Mobile applications in HIV self-management: A systematic review of scientific literature

Esmaeil Mehraeen[1], Seyed A. Seyed-Alinaghi[2], Zahra Pashaei[2], Pegah Mirzapour[2], Alireza Barzegary[3], Farzin Vahedi[4], Kowsar Qaderi[5], Marcarious M. Tantuoyir[4,6], Zahra Nazeri[7], Amirali Karimi[4], Mohammad Mehrtak[8], and Mohammad Heydari[1]*

[1]Department of Health Information Technology, Khalkhal University of Medical Sciences, Khalkhal, Iran; [2]Iranian Research Center for HIV/AIDS, Iranian Institute for Reduction of High-Risk Behaviors, Tehran University of Medical Sciences, Tehran, Iran; [3]School of Medicine, Islamic Azad University, Tehran, Iran; [4]School of Medicine, Tehran University of Medical Sciences, Tehran, Iran; [5]Department of Midwifery, School of Nursing and Midwifery, Kermanshah University of Medical Sciences, Kermanshah, Iran; [6]Biomedical Engineering Unit, University of Ghana Medical Center (UGMC), Accra, Ghana; [7]Department of Health Information Management, Tehran University of Medical Sciences, Tehran, Iran; [8]Healthcare Services Management, School of Medicine and Allied Medical Sciences, Ardabil University of Medical Sciences, Ardabil, Iran

Abstract

Self-management through mHealth by mobile apps creates new opportunities for people living with HIV (PLHIV) for integrated and accurate management. Our study focused on current evidence on HIV self-management mobile applications to identify and assess their objective, infrastructure, and target populations. A systematic review was conducted on studies that use apps to improve self-management among HIV-positive patients, using PubMed, Scopus, Embase, Science direct, UpToDate, and Web of Science databases. The search was limited to English-written articles and published in the past 10 years. A search of Google Play for Android and App Store for iOS devices was performed to find the apps identified in the included articles. Concerning the aim of this study, the target populations of 17 identified HIV-apps were found to be mainly directed at PLHIV (n = 15). Furthermore, the objectives of 17 identified HIV-apps were found to self-care, self-monitoring, and self-management (n = 7), improve medication adherence (n = 5), prevention and treatment (n = 5), adherence to antiretroviral therapy (ART) (n = 4), Cognitive Behavioral Stress Management (n = 1), and support safer conception among HIV couples (n = 1). The operating system of most HIV-apps was Android (n = 15), one app for iOS and seven apps was both of them, and most apps were free (n = 19). The findings indicate that mHealth strategies for PLHIV have had a substantial positive effect on ART, drug adherence, prevention, and treatment, as well as social and behavioral problems affecting PLHIV. Even though the mHealth market needs to be regulated, it specifies that mHealth is relevant and should be used in the self-management, self-monitoring, and self-care of PLHIV. (AIDS Rev. (ahead of print))

Corresponding author: Mohammad Heydari, heydari.mohammad12@yahoo.com

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Correspondence to:
*Mohammad Heydari
E-mail: heydari.mohammad12@yahoo.com

Introduction

Since the advent of antiretroviral therapy (ART), HIV has become a chronic disease and requires lifelong active self-management to maintain physical and mental health and improve quality of life by coping with the disease and its potential challenges[1-3]. According to findings, people living with HIV (PLHIV) experience challenges in physical health, psychological function, and social relationships[4-8]. Lack of self-management causes physical and mental problems for PLHIV due to irregular use or discontinuation of ART, incomprehension of illness and wellness, disobedience of prevention principles, inability to manage disclosure and stigma, fluctuation in mental state, and improper cognitive skills[9-11]. Consequently, it could lead to changes in CD4 count and viral load, acceleration of the disease progression, depression, stress-related problems, and an increased likelihood of transmitting the disease to others[12,13].

Given that most people have a phone and use it regularly, using mobile health technology (mHealth) is a smart way to engage patients in their healthcare. Furthermore, mHealth has the potential to be an appropriate medium for providing up-to-date and suitable health information[14]. According to evidences, self-management oriented interventions improved knowledge of PLHIV about their condition, and also have positive impact on physical and psychological health[15]. In particular, mHealth, using less time and resources in comparison with face-to-face activities, can be used as a powerful tool to change health behavior for prevention and self-management, and it is always available to the person and can make changes based on the individual's needs and can perform advanced computation[16,17]. It is estimated that there are more than 47.000 mHealth applications that can confirm their helpfulness and usability[18]. As mHealth technology expands according to the demand, designing practical and effective apps becomes more important[19].

At present, the fastest growing area in the provision of health-care services is related to mobile and wireless technologies[20]. In 2020, about 78% of the world's population had smartphones, which shows 1.6 times increase in smartphone users compared to 2016[21]. mHealth has the potential to stabilize the delivery of care and treatment interventions in large populations at low cost[22]. Using mobile, it can be possible to activate receiving educational messages and necessary reminders, receive 24-h service, and connect with health-care providers[23].

Self-management through mobile phone by mHealth, as innovative and technology-enhanced methods, creates new opportunities for PLHIV for integrated and more accurate management[24]. Self-management tools may include personal monitoring of health status, connecting with social networks with peer groups, improving communication with health-care providers, and providing conditions for easy and purposeful access to the required information about their health status[25,26]. In general, improving self-management can help prevent the progression of HIV, reduce hospitalization and referrals to care centers, get better clinical and care results, and reduce the incidence of comorbid infections[27,28]. Furthermore, mHealth self-management would be more suitable for PLHIV who faced barriers such as a stigma to sustain in care and treatment services[29-31].

About 15 apps are available for self-management of health for PLHIV, which include various sections such as reminders, lab reports, logs of medication, drug information, communication, nutrition, fitness, resources, setting, and search; none of the apps had all mentioned functions[32,33]. Findings of some related studies have shown the impact of mHealth self-management in PLHIV on coping with stress[34], adherence to ART[35], retention in care[36], and engagement in HIV care for the drug-using population[37] and men who have sex with men (MSM)[38].

We aimed to assess the researches published with concentration on HIV self-management mobile applications to identify and describe current evidence-based mHealth interventions. We had three specific research goal: (1) type of developed intervention to support self-management among PLHIV, (2) effectiveness of interventions, and (3) feasibility and applicability of interventions. Furthermore, the specific programmatic requirements, cost of apps, and target populations were assessed.

Methodology

Design

This review is conducted in two main stages. In the first stage of this study, the research question and inclusion/exclusion criteria were recognized. This methodology enables the exploration and identification of studies that provide scientific evidence on the use of mobile-based apps for HIV self-management. This study is useful to determine the recent status of knowl-

edge, suggest a scientific route for action, and propose potential limitations that could be considered in future studies[39]. The second phase of this study designed a search to obtain the apps used in the included articles, analysis, and classification of the identified apps, and a summary of the findings.

This review design subjects to explain the use of HIV self-management apps, with the possibility of identifying which apps are supported by related scientific evidence for use in health-care organizations. The first phase involves a systematic review of the currently available evidence on the study aim to provide a better understanding of specific aspects of related knowledge. A systematic search was then done and the identified articles were evaluated according to the inclusion and exclusion criteria. The included studies were subsequently categorized, and a synthesis of the review analysis was established. The second stage searched for the apps featured in the obtained articles found previously using the Google Play Store for Android devices and App Store for iOS devices.

Research question

The present study seeks to answer two main questions:

1- Which available HIV self-management apps for patients and health-care professionals have been used in recent studies?
2- What are the features of these apps?

Criteria for the selection of studies

The selection of the studies was performed by three researchers independently. We included English-written original articles published from December 2010 to May 8, 2020. Studies were selected for both patients and health-care professionals associated with HIV.

The exclusion criteria were as follows:

– Different types of studies, such as reviews, abstracts, reports, and letters to the editor.
– No access to the full-text document.
– Duplicated results in databases.
– Use of other virtual devices without using an app, such as videogames or web pages.

Search strategy

The systematic search was carried out in May 2020 using PubMed (Medline), Scopus, Embase, Science direct, UpToDate, and Web of Science databases. The search was limited to English-written articles and published in the past 10 years. We searched the keywords of HIV, AIDS, self-management, self-care, mobile applications, smart-phone, mobile-phone, and medical informatics applications on the following search strategy:

A. (HIV) OR (AIDS) OR (HIV/AIDS) [Title/Abstract]
B. (Mobile applications) OR (Smart-phone) OR (Mobile-phone) OR (Medical informatics applications) OR (m-Health) [Title/Abstract]
C. (Self-management) OR (Self-care) OR (Self-monitoring) [Title/Abstract]
D. [A] AND [B]
E. [A] AND [C]
F. [A] AND [B] AND [C]

A search of the Google Play Store for Android apps and App Store for iOS devices was performed to find the apps identified in the included articles. The Android apps were downloaded to an HTC U Ultra mobile phone and the iOS apps were downloaded to an iPhone 6s.

Literature selection

We screened the titles and abstracts of retrieved papers to identify studies meeting the inclusion criteria. The appropriate full-text articles were included and their results were discussed to make the final selection. After reading the full text of all eligible papers, the researchers made the final decision for each study.

Variables for analysis of the selected articles

To analyze the identified articles included in the review, the following variables were used: first author, the title of article, publication date, country, and app's name.

We used an Excel® tool to analyze the downloaded apps and data extraction. The data were analyzed and categorized using the following variables: reference number of articles that used an app, the name of the app, objective of the app (self-monitoring, self-management, self-care, education, follow-up, diagnosis, and treatment), type of target population (patient, patient's family, healthcare providers), operating system (iOS or Android), download cost, and other available details.

Data analysis

A quantitative and qualitative synthesis of the identified studies was carried out according to the search

strategy and the identified characteristics; these were later analyzed according to frequencies (n) to facilitate the interpretation of data.

The resulting analysis for these apps consists of a description using frequencies (n) of the characteristics analyzed in the mobile devices.

As this is an integrative review, it was not necessary to request approval from the Ethics Committee to carry out this study. The authors declare that there are no conflicts of interest.

Results

Results of the process

Through the search strategy, 548 articles were identified in Medline (PubMed) (n = 82), Scopus (n = 103), Embase (n = 79), Science direct (n = 69), UpToDate (n = 89), and Web of Science (n = 126). After an initial review of retrieved articles, 112 duplicates were removed, and the title and abstract of the remaining 436 articles were reviewed. After reading the title and abstract, 321 articles were excluded because they did not provide access to the abstract or full text (n = 13) or because they did not feature HIV/AIDS patients (n = 308). After reading the full research texts, n = 92 articles were excluded as they were found to be reviews (n = 23) or opinion articles (n = 15), or did not involve the use of an app (n = 54). Finally, 23 articles met inclusion criteria and were included in the final review (Fig. 1).

Characteristics of the included articles

Of the 23 resources included in the review, most studies were conducted in the United States (n = 17). The reviewed period of publication was between 2015 and 2020, with most studies published during 2020 (n = 7)[34,40-45] and 2018 (n = 5)[36,46-49]. Furthermore, the reviewed articles were published in the following journals: International Journal of Medical Informatics (n = 4), JMIR mHealth and uHealth (n = 3), Journal of the International AIDS Society (n = 2), Journal of Biomedical Informatics (n = 2), AIDS and behavior (n = 2), Trials (n = 1), Journal of Pain and Symptom Management (n = 1), BMJ open (n = 1), mHealth (n = 1), AIDS patient care and STDs (n = 1), Electronic physician (n = 1), Clinical trials (n = 1), Digital culture and education (n = 1), Current HIV/AIDS Reports (n = 1), and Studies in health technology and informatics (n = 1) (Suppl. Table 1).

We have extracted data from the added studies and mentioned them in suppl. table 2. Added studies and extracted data were of objective (to discuss the objective of the app and its main propose of being made which shows whether it is related to our study or not and it can be studied better), target population (to understand whether this app can be useful for our findings and can be related to our topic and it also can show our main goal of study), operating system (to show how big is the population that this app can cover and how useful it can be), cost (to show how reachable and affordable that app can be), and other details (to mention the honorable findings which worth mentioning but were not suitable for our table).

Objectives and profiles of HIV/AIDS-related apps

Based on the findings of the present study, the objectives of 17 identified HIV apps were found to self-care, self-monitoring, and self-management (n = 7)[45-47,50-53], improve medication adherence (n = 5)[41,44,45,51,54], prevention, treatment, and care (n = 5)[33,38,43,55,56], Adherence to ART (n = 4)[40,44,49,54], Cognitive Behavioral Stress Management (n = 1)[34], and Support safer conception among HIV serodiscordant couples (n = 1)[57].

Of the 23 articles found through the search, (n = 6)[33,52,53,55,56,58] did not identify the name of the app that was used to carry out their study. Regarding the aim of study, the target populations of 17 identified HIV-apps were found to be mainly directed at PLHIV, except three studies that targeted healthcare workers[43], adolescent MSM and transgender people[42], and black MSM[38]. The operating system of most of HIV-apps was Android (n = 15)[33,38,40-43,45,49,50,52,53,55-58], the operating system of the seven studies' apps was both Android and iOS[36,44,46-48,51,54], and (n = 1)[34] was only available for iOS. Furthermore, most apps were available for free[33,34,36,40-48,51-58] (n = 20).

Discussion

We identified 23 research papers published from 2015 to 2020, reporting on mHealth self-management interventions to support individuals receiving HIV treatment and care. The findings of this systematic review show that there has been substantial progress in recent years in the development and evaluation of health interventions for PLHIV.

In this study, we showed that mHealth interventions can have a significant impact on outcomes including adherence to ART, medication adherence, prevention,
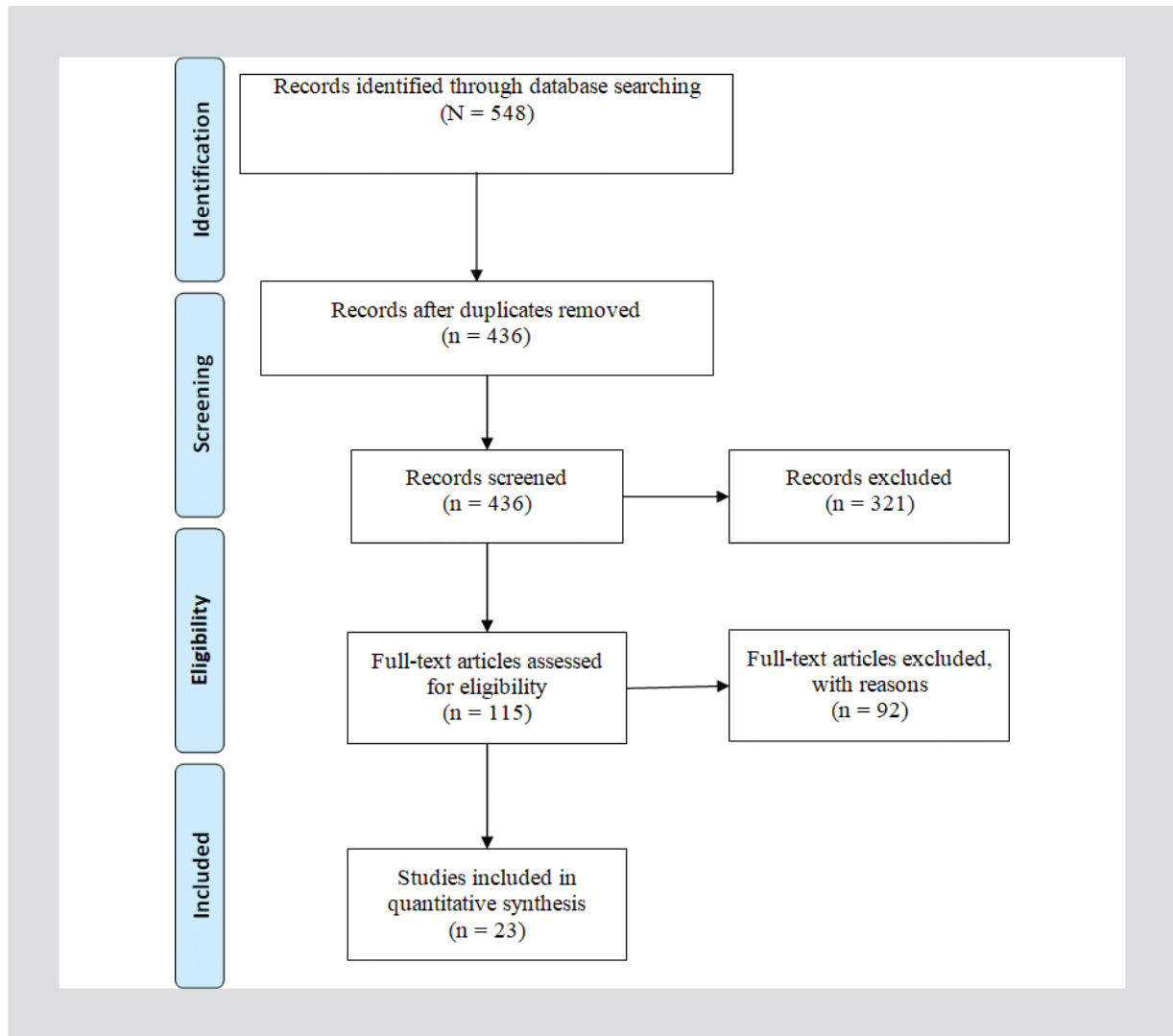
Figure 1. *Flowchart of the identification process.*

treatment and care[7,10,24,29,31], Adherence to Cognitive Behavioral Stress Management, and Support safer conception among HIV serodiscordant couples. It is worth noting that none of the identified studies have evaluated the cost-effectiveness of mHealth interventions, which may be necessary to convince health-care providers of the value of the widespread implementation of mHealth interventions as an appropriate adjunct to clinical care. Almost all apps are available only in English. At present, all apps available in the app stores have a limited number of them that are specifically tailored for PLHIV to manage their health. The mHealth apps are also rapidly changing. A systematic review showed that using mobile apps and SMS messages as mHealth interventions for self-guided care by PLHIV improved their physical health and significantly reduced their anxiety, stress, and depres-

sion[59]. In a qualitative study, PLHIV suggested some tools to meet their healthcare needs, including: reminders/alerts, lab results tracking, and notes on health status. That study highlighted that mHealth technology can be used as a social actor by providing chat boxes/forums, testimonials of lived experiences, and personal outreach. Examples of media that can function as a persuasive technology include games/virtual rewards, coding of health tasks, and imagination on how to connect with PLWHIV[56]. In a 2015 review and comparison of apps for HIV/STD-positive persons, Schnall et al.[53] identified 15 apps for PLWHIV. None of the apps identified in their review are currently available. Similarly, in our review, some of our originally identified apps were no longer available when we want to download the app a few weeks before submission of the manuscript.

The Food and Drug Administration (FDA) should establish regulations for mobile apps that are medical devices and whose functionality could pose a risk to a patient's safety if the mobile apps were to function as unintended[60]. Regulation of apps is important taking into account factors such as supervision, cost of development, dissemination, and the use of these apps. With the current guidelines, the apps that we identified in our review do not fall within the category of mobile medical apps. Young PLHIV have more opportunities to engage with knowledge, health management resources, and social media through mobile technology, which can help them adhere to care and medication recommendations. Since younger adult populations have been reported as having higher levels of stress, mobile-based self-management systems are an effective and socially relevant method for intervention delivery[61].

The security and confidentiality of patients' information are of particular importance in the use of these electronic health tools, especially for PLHIV. Few studies have discussed security and confidentiality in e-health tools. Although mobile health provides access to individual PHR to patients, security and privacy concerns are of particular importance in the field of healthcare organizations. The new technologies, such as Blockchain, are a solution for healthcare records to address the security and privacy concerns which are currently not present in existing e-Health systems[62]. Furthermore, due to the high production of data and information recorded in mobile health apps, data analysis of these big data can be useful in the management of the data. The importance of data analysis in healthcare organizations and the provision of health-care deliveries has been proven[63,64].

Based on the findings of the present study, self-care, self-monitoring, and self-management, improve medication adherence, prevention, treatment and care, Adherence to ART, Cognitive Behavioral Stress Management, and Support safer conception among HIV sero-discordant couples are the objectives of HIV-care applications. Since the introduction of ART, HIV has become a chronic condition requiring self-management, including adherence to ART and attendance at routine HIV treatment appointments. PLHIV, on the other hand, mostly do not stick to their care regimens; just 30% of them are ART adherent to the point of viral suppression[65]. In addition to the physical health benefits, special apps for PLWHIV may also have positive effects on their emotional well-being and quality of life. Therefore, it is suggested that more qualitative and quantitative studies be conducted in this regard in the future. Due to the sensitivity of ethical considerations in providing technology for PLHIV, conducting more studies investigating privacy of smartphones apps is important and challenges.

Limitations

There exist limitations in reviewing current programs. First, search functions in the mobile app stores are limited, and a search term returns hundreds or thousands of unrelated apps. This review was limited to the research literature; however, commercial programs may be available that are acceptable and useful to patients but are not included in this review. Negative findings are not included in this study, which may not render this review comprehensive due to the exclusions made. Furthermore, generic interventions in mHealth self-management were not included unless specifically evaluated in people with HIV. There may be programs that are useful for PLHIV but have not yet been evaluated in this group.

Conclusion

This study stipulates that mHealth is important and should be implored in self-management, self-monitoring, and self-care of PLHIV. Using this route of medical intervention serves as an alternative to address issues related to in-person hospital visits for PLHIV. With the rapid advancement in health technology, there is a need for the proper regulation of these applications that are classified as mHealth to monitor and prevent unintended functions of these applications. The cost-effectiveness of these mobile applications should be properly evaluated by both service providers and end-users. This will boost enough confidence of healthcare providers and their clients in using mHealth related interventions especially in addressing chronic diseases like HIV. Findings in this study show that mHealth interventions for PLHIV have positively affected adherence to ART, medication adherence, prevention, treatment and care, and social and behavioral issues affecting PLHIV significantly.

Ethics approval

Supplementary Data

Supplementary data are available at AIDS Reviews online (http://www.aidsreviews.com/). These data are provided by the corresponding author and published online for the benefit of the reader. The contents of supplementary data are the sole responsibility of the authors.

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Mobile applications in HIV self-management: A systematic review of scientific literature

Esmaeil Mehraeen[1], Seyed A. Seyed-Alinaghi[2], Zahra Pashaei[2], Pegah Mirzapour[2], Alireza Barzegary[3], Farzin Vahedi[5], Kowsar Qaderi[5], Marcarious M. Tantuoyir[4,6], Zahra Nazeri[7], Amirali Karimi[4], Mohammad Mehrtak[8], and Mohammad Heydari[1]*

[1]Department of Health Information Technology, Khalkhal University of Medical Sciences, Khalkhal, Iran; [2]Iranian Research Center for HIV/AIDS, Iranian Institute for Reduction of High-Risk Behaviors, Tehran University of Medical Sciences, Tehran, Iran; [3]School of Medicine, Islamic Azad University, Tehran, Iran; [4]School of Medicine, Tehran University of Medical Sciences, Tehran, Iran; [5]Department of Midwifery, School of Nursing and Midwifery, Kermanshah University of Medical Sciences, Kermanshah, Iran; [6]Biomedical Engineering Unit, University of Ghana Medical Center (UGMC), Accra, Ghana; [7]Department of Health Information Management, Tehran University of Medical Sciences, Tehran, Iran; [8]Healthcare Services Management, School of Medicine and Allied Medical Sciences, Ardabil University of Medical Sciences, Ardabil, Iran

Supplementary Table 1. Characteristics of the included articles

ID	The first author (reference)	Title	Publication date	Country	App's name
1	Clouse et al., 2020[40]	CareConekta: Study protocol for a randomized controlled trial of a mobile health intervention to improve engagement in postpartum HIV care in South Africa	2020	South Africa	CareConekta
2	Barroso et al., 2020[34]	A Feasibility Study to Develop and Test a Cognitive Behavioral Stress Management Mobile Health Application for HIV-Related Fatigue	2020	USA	CBSM mHealth
3	Pang et al., 2020[41]	Preliminary Effects of a Mobile Interactive Supervised Therapy Intervention on People Living With HIV	2020	Singapore	The MIST app
4	Songtaweesin et al., 2020[42]	Youth-friendly services and a mobile phone application to promote adherence to pre-exposure prophylaxis among adolescent men who have sex with men and transgender women at-risk for HIV in Thailand: a randomized control trial	2020	Thailand	Project Raincoat
5	Suryavanshi et al.,[43]	A mobile health-facilitated behavioral intervention for community health workers improves exclusive breastfeeding and early infant HIV diagnosis in India: A cluster randomized trial	2020	India	mHealth application
6	Escobar-Viera et al., 2020[44]	The Florida Mobile Health Adherence Project for People Living with HIV (FL-mAPP): Longitudinal Assessment of Feasibility, Acceptability, and Clinical Outcomes	2020	USA	Care4Today
7	Safdari et al., 2020[45]	Developing "Aysoo": A mobile-based self-management application for people living with HIV	2020	Iran	Aysoo
8	Cho et al., 2019[51]	Use of the FITT framework to understand patients' experiences using a real-time medication monitoring pill bottle linked to a mobile-based HIV self-management app: A qualitative study	2019	USA	Wise App
9	Beauchemin et al., 2019[50]	A Multi-Step Usability Evaluation of a Self-Management App to Support Medication Adherence in Persons Living with HIV. Int J Med Inform	2019	USA	WiseApp
10	Erguera et al., 2019[54]	WYZ: A pilot study protocol for designing and developing a mobile health application for engagement in HIV care and medication adherence in youth and young adults living with HIV	2019	USA	WYZ
11	Velloza et al., 2019[57]	A clinic-based tablet application to support safer conception among HIV serodiscordant couples in Kenya: Feasibility and acceptability study	2019	Kenya	SCIP-App
12	Schnall et al., 2018[46]	Mobile Health Technology for Improving Symptom Management in Low Income Persons Living with HIV	2018	USA	m VIP app
13	Cho et al., 2018[47]	A multi-level usability evaluation of mobile health applications: A case study	2018	USA	mVIP
14	Cho et al., 2018[48]	Understanding the predisposing, enabling, and reinforcing factors influencing the use of a mobile-based HIV management app: A real-world usability evaluation.	2018	USA	mVIP
15	Dillingham et al., 2018[36]	Positive Links: A Mobile Health Intervention for Retention in HIV Care and Clinical Outcomes with 12-Month Follow-Up	2018	USA	Positive Links
16	Leah et al., 2018[49]	Automated SMS in international settings use of an Android phone application for automated text messages in international settings–A case study in an HIV clinical trial in St. Petersburg, Russia	2018	USA	SMS Messenger
17	Schnall et al., 2017[58]	Predictors of willingness to use a smartphone for research in underserved persons living with HIV	2017	USA	--
18	Lucero et al., 2017[52]	The relationship between individual characteristics and interest in using a mobile phone app for HIV self-management: Observational cohort study of people living with HIV	2017	USA	--
19	Schnall et al., 2016[33]	A user-centered model for designing consumer mobile health (mHealth) applications (apps)	2016	USA	--
20	Levy et al., 2015[38]	Acceptability of a Mobile Smartphone Application Intervention to Improve Access to HIV Prevention and Care Services for Black Men Who Have Sex with Men in the District of Columbia	2015	USA	PRISM
21	Jongbloed et al., 2015[55]	Recent Evidence for Emerging Digital Technologies to Support Global HIV Engagement in Care	2015	USA	--
22	Schnall et al., 2015[53]	Trust, perceived risk, perceived ease of use, and perceived usefulness as factors related to mHealth technology use	2015	USA	--
23	Schnall et al., 2015[56]	mHealth Technology as a Persuasive Tool for Treatment, Care and Management of Persons Living with HIV	2015	USA	--

Correspondence to:
*Mohammad Heydari
E-mail: heydari.mohammad12@yahoo.com

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Supplementary Table 2. Characteristics of the apps used in the research articles

Reference number	App's name	Objective	Target Population	Operating system	Cost	Other details
(40)	CareConekta	ART facilities using current location and a pre-loaded list of health facilities	Women living with HIV who are in the third trimester of pregnancy	Android	Free	--
(34)	CBSM mHealth	Cognitive Behavioral Stress Management (CBSM mHealth)	PLHIV	iOS	Free	RCT study, the study aimed to adapt, develop, and assess the feasibility of a Cognitive Behavioral Stress Management Mobile Health (CBSM mHealth) application (app) for HIV-related fatigue
(41)	The MIST app	To evaluate the efficacy of a mobile app, Mobile Interactive Supervised Therapy (MIST), for improving adherence to oral HIV medications among HIV-infected adults	Adult PLHIV	Android	Free	--
(42)	Project raincoat	Assessing the impact of mobile phone application (app) on adherence to pre-exposure prophylaxis (PrEP) in YMSM and YTGW in Thailand	Adolescent men who have sex with men and transgender women	Android	Free	--
(43)	mHealth application	Assessing the impact of Mobile Health on the uptake of PMTCT (prevention of mother-to-child transmission)	Health workers	Android	Free	--
(44)	Care4Today	Improve medication adherence	Adult people with HIV	Android and iOS	Free	Care4Today Mobile Health Manager, a commercially available, bi-programmatic medication adherence app that operates with both iOS and Android operating systems, as well as SMS, was found feasible and acceptable for improving ART adherence among PLHIV during a 3-month longitudinal study. Further clinical research needs to address user fatigue to improve platform usage.
(45)	Aysoo	Design and develop an HIV self-management mobile application	PLHIV	Android	Free	"Aysoo" is expected to help manage HIV conditions and increases medication adherence of PLHIV.
(51)	Wise App	For analysis to understand patients' experiences using a real-time medication monitoring pill bottle linked to an HIV self-management app.	PLHIV	Android and iOS	Free	Usability evaluation in a real-world setting enabled us to measure users' actual experiences when interacting with the app during their everyday lives. Our work highlights the importance of using mobile technology for persons living with HIV, specifically those with low income/housing instability, and adds to the body of literature on the potential for implementation and dissemination of symptom self-management strategies through a mobile platform.
(50)	WiseApp.	Adherence to antiretroviral therapy to HIV management and sustaining viral suppression	PLHIV	Android	$20,000	The results of the cognitive walkthrough with both experts and end-users informed iterative refinements to the WiseApp and finalization of a mHealth app for PLHIV to better self-manage their health.
(54)	WYZ	Improved engagement in HIV care ART adherence	Youth ages 18-29 living with HIV (YLWH)	Android and iOS	Free or low cost	As noted above, we plan to test the efficacy of WYZ in a subsequent large-scale randomized trial. If found to be feasible and acceptable, WYZ may be one of the first mHealth applications using individual, dyadic, and community-level approaches for improved engagement in HIV care and ART adherence, grounded in a theoretical framework and created using an HCD approach.
(57)	SCIP-App	Support safer conception among HIV serodiscordant couples	Heterosexual HIV serodiscordant couples	Android	Free	--
(46)	mVIP	Examine the impact of a mHealth application (app) comprised of evidence-based self-care strategies on the symptom experience of PLHIV	Low Income PLHIV	Android and iOS	Free	--
(47)	mVIP	HIV-related symptom self-management	PLHIV	Android and iOS	Free	Findings from the interviews showed that first, mVIP is useful for HIV-related symptom self-management and has the potential for being used as a communication tool with healthcare providers; and second, mVIP is easy to use to monitor symptom experience over time. At the same time, participants suggested mVIP be more sensitively tailored based on years from initial diagnosis of HIV, an individuals' age, and conditions.
(48)	mVIP	For analysis of users' experiences using an HIV self-management app.	PLHIV	Android and iOS	Free	Usability evaluation in a real-world setting enabled us to measure users' actual experiences when interacting with the app during their everyday lives. Highlights the importance of using mobile technology for PLHIV, specifically for those persons from low-income groups, and adds to the body of literature on the implementation and dissemination of mobile technology interventions for improving outcomes in PLHIV.
(36)	PositiveLinks	Improve engagement in care	PLHIV	Android and iOS	Free	-
(49)	SMS Messenger	Adherence to ART	HIV-infected with heavy drinking	Android	Minimal cost	The SMSMessenger application uses an existing clinical trial database and can receive real-time updates. All communications between the application and server are encrypted and phone numbers are stored in a secure database behind a firewall. No sensitive data are stored on the phone, as outgoing messages are sent through the application, and not by messaging features on the phone itself. Messages are sent simultaneously to study participants, which reduces the burden on local study staff.
(58)	--	For the everyday self-management needs of persons living with HIV (PLHIV)	PLHIV	Android	Free	We found increased age, HIV stigma, and social isolation were negatively associated with smartphone use, which supports the use of smartphones for researching with PLHIV but also suggests that age, stigma, social integration functions, and social isolation need to be considered in research involving PLHIV. We found increased age, HIV stigma, and social isolation were negatively associated with smartphone use suggesting that future mHealth interventions targeting this population should be, in part, tailored to these unique aspects of PLHIV. Findings from this work support the use of smartphones for researching with PLHIV but also suggest that age, stigma, social integration functions, and social isolation need to be considered in this research.
(52)	--	HIV self-management	PLHIV	Android	Free	A majority of PLHIV are interested in using a free mobile phone app to self-manage their condition
(33)	--	HIV prevention, treatment, and care	PLHIV	Android	Free	We identified barriers and facilitators to the use of mHealth technology for HIV prevention for high-risk MSM, developed "use cases'," and identified relevant functional content and features for inclusion in a design document to guide future app development. Findings from this study support the use of the ISR framework as a guide for future mobile health (mHealth) app development.
(38)	PRISM	Improve Access to HIV Prevention and Care Services	Black Men who have Sex with Men (MSM)	Android	25$	--
(55)	--	Engagement in HIV care to end the epidemic in 2030	PLHIV	Android	Free	--
(53)	--	Self-monitoring and self-management	PLHIV	Android	Free	We used the four constructs of the EAM to understand factors related to mHealth use in PLHIV. Our focus group findings were organized according to the four broad constructs: trust, perceived risk, perceived usefulness, and perceived ease of use
(56)	--	Treatment, Care, and Management	PLHIV	Android	Free	mHealth app was focused on the PLHIV's views of the functional specifications and features for inclusion in a mobile app for PLHIV. Using Fogg's functional triad and the SDT, we were able to identify the salient content and features desired by PLHIV for improving the management and treatment of the disease.

Correspondence to:
*Mohammad Heydari
E-mail: heydari.mohammad12@yahoo.com