

**Table S1** The full Mobile App Rating Scale results for Becca and Owise

MARS item	Becca	Owise
<b>App classification</b>		
Version	1.39	2.2
Last update	3 Apr 2020	24 Oct 2020
Rating (current)	N/A	N/A
Rating (all)	iOS 4.5/5, Android 4.4/5	iOS 4.7/5, Android 4.6/5
N ratings (current)	N/A	N/A
N ratings (all)	iOS 45, Android 78	iOS 19, Android 18
Cost (basic)	Free	Free
Cost (upgrade)	N/A	N/A
Developer	Breast Cancer Now Super Being Labs	Px Healthcare Group Ltd
Platform	iOS & Android	iOS & Android
Description	An app that provides strategies, hints, and tips for life after breast cancer treatment	Provides personalised, safe, reliable, and credible information as well as practical support and guidance
Focus	Happiness/wellbeing Mindfulness/meditation/relaxation Relationships Physical Health Diet	Physical health Sense of control
Theoretical background	Information/education Advice/tips/strategies Skills training	Assessment Monitoring/tracking Personalisation
Age group	Adults	Adults
Technical aspects	Needs web access to function	Needs web access to function Allows password-protection Requires login Sends reminders
Affiliations	Commercial	Commercial
<b>Section A: Engagement</b>		
1. Entertainment	3	5
2. Interest	4	5
3. Customisation	3	2
4. Interactivity	3	5
5. Target group	5	4
Engagement mean score	3.6	4.2
<b>Section B: Functionality</b>		
6. Performance	5	5
7. Ease of use	5	5
8. Navigation	5	5
9. Gesture design	5	5
Functionality mean score	5	5
<b>Section C: Aesthetics</b>		
10. Layout	5	4
11. Graphics	5	5
12. Visual appeal	4	5
Aesthetics mean score	4.7	4.7
<b>Section D: Information</b>		
13. Accuracy	5	5
14. Goals	3	N/A
15. Quality of info	5	5
16. Quantity of info	5	5
17. Visual information	N/A	5
18. Credibility	3	3
19. Evidence base	N/A	3
Information mean score	4.2	4.3
<b>Section E: Subjective quality</b>		
20. Recommendation	5	5
21. Frequency of use	5	5
22. Value	1	5
23. Rating	4	4
App subjective mean score	4.38	4.75
App quality mean score	4.38	4.55