List of Free Therapeutic Homework Apps for Youth*

Name of the App	HW features	Tracking feature?	Target Problem	Age Group	How can therapists use this app?	App info	Evaluation
Smiling Mind	• Relaxation, deep breathing, mindfulness	Yes. The Dashboard tracks sessions of practicing relaxation exercises	Anxiety disorders, Depression	6 - 12, 13+	• There are a variety of breathing and mindfulness exercises tailored to different age groups (7-9, 10-12, 13-15, 16-18, and adults) • There is a Daily Reminder Alarm to help clients remember to use the app.	• Developed by: Smiling Mind • Platform: Android and Apple • Download at: https://itunes.apple.com/us/app/smiling-mind/id560442518?mt=8	• Graphics are appealing • Age-specific activities for a variety of novel relaxation/mindfulness activities • Rated highly by mental health consumer
Breathe 2Relax	• Deep breathing	Yes. There is a daily tracking feature (in results section) that tracks stress and relaxation levels before and after the breathing exercise. It generates a graph to track over time	Anxiety disorders	13+	• Therapists can assign this app to practice deep breathing • The app also records levels of stress and relaxation before and after practicing breathing exercise via visual analogue scale	• Developed by: The National Center for Telehealth and Technology • Platform: Android and Apple • Download at: https://itunes.apple.com/us/app/breathe2relax/id425720246?mt=8	• VERY easy to follow and clients can personalize the app (change background, music, etc.) • Short, so it can be completed during commutes or short breaks at school
Chore Pad Lite	• Token economy system	Yes	Disruptive Behavior disorders	Parents of 0-5, 6-12	• Therapists can set up this token economy system with the family. The child earns stars as chores are completed, and uses those stars to redeem rewards that the parents created	• Developed by: Nannek • Platform: Apple • Download at: https://itunes.apple.com/us/app/chore-pad-lite-chores-rewards/id408265556?mt=8	• Older children can fill out the customizable reward chart themselves. Parents can do it for younger children. Parents can set up a passcode • Takes a few minutes to set up and learn how to assign points. Best done in conjunction with youth / parent

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Doo App Kids Rewards	• Token economy system	Yes	Disruptive Behavior disorders	Parents of 0-5, 6-12, 13+	• Therapists can set up this token economy system with the family. Parents can assign (award) the tasks and points as well as rewards for one or many kids easily. Child can tick off tasks and claim rewards, which parents are then sent a notification to approve or decline	• Developed by: Jacob Kemsley • Platform: Apple • Download at: https://itunes.apple.com/us/app/doo-app-kids-rewards/id942454358?mt=8	• Parent must register; takes 5-10 minutes to set up, youth can track it too. Need to set up jobs (labeled awards) and list of rewards with points assigned • Relatively straightforward; simple interface but functional
BestBehavior	• Tracks ABC data	Yes. It saves progress and provides a graph of tracked behaviors over time.	Disruptive Behavior disorders	Parents of 0-5, 6-12, 13+	• Therapists can have parents use this app to track problematic behaviors, determine triggers, and develop interventions to target triggers of undesirable behaviors	• Developed by: eKrios Consulting, LLC • Platform: Apple • Download at: https://itunes.apple.com/us/app/best-behavior/id975986231?mt=8	• Difficult for a parent to use. Therapists would need to spend significant amount of time teaching parents how to use the app (e.g., what all the terminology means, set up, and identifying situations to use it) • Client would be considered a "student" in the app
Mood Tracker Tyneside	• Tracking mood	Yes. The History section has a graph that records the mood level entries of the user each day	Depression, Anxiety disorders	13+	• The "Rate My Mood" section includes a rating scale (1-10) and a mood journal for user to record what is going on with him or her at the moment. Therapists can review this data to track client moods and identify triggers of negative emotions	• Developed by: Tyneside Mind • Platform Apple • Download at: https://itunes.apple.com/us/app/mood-tracker/id957337958?mt=8	• The app is easy to rate moods and record notes associated with them • There is also a reminder for clients to use the app

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T2 Mood Tracker	• Identifying and tracking emotions	Yes. The ratings are displayed on graphs to help users track their moods over time	Anxiety Disorder, Depression	13+	• Clients can track their moods and accompanying symptoms on six scales (anxiety, stress, depression, brain injury, post-traumatic stress, general well-being). Notes can be recorded to document anything notable that might be associated with mood changes	• Developed by: The National Center for Telehealth and Technology • Platform: Android and Apple • Download at: https://itunes.apple.com/us/app/t2-mood-tracker/id428373825?mt=8	• Many different symptoms within 6 categories to rate (therapists can also add their own customized categories). Therapist should guide client as to which categories to complete, because there are so many • The rating scale may be best for older adolescents • The graph is not easy to read at first but therapists can select which category to show. Therapists can also print out the report for clients
Smmr	• Cognitive restructuring	Yes. It records the entries that users make	Depression, Anxiety disorders	13+	• Therapists can assign Smmr for practicing cognitive restructuring outside of session and review it with clients during their next session. The app is a simple diary (records situation, mood, thoughts, alternative thoughts, and feelings)	• Developed by: Corey Zanotti • Platform: Apple • Download at: https://itunes.apple.com/us/app/smmr/id1162270537?mt=8&ign-mpt=uo%3D4	• Very simple and helpful app for adolescents learning cognitive restructuring

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