

## Smartphone Apps for Clinical Use

<b>Name</b>	<b>Platform(s)</b>	<b>Price</b>	<b>Uses</b>	<b>Features</b>
Anxiety Coach	iOS	\$4.99	Specific phobia, social phobia, OCD, GAD, panic disorder	“To do” lists of fears (can add to already comprehensive list) customized for the individual, coaching before/during/after exposure to fears, anxiety tracking over time during an exposure
MoodKit	iOS	\$4.99	Depression	Basic CBT tools, including positive activity scheduling, mood tracking, thought evaluation/restructuring, as well as mindfulness-based, values-based and spirituality-based activities
CBT Referee	iOS, Android	\$4.99	Depression, anxiety disorders	Facilitates understanding of cognitive errors/categories, prompts user to come up with more adaptive thoughts
Thought Diary Pro	iOS	\$4.99	Depression, anxiety disorders	Allows user to keep a thought record, facilitates understanding of cognitive errors/categories, prompts user to come up with more adaptive thoughts, allows user to email thought record to therapist
T2 Mood Tracker	iOS, Android	Free	Depression, anxiety, general stress, TBI, PTSD	Rating scales for various facets (anxiety, stress, depression, etc.), graph ratings over time, user can email results to clinician
Breathe2Relax	iOS, Android	Free	Wide variety	Guided breathing exercise over 16 cycles, customized to user’s breath speed, relaxing music/graphics, stress level rating, tips for relaxation
Tactical Breather	iOS, Android	Free	Wide variety	Similar to Breathe2Relax but uses a more structured, 4-count breathing exercise. Breathing speed cannot be altered (unlike with Breathe2Relax)

Life Armor	iOS, Android	Free	Wide variety (anger, sleep, substance use, PTSD, TBI, etc.)	Provides a number of brief tips for coping with a specific stressor, user can select specific target among a wide variety of stressors, videos of people (military) talking about their struggles and how they cope
PE Coach	iOS, Android	Free	PTSD	For use only in conjunction with structured prolonged exposure therapy with a therapist. Can record sessions (requires a lot of free space on phone), track homework assignments
Songify	iOS, Android	\$2.99	Wide variety	Takes a spoken phrase (such as an unhealthy thought) and turns it into a (silly) song. Useful for illustrating the ACT principle of cognitive defusion.
Habit Maker, Habit Breaker	iOS, Android	Free	Wide variety	Helps users make behavior change through identifying goals, sending reminders, tracking progress
Positive Activity Jackpot	Android	Free	Wide variety	Uses GPS and phone camera features to find nearby enjoyable activities or pleasant diversions
Relax Me	Android	?	Wide variety	Audio-guided progressive muscle relaxation, with reminder feature. Can select calming or energizing PMR.
Belly Biofeedback	iOS	Free	Wide variety (Apparently humor built into app makes best for age 9+)	Provides biofeedback for diaphragmatic breathing (place phone on abdomen and receive feedback on pace, etc.)
CBT*ABC way	iOS	\$6.99	Wide variety	To practice paying attention to thoughts and feelings, and practice challenging them. Available in kid, teen & adult versions, as well as in

				Spanish.
Qui Gong Meditation Relaxation	iOS, Android	\$4.99	Wide variety	Streams audio and video files from the internet including mindful breathing exercise and other meditations.
eMoods	Android (Kindle & iOS in development)	Free	Mood disorders	Track daily highs and lows, sleep, medications, other symptoms related to mood disorders. Creates graphs, can email monthly report to doctor to identify triggers/ events.
Cognitive Diary	Android	Free	Wide variety	Dysfunctional thought record; write thought, rate how much you believe it, ID and rate emotions, identify common cognitive distortions, write a more rational thought, and re-rate your belief.
iCouchCBT	iOS	\$1.99	Wide variety	Record situation, thoughts, feelings, reflect on unhelpful thoughts to create new ones.
Angry Piggy	iOS, Android	Free	Wide variety	Fun play activity. Similar to Angry Birds but rather than killing your enemies, a pig, cow and chick team up to overcome obstacles.

## APA DIVISION 54 (Pediatric Psychology) App List

iPhone, iPad, iPod (Itunes)

[www.meditationoasis.com](http://www.meditationoasis.com)

meditation podcasts for free  
 variety of apps for relaxation and sleep \$\$.99 to \$2.99  
 (limited Android and Blackberry apps available)

[www.mymedschedule.com](http://www.mymedschedule.com)

mymedschedule app  
 schedule, reminders, refills free

HealthyStar (ebook)

relaxation exercise for younger children free

RelaxMelodies	White noise ambience for sleep, meditation, yoga 30 relaxing sounds/music (Android & Windows version available)	free
Gaze HD Beach Lite	6 calming beach scenes 10 calming beach scenes	free \$ .99
Gaze HD Beautiful Views Life	Variety of 8 scenes	free
MyCalmBeats	Promotes heart rate variability through breathing exercises (Android and Blackberry apps available)	free
Breath2relax	Psychoed component stress management Beats/change tones	free
Tactical Breather	Manage physiological/psychological response to stress Geared for older teens/adults (Android available)	free
Factor Track	Interactive app track hemophilia A Factor VIII Infusion	free
IHeadache	HA diary (Blackberry available)	free
TCPal (Norvartis)	CF treatment tracker	free
<b>Android (goggle play)</b>		
Guidedimageryforchildren	scripts for older kids	free
Relax Light		free, upgrades for fee
Relaxing Sounds		free, upgrades for fee
Stress checks	Teens/adults Yoga tips	free, upgrades for fee

Coping with Medical Procedure Pain

Angry Birds	free except for Angry Birds Space
Cat vs Dog	free
Talking Tom Cat	free
Cake Decorate	free
Flow	free
Subway Surfer	free
Line Runner	free