

Table S1. Questions asked of NHS e-therapy app developers

Question	Wording
1	Did the development of the content for your e-therapy or smartphone app have clinical involvement?
1.1	Please state how there was clinical involvement in the development of your app - e.g. the people involved and the process by which they were involved.
2	Does your e-therapy or smartphone app have any publications of research evidence either published or forthcoming?
2.1	Please list details of the publications of research evidence either published or forthcoming
3	Did your app have any academic involvement in its development?
3.1	Please list details of those academics
4	Has your app gone through any pilot studies, feasibility studies, efficacy studies, effectiveness studies, Randomised Control Trials (RCT) or any other evidence to prove your app is effective?
4.1	Please list details of those studies / sources of evidence
5	Is your app based on a specific psychological approach or theory / set of techniques / therapy? (example: CBT)
5.1	Please detail the specific psychological approach or theory / set of techniques / therapy? (example: CBT)

No additional definitions were provided for the above question.