

Table 7: Frequency table of mHealth app subcategories

App Categories	Subcategories	n (%)
Wellness management apps (n=44)	Diet + Nutrition	24 (55%)
	Exercise + Fitness	24 (55%)
	Mental Health	23 (52%)
	Sleep	18 (41%)
	Children's health	2 (5%)
	Oral hygiene	2 (5%)
	Skin health	1 (2%)
Health condition management apps (n=3)	Diabetes	1 (33%)
	Hypertension	1 (33%)
	Allergies	1 (33%)