## Appendix 1. App list

| Type | Number | Name | Developer | Content score | MARS score | Platform | Cost (won) | Affiliation of developer¶ | Feedback§ |
|------|--------|------|-----------|---------------|------------|----------|------------|---------------------------|-----------|
|      | 1      | quitSTART - Quit Smoking | ICF International | 28 | 3.59 | Both | 0 | 1 | 2 |
|      | 2      | No Butts | University of California, San Diego | 28 | 4.26 | iPhone | 0 | 1 | 1 |
|      | 3      | Alex AI - Quit smoking | Alex Therapeutics | 28 | 4.54 | Both | 1500~8000* | 5 | 1 |
|      | 4      | Quit smoking, dept of health | tobacco control office, department of health | 27 | 3.44 | Both | 0 | 1 | 2 |
|      | 5      | Quit Right | Stop Smoking Strategies, LLC | 26 | 3.65 | Both | 0 | 5 | 2 |
|      | 6      | Stop-tabac | Université de Genève | 26 | 3.71 | Both | 0 | 2 | 2 |
|      | 7      | QuitNet | MeYou Helth | 26 | 3.99 | iPhone | 0 | 5 | 1 |
|      | 8      | Beat Smoking - Quit Smoking | Prodocity | 25 | 3.72 | Both | 1100* | 5 | 1 |
|      | 9      | SmokeFree Baby - Stop Smoking | British Apps | 25 | 4.22 | Both | 0 | 2 | 1 |
|      | 10     | My Quitbuddy | Quit Now: My QuitBuddy | 25 | 4.56 | Both | 0 | 3 | 1 |
| Combintype | 11     | Quit Genius - Best way to quit smoking for good | Digital Therapeutics | 25 | 4.26 | Both | 12000~18000* | 5 | 1 |
|      | 12     | Sacabo | Manuel Conde | 25 | 3.97 | iPhone | 0 | 1 | 2 |
|      | 13     | QuitNow | Optum Inc. | 25 | 3.49 | Android | 0 | 5 | 1 |
|      | 14     | Stay Quit Coach | US Deparment of Veterans Affairs | 24 | 3.55 | Both | 0 | 1 | 2 |
|      | 15     | SmokeFree - quit smoking slowly | MotiveBite Studio | 24 | 3.52 | Android | 0 | 5 | 1 |
|      | 16     | Stop tobacco mobile trainer, quit smoking app free | Iteration mobile & vialsoft apps | 23 | 3.85 | Both | 7500 | 2 | 2 |
|      | 17     | QuitGuide - quit smoking | ICF International | 23 | 3.41 | Both | 0 | 1 | 2 |
|      | 18     | Craving To Quit! | Claritas MindSciences LLC | 23 | 3.92 | Both | 28000* | 3 | 1 |
|      | 19     | SIS - Smiling Instead of Smoking | CBITs | 23 | 3.46 | Android | 0 | 2 | 3 |
|      | 20     | Quit Smoking in 101 days | Ultimate Party Apps | 21 | 4.17 | Both | 5500* | 5 | 1 |
|      | 21     | Quitify | SpanishApps | 21 | 3.37 | Android | 0 | 6 | 3 |
|      | 22     | Quit4goodlife (Smoking Cessation - Quit Smoking) | technology Digest inc | 20 | 3.54 | Both | 1100* | 5 | 3 |
|      | 23     | GFH lite | Dandachli, LLC | 20 | 3.89 | iPhone | 0 | 5 | 1 |
|      | 24     | Smoke Free, stop smoking now and quit for good | The Quit Smoking Specialists | 19 | 3.35 | Both | 1300~6905* | 5 | 1 |
|   | Name                                                                 | Developer            | Rating | Os         | Price Range (if available) | In-App Purchases |
|---|----------------------------------------------------------------------|----------------------|--------|------------|---------------------------|-----------------|
| 25| Pare - Quit Smoking Cigarettes                                        | OneSci Inc           | 19     | Both       |                           | 5               |
| 26| FLamy – quit smoking & become a non-smoker                           | Offlinefirst         | 19     | Android    | 1000~9500*                | 5               |
| 27| Breathe easy smoking cessation                                      | Push Interactions, Inc. | 18     | Both       | 0                         | 3               |
| 28| Smoke Free 28 (SF28) Quit Smoke...                                  | British Apps         | 18     | Both       | 0                         | 2               |
| 29| My Quit Luton                                                        | British Apps         | 18     | Both       | 2.97                      | 2               |
| 30| SmokeLess Quit                                                       | Julio Velasquez      | 18     | iPhone     | 3.66                      | 5               |
| 31| Quit smoking                                                        | Andeko              | 17     | Android    | 3.39                      | 6               |
| 32| 3-2-1 Quit Smoking                                                   | Snappademics LLC    | 17     | iPhone     | 3.65                      | 5               |
| 33| Quit for you - Quit for two                                         | Carbon Media         | 17     | iPhone     | 3.96                      | 5               |
| 34| NTSmoking: Quit smoking right now                                   | Gravity Ecom         | 17     | Android    | 3.35                      | 3               |
| 35| Smoke – quit                                                        | NIKNormSoft          | 16     | Android    | 2.90                      | 6               |
| 36| Break it Off                                                        | Canadian Cancer Society | 16   | iPhone     | 3.47                      | 1               |
| 37| Quit tobacco                                                         | Memsta apps          | 15     | Both       | 3.31                      | 5               |
| 38| Puff Away - Stop Smoking Today                                       | Hexpress Healthcare Ltd | 15 | iPhone     | 3.70                      | 5               |
| 39| Quit for us                                                          | Diva Creative        | 15     | iPhone     | 3.94                      | 5               |
| 40| IQ Today - Smoking                                                  | Jarrod Kanizy       | 15     | iPhone     | 3.15                      | 6               |
| 41| Arretez de fumer - stop tobacco                                     | Best App Made With Love | 14 | Both       | 3.32                      | 6               |
| 42| Stop Smoking                                                        | Fort Sanders Foundation | 14   | Android    | 2.78                      | 5               |
| 43| No Smoking Calender                                                 | App Diggity, LLC     | 13     | iPhone     | 3.45                      | 5               |
| 44| Smoke Free: Stop, Quit, No Smoking - Quit Tracker                   | Wellness Labs        | 13     | Android    | 3.36                      | 5               |
| 45| Butt Out Quit Smoking Forever                                        | ellisapps Inc.      | 23     | Both       | 2.56                      | 5               |
| 46| Let's quit smoking                                                  | 4wlApps              | 19     | Both       | 3.25                      | 6               |
| 47| Stop Smoking - EasyQuit free                                        | Mario Hanna          | 19     | Both       | 3.97                      | 6               |
| 48| LIVESTRONG MyQuit Coach                                              | LIVESTRONG.COM      | 18     | iPhone     | 3.93                      | 4               |
| 49| Stop Smoking - quit Smoking, be smoke free                          | The Quit Smoking Professional     | 18  | iPhone     | 3.90                      | 5               |
| 50| Qwidder : Quit Smoking                                               | Qwidder Inc.        | 17     | Both       | 4.13                      | 5               |
| 51| Qwit (Quit Smoking)                                                  | Team Geny            | 16     | Android    | 3.60                      | 5               |
| 52| Quit Smoking Buddy                                                  | HQmedia              | 16     | Both       | 3.79                      | 5               |
| 53| Stop Smoking³                                                        | AB Mobile Apps       | 16     | Both       | 2.79                      | 5               |

**Multi-functional type**
|   | App Name                                      | Developer                        | Rating | Reviews | App Price | Category          | Version | Requirements | Reviews | 5 Stars | 4 Stars | 3 Stars | 2 Stars | 1 Star | 0 Stars |
|---|----------------------------------------------|----------------------------------|--------|---------|-----------|------------------|---------|--------------|---------|---------|---------|---------|---------|--------|---------|
| 54 | Quit Smoking¹                               | AB Mobile Apps                   | 16     | 2.79    | Both      | 5                | 1       |              |         |         |         |         |         |        |         |
| 55 | Quitter                                     | Guardianis                       | 16     | 2.71    | Android   | 5                | 3       |              |         |         |         |         |         |        |         |
| 56 | I Don’t Smoke - free way to quit smoke      | Theros                           | 16     | 3.59    | iPhone    | 1199*            | 6       | 1            |         |         |         |         |         |        |         |
| 57 | Quit Smoking - No smoking day               | PIONE STDIO                      | 15     | 3.68    | Android   | 0                | 5       | 3            |         |         |         |         |         |        |         |
| 58 | QuitNow!                                    | Fewlaps                          | 14     | 3.78    | Android   | 4335*            | 5       | 1            |         |         |         |         |         |        |         |
| 59 | Get Rich or Die Smoking                    | Tobias Gruber                    | 14     | 3.06    | Android   | 6                | 1       |              |         |         |         |         |         |        |         |
| 60 | Quit Smoking - Stop for Good Health & Track² | Beta Garden                      | 14     | 2.66    | Android   | 0                | 5       | 3            |         |         |         |         |         |        |         |
| 61 | Quit Smoke²                                 | Taimoor Suleman                  | 14     | 2.66    | Android   | 0                | 5       | 3            |         |         |         |         |         |        |         |
| 62 | Nichtraucher²                               | Foss Android Development         | 14     | 2.66    | Android   | 0                | 5       | 3            |         |         |         |         |         |        |         |
| 63 | Quit smoking²                               | Vladislav Zhimov                 | 14     | 2.66    | Android   | 1100*            | 5       | 3            |         |         |         |         |         |        |         |
| 64 | Smoke FREE - Non Smoking                    | sg-pages                         | 14     | 2.89    | iPhone    | 2409*            | 6       | 3            |         |         |         |         |         |        |         |
| 65 | Quit Smoking: Cessation Nation              | Ron Horner                       | 13     | 3.50    | Android   | 4                | 2       |              |         |         |         |         |         |        |         |
| 66 | ExSmoker                                    | Antonio Sanchez Diaz             | 13     | 3.23    | Android   | 0                | 5       | 3            |         |         |         |         |         |        |         |
| 67 | Natural Non -Smoker                        | Supriya                          | 12     | 3.43    | iPhone    | 0                | 6       | 2            |         |         |         |         |         |        |         |
| 68 | Quit-Smoking Coach Free                     | Brainlag Studios                 | 12     | 2.88    | Android   | 0                | 6       | 3            |         |         |         |         |         |        |         |
| 69 | DipQuit: Quit Dipping Smokeless Tobacco     | Miroslav Hasic                   | 12     | 3.84    | Both      | 5807             | 6       | 3            |         |         |         |         |         |        |         |
| 70 | Quit My Way                                 | SMART ADDICTION TECHNOLOGIES INC.| 11     | 3.16    | Both      | 4700             | 5       | 3            |         |         |         |         |         |        |         |
| 71 | Quit smoking for free                       | ZeroZig                          | 11     | 3.16    | Android   | 0                | 5       | 3            |         |         |         |         |         |        |         |
| 72 | SmokeTab                                    | Avenye Technologies Inc.         | 11     | 2.83    | iPhone    | 1199             | 5       | 3            |         |         |         |         |         |        |         |
| 73 | Smoking Cessation                           | MAGNA HEALTH SOLUTIONS           | 9      | 2.96    | Both      | 0                | 6       | 3            |         |         |         |         |         |        |         |
| 74 | Quit My Way                                 | SMART ADDICTION TECHNOLOGIES INC.| 8      | 3.36    | Both      | 4700             | 5       | 3            |         |         |         |         |         |        |         |
| 75 | Smoking Cessation Program - binaryGURU Apps | Sudeep Chandra, Binary Consulting & Sol... | 6 | 3.66 | Both | 3500* | 5 | 1 |         |         |         |         |         |        |         |
| 76 | Stop Smoking 3D³                            | World Cloud Ventures Sdn Bhd     | 11     | 3.03    | iPhone    | 0                | 6       | 3            |         |         |         |         |         |        |         |
| 77 | How to Quit Smoking                         | Boorhan                          | 10     | 2.62    | Android   | 0                | 6       | 3            |         |         |         |         |         |        |         |
| 78 | Stop Smoking in 5 Days Free³                | Analia Pedulla                   | 10     | 3.03    | iPhone    | 12000            | 6       | 3            |         |         |         |         |         |        |         |
| 79 | Stop Smoking in Five Days - Leopar...³      | daniel gonzalez                  | 9      | 3.03    | iPhone    | 12000            | 6       | 3            |         |         |         |         |         |        |         |
| No. | App Name                                                                 | Developer                        | Rating | Price | Compatibility | Price in App | Source |
|-----|---------------------------------------------------------------------------|----------------------------------|--------|-------|---------------|--------------|--------|
| 80  | Stop Smoking in Five Days - Five days...³                               | daniel gonzalez                  | 9      | 3.03  | iPhone         | 12000        | §1     |
| 81  | You Can Quit Smoking                                                    | Insplisty                        | 9      | 3.12  | Android       | 0            | §2     |
| 82  | My Last Cigarette Challenge - Stop...³                                 | The Jones Kilmartin Group        | 9      | 3.03  | iPhone         | 3900         | §3     |
| 83  | Free Life: Stop Smoking - Quit To...³                                  | daniel gonzalez                  | 9      | 3.03  | iPhone         | 5900         | §3     |
| 84  | Stop Smoking X³                                                         |                                  | 9      | 3.03  | iPhone         | 12000        | §3     |
| 85  | Better Body: Quit Smoking                                               | mmotio                           | 9      | 3.83  | iPhone         | 6039         | §1     |
| 86  | Stop Smoking 2016³                                                       | daniel gonzalez                  | 9      | 3.03  | iPhone         | 12000        | §3     |
| 87  | Quit smoking                                                            | AccessGames                      | 8      | 3.78  | Android       | 0            | §3     |
| 88  | Quit Now Studio - Stop Smoking Tod...³                                  | Stop Smoking App                 | 8      | 3.03  | iPhone         | 3900         | §3     |
| 89  | Smoke Free - quit smoking plus                                          | AXON                             | 8      | 3.13  | Android       | 0            | §2     |
| 90  | Quit Smoking Now: Smoking Cessation³                                    | Kenneth Edwards                  | 8      | 3.03  | iPhone         | 3900         | §3     |
| 91  | Stop Smoking (How To Guide)                                             | Quotes & Facts                   | 7      | 2.90  | Android       | 0            | §3     |
| 92  | Quit Smoking Secrets ⁴                                                   | PicLabs                          | 7      | 3.00  | Both           | 0            | §3     |
| 93  | Quit Smoking Secrets ⁴                                                   | MobyiApps                        | 7      | 3.03  | Both           | 0            | §3     |
| 94  | The Best way to quit smoking                                           | BigBoss Studio                   | 7      | 2.71  | Android       | 0            | §3     |
| 95  | Te Ohu Auahi Mutunga - TOAM                                             | Konnect Applications             | 6      | 3.26  | iPhone         | 0            | §3     |
| 96  | How To Quit Smoking                                                     | Leon Technologies                | 6      | 3.32  | Android       | 0            | §3     |
| 97  | Quit Smoking Guide                                                       | Rowan Saturnin                   | 6      | 2.99  | Android       | 0            | §3     |
| 98  | Quit Smoking Tips                                                       | KrishMiniApps                    | 6      | 2.67  | Android       | 0            | §3     |
| 99  | Quit Smoking                                                             | Nature Healthy Care              | 5      | 2.85  | Android       | 0            | §3     |
| 100 | Quit Smoking                                                             | Free Mobile Shop Apps            | 5      | 3.07  | Android       | 0            | §3     |
| 101 | how to quit smoking                                                     | Best Free Apps 2018              | 5      | 2.94  | Android       | 0            | §3     |
| 102 | Quit Smoking                                                             | Expert Health Studio             | 4      | 2.69  | Android       | 0            | §3     |
| 103 | Quit Smoking                                                             | VorteX                           | 4      | 2.13  | Android       | 0            | §3     |
| 104 | Quit Smoking                                                             | Canada Dev Apps                  | 3      | 2.70  | Android       | 0            | §2     |

¹,²,³,⁴Copied app
* price in-app purchase
¶ 1: Government 2: University 3: Government+Commercial 4: NGO 5: Commercial 6: Unknown
§ 1: Possible inside the app 2: Providing contact information inside the app 3: Only possible in app market