Substance Use
- ☐ Goal Setting
- ☐ Entertainment
- ☐ Relationships
- ☐ Physical health
- ☐ Other _____

Theoretical background/Strategies (all that apply)

- ☐ Assessment
- ☐ Feedback
- ☐ Information/Education
- ☐ Monitoring/Tracking
- ☐ Goal setting
- ☐ Advice /Tips /Strategies /Skills training
- ☐ CBT - Behavioural (positive events)
- ☐ CBT – Cognitive (thought challenging)
- ☐ ACT - Acceptance commitment therapy
- ☐ Mindfulness/Meditation
- ☐ Relaxation
- ☐ Gratitude
- ☐ Strengths based
- ☐ Other _____

Affiliations:

☐ Unknown ☐ Commercial ☐ Government ☐ NGO ☐ University

Age group (all that apply)

- ☐ Children (under 12)
- ☐ Adolescents (13-17)
- ☐ Young Adults (18-25)
- ☐ Adults
- ☐ General

Technical aspects of app (all that apply)

- ☐ Allows sharing (Facebook, Twitter, etc.)
- ☐ Has an app community
- ☐ Allows password-protection
- ☐ Requires login
- ☐ Sends reminders
- ☐ Needs web access to function

App Quality Ratings

The Rating scale assesses app quality on four dimensions. All items are rated on a 5-point scale from “1.Inadequate” to “5.Excellent”. Circle the number that most accurately represents the quality of the app component you are rating. Please use the descriptors provided for each response category.

SECTION A

Engagement – fun, interesting, customisable, interactive (e.g. sends alerts, messages, reminders, feedback, enables sharing), well-targeted to audience

1. Entertainment: Is the app fun/entertaining to use? Does it use any strategies to increase engagement through entertainment (e.g. through gamification)?

- | | |
|---|--|
| | 1 Dull, not fun or entertaining at all |
| | 2 Mostly boring |
| brief time (< 5 minutes) | 3 OK, fun enough to entertain user for a |
| entertain user for some time (5-10 minutes total) | 4 Moderately fun and entertaining, would |
| stimulate repeat use | 5 Highly entertaining and fun, would |

2. Interest: Is the app interesting to use? Does it use any strategies to increase engagement by presenting its content in an interesting way?

- | | |
|-------------------------------------|---|
| | 1 Not interesting at all |
| | 2 Mostly uninteresting |
| user for a brief time (< 5 minutes) | 3 OK, neither interesting nor uninteresting; would engage |
| (5-10 minutes total) | 4 Moderately interesting; would engage user for some time |
| | 5 Very interesting, would engage user in repeat use |

3. Customisation: Does it provide/retain all necessary settings/preferences for apps features (e.g. sound, content, notifications, etc.)?

- | | |
|---|--|
| input every time | 1 Does not allow any customisation or requires setting to be |
| | 2 Allows insufficient customisation limiting functions |
| | 3 Allows basic customisation to function adequately |
| | 4 Allows numerous options for customisation |
| characteristics/preferences, retains all settings | 5 Allows complete tailoring to the individual's |

4. Interactivity: Does it allow user input, provide feedback, contain prompts (reminders, sharing options, notifications, etc.)? Note: these functions need to be customisable and not overwhelming in order to be perfect.

- | | |
|--------------------------------------|---|
| interaction | 1 No interactive features and/or no response to user |
| limiting functions | 2 Insufficient interactivity, or feedback, or user input options, |
| | 3 Basic interactive features to function adequately |
| options | 4 Offers a variety of interactive features/feedback/user input |
| features/feedback/user input options | 5 Very high level of responsiveness through interactive |

5. Target group: Is the app content (visual information, language, design) appropriate for your target audience?

- | | |
|---------------------------------|--|
| | 1 Completely inappropriate/unclear/confusing |
| | 2 Mostly inappropriate/unclear/confusing |
| inappropriate/unclear/confusing | 3 Acceptable but not targeted. May be |
| | 4 Well-targeted, with negligible issues |

5 Perfectly targeted, no issues found

A. Engagement mean score = _____



SECTION B

Functionality – app functioning, easy to learn, navigation, flow logic, and gestural design of app

6. Performance: How accurately/fast do the app features (functions) and components (buttons/menus) work?

- 1 App is broken; no/insufficient/inaccurate response (e.g. crashes/bugs/broken features, etc.)
- 2 Some functions work, but lagging or contains major technical problems
- 3 App works overall. Some technical problems need fixing/Slow at times
- 4 Mostly functional with minor/negligible problems
- 5 Perfect/timely response; no technical bugs found/contains a 'loading time left' indicator

7. Ease of use: How easy is it to learn how to use the app; how clear are the menu labels/icons and instructions?

- 1 No/limited instructions; menu labels/icons are confusing; complicated
- 2 Useable after a lot of time/effort
- 3 Useable after some time/effort
- 4 Easy to learn how to use the app (or has clear instructions)
- 5 Able to use app immediately; intuitive; simple

8. Navigation: Is moving between screens logical/accurate/appropriate/ uninterrupted; are all necessary screen links present?

- 1 Different sections within the app seem logically disconnected and random/confusing/navigation is difficult
- 2 Usable after a lot of time/effort
- 3 Usable after some time/effort
- 4 Easy to use or missing a negligible link
- 5 Perfectly logical, easy, clear and intuitive screen flow throughout, or offers shortcuts

9. Gestural design: Are interactions (taps/swipes/pinches/scrolls) consistent and intuitive across all components/screens?

- 1 Completely inconsistent/confusing
- 2 Often inconsistent/confusing
- 3 OK with some inconsistencies/confusing elements
- 4 Mostly consistent/intuitive with negligible problems
- 5 Perfectly consistent and intuitive

B. Functionality mean score = _____

SECTION C

Aesthetics – graphic design, overall visual appeal, colour scheme, and stylistic consistency

10. Layout: Is arrangement and size of buttons/icons/menus/content on the screen appropriate or zoomable if needed?

- 1 Very bad design, cluttered, some options impossible to select/locate/see/read device display not optimised
- 2 Bad design, random, unclear, some options difficult to select/locate/see/read
- 3 Satisfactory, few problems with selecting/locating/seeing/reading items or with minor screen-size problems
- 4 Mostly clear, able to select/locate/see/read items
- 5 Professional, simple, clear, orderly, logically organised, device display optimised. Every design component has a purpose

11. Graphics: How high is the quality/resolution of graphics used for buttons/icons/menus/content?

- 1 Graphics appear amateur, very poor visual design - disproportionate, completely stylistically inconsistent
- 2 Low quality/low resolution graphics; low quality visual design – disproportionate, stylistically inconsistent
- 3 Moderate quality graphics and visual design (generally consistent in style)
- 4 High quality/resolution graphics and visual design – mostly proportionate, stylistically consistent
- 5 Very high quality/resolution graphics and visual design - proportionate, stylistically consistent throughout

12. Visual appeal: How good does the app look?

- 1 No visual appeal, unpleasant to look at, poorly designed, clashing/mismatched colours
- 2 Little visual appeal – poorly designed, bad use of colour, visually boring
- 3 Some visual appeal – average, neither pleasant, nor unpleasant
- 4 High level of visual appeal – seamless graphics – consistent and professionally designed
- 5 As above + very attractive, memorable, stands out; use of colour enhances app features/menus

C. Aesthetics mean score = _____

SECTION D

Information – Contains high quality information (e.g. text, feedback, measures, references) from a credible source. Select N/A if the app component is irrelevant.

13. Accuracy of app description (in app store): Does app contain what is described?

- 1 Misleading. App does not contain the described components/functions. Or has no description
- 2 Inaccurate. App contains very few of the described components/functions
- 3 OK. App contains some of the described components/functions
- 4 Accurate. App contains most of the described components/functions
- 5 Highly accurate description of the app components/functions

14. Goals: Does app have specific, measurable and achievable goals (specified in app store description or within the app itself)?

N/A Description does not list goals, or app goals are irrelevant to research goal (e.g. using a game for educational purposes)

- 1 App has no chance of achieving its stated goals
- 2 Description lists some goals, but app has very little chance of achieving them
- 3 OK. App has clear goals, which may be achievable.
- 4 App has clearly specified goals, which are measurable and achievable
- 5 App has specific and measurable goals, which are highly likely to be achieved

15. Quality of information: Is app content correct, well written, and relevant to the goal/topic of the app?

N/A There is no information within the app

- 1 Irrelevant/inappropriate/incoherent/incorrect
- 2 Poor. Barely relevant/appropriate/coherent/may be incorrect
- 3 Moderately relevant/appropriate/coherent/and appears correct
- 4 Relevant/appropriate/coherent/correct
- 5 Highly relevant, appropriate, coherent, and correct

16. Quantity of information: Is the extent coverage within the scope of the app; and comprehensive but concise?

N/A There is no information within the app

- 1 Minimal or overwhelming
- 2 Insufficient or possibly overwhelming
- 3 OK but not comprehensive or concise
- 4 Offers a broad range of information, has some gaps or unnecessary detail; or has no links to more information and resources
- 5 Comprehensive and concise; contains links to more information and resources

17. Visual information: Is visual explanation of concepts – through charts/graphs/images/videos, etc. – clear, logical, correct?

N/A There is no visual information within the app (e.g. it only contains audio, or text)

- 1 Completely unclear/confusing/wrong or necessary but missing
- 2 Mostly unclear/confusing/wrong
- 3 OK but often unclear/confusing/wrong
- 4 Mostly clear/logical/correct with negligible issues
- 5 Perfectly clear/logical/correct

18. Credibility: Does the app come from a legitimate source (specified in app store description or within the app itself)?

- 1 Source identified but legitimacy/trustworthiness of source is questionable (e.g. commercial business with vested interest)
- 2 Appears to come from a legitimate source, but it cannot be verified (e.g. has no webpage)
- 3 Developed by small NGO/institution (hospital/centre, etc.) /specialised commercial business, funding body
- 4 Developed by government, university or as above but larger in scale
- 5 Developed using nationally competitive government or research funding (e.g. Australian Research Council, NHMRC)

19. Evidence base: Has the app been trialled/tested; must be verified by evidence (in published scientific literature)?

N/A The app has not been trialled/tested

- 1 The evidence suggests the app does not work
- 2 App has been trialled (e.g., acceptability, usability, satisfaction ratings) and has partially positive outcomes in studies that are not randomised controlled trials (RCTs), or there is little or no contradictory evidence.
- 3 App has been trialled (e.g., acceptability, usability, satisfaction ratings) and has positive outcomes in studies that are not RCTs, and there is no contradictory evidence.
- 4 App has been trialled and outcome tested in 1-2 RCTs indicating positive results
- 5 App has been trialled and outcome tested in ≥ 3 high quality RCTs indicating positive results

D. Information mean score = _____ *

* Exclude questions rated as “N/A” from the mean score calculation.

App subjective quality

SECTION E

20. Would you recommend this app to people who might benefit from it?

- | | | |
|---|-------------------|---|
| 1 | Not at all | I would not recommend this app to anyone |
| 2 | | There are very few people I would recommend this app to |
| 3 | Maybe | There are several people whom I would recommend it to |
| 4 | | There are many people I would recommend this app to |
| 5 | Definitely | I would recommend this app to everyone |

21. How many times do you think you would use this app in the next 12 months if it was relevant to you?

- | | |
|---|-------------|
| 1 | None |
| 2 | 1-2 |
| 3 | 3-10 |
| 4 | 10-50 |
| 5 | >50 |

22. Would you pay for this app?

- | | |
|---|-------|
| 1 | No |
| 3 | Maybe |
| 5 | Yes |

23. What is your overall star rating of the app?

- | | | |
|---|-----------|---------------------------------|
| 1 | ★★ | One of the worst apps I've used |
| 2 | ★★★★ | |
| 3 | ★★★★★ | Average |
| 4 | ★★★★★★★★ | |
| 5 | ★★★★★★★★★ | One of the best apps I've used |

Scoring

App quality scores for

SECTION

A: Engagement Mean Score = _____

B: Functionality Mean Score = _____

C: Aesthetics Mean Score = _____

D: Information Mean Score = _____

App quality mean Score = _____

App subjective quality Score = _____

App-specific

These added items can be adjusted and used to assess the perceived impact of the app on the user’s knowledge, attitudes, intentions to change as well as the likelihood of actual change in the target health behaviour.

SECTION F

1. **Awareness: This app is likely to increase awareness of the importance of addressing [insert target health behaviour]**

Strongly disagree

Strongly Agree

1

2

3

4

5

2. **Knowledge: This app is likely to increase knowledge/understanding of [insert target health behaviour]**

Strongly disagree

Strongly Agree

1

2

3

4

5

3. **Attitudes: This app is likely to change attitudes toward improving [insert target health behaviour]**

Strongly disagree

Strongly Agree

1

2

3

4

5

4. **Intention to change: This app is likely to increase intentions/motivation to address [insert target health behaviour]**

Strongly disagree

Strongly Agree

1

2

3

4

5

5. **Help seeking: Use of this app is likely to encourage further help seeking for [insert target health behaviour] (if it's required)**

Strongly disagree

Strongly Agree

1

2

3

4

5

6. **Behaviour change: Use of this app is likely increase/decrease [insert target health behaviour]**

Strongly disagree

Strongly Agree

1

2

3

4

5

