## Participants characteristics.

| ID | Gender | Age | Ethnic group | Highest education | Employment | Interests of health apps | Ever used health apps | Current use of health app | Last time downloaded a health app | Frequency of health app use |
|----|--------|-----|--------------|-------------------|------------|--------------------------|-----------------------|---------------------------|----------------------------------|---------------------------|
| P1 | Male   | 28  | Mixed        | UG                | part-time  | Physical Activity, Depression, Anxiety, Mood | Yes                   | No                        | More than 6 months ago          | Infrequently               |
| P2 | Female | 44  | British      | Prof qual.        | full-time  | Diet, Physical Activity, Depression, Anxiety, Mood | Yes                   | Yes                      | In the last month              | Daily                     |
| P3 | Female | 44  | Other African| UG                | full-time  | Diet, Physical Activity, Depression, Anxiety, Mood | Yes                   | No                        | More than 6 months ago         | None                      |
| P4 | Male   | 46  | British      | UG                | full-time  | Diet, Physical Activity, Depression, Anxiety, Mood | Yes                   | No                        | More than 6 months ago         | None                      |
| P5 | Male   | 37  | British      | A levels          | full-time  | Alcohol consumption, Diet, Physical Activity, Mood | Yes                   | No                        | More than 6 months ago         | None                      |
| P6 | Female | 53  | British      | PGT               | full-time  | Diet, Physical Activity, Depression, Mood          | Yes                   | Yes                      | In the last month              | Daily                     |
| P7 | Male   | 22  | Mixed        | A levels          | student    | Physical Activity, Depression, Mood                | Yes                   | No                        | In the last 6 months           | Less often than monthly      |
| P8 | Male   | 52  | British      | UG                | full-time  | Diet, Physical Activity                          | Yes                   | Yes                      | In the last month              | Daily                     |
| P9 | Male   | 38  | British      | PGT               | full-time  | Diet, Depression                                 | Yes                   | Yes                      | In the last month              | Daily                     |
| P10| Female | 48  | British      | GCSE              | part-time  | Diet, Physical Activity, Depression, Anxiety, Mood | Yes                   | No                        | In the last 6 months           | Weekly                    |
| ID | Gender | Age | Nationality | Level | Status | Activities | Last Time | Frequency |
|----|--------|-----|-------------|-------|--------|------------|-----------|-----------|
| P11| Female | 68  | British     | GCSE  | retired| Depression, Anxiety, Mood | Yes       | Yes       | In the last month | Daily |
| P12| Male   | 57  | British     | GCSE  | retired| Alcohol consumption | No        | No        | Not applicable     | Not applicable |
| P13| Male   | 28  | British     | UG    | full-time| Smoking, Diet, Physical Activity, Mood | Yes       | Yes       | In the last month | Weekly |
| P14| Female | 64  | British     | GCSE  | full-time| Diet | Yes       | Yes       | In the last 6 months | Weekly |
| P15| Female | 56  | British     | GCSE  | full-time| Diet, Physical Activity | Yes       | Yes       | More than 6 months ago | Daily |
| P16| Female | 34  | Other white | A levels | full-time| Smoking, Diet, Physical Activity, Depression, Anxiety, Mood | Yes       | Yes       | In the last 3 months | Weekly |
| P17| Male   | 31  | British     | UG    | full-time| Diet, Physical Activity, Depression | Yes       | Yes       | More than 6 months ago | Daily |
| P18| Female | 21  | British     | A levels | full-time| Diet | Yes       | Yes       | In the last 6 months | Daily |

Note: GSCE – General Certificate of Secondary Education (in the UK), A levels – General Certificate of Education Advanced Level (in the UK); UG – Undergraduate Degree; PGT – Postgraduate Taught Degree