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 ‡	User experience Rating†	Credibility Rating†	Evaluation
Smiling Mind	• Relaxation • Deep breathing • Mindfulness	Yes. The Dashboard tracks sessions of practicing relaxation exercises.	• Anxiety Disorders • Depression	• 6 - 12 years • 13+ years	• 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: Apple iOS and Android	4.00/5.00	2.85/5.00	• Graphics are appealing. • Age-specific activities for a variety of novel relaxation/mindfulness activities. • Rated highly by mental health consumer. • The app might want you to create account (linking to Google, Facebook, or register with email) but it's optional. • Android Phones - As of May 2020, an account may be required for Android users who want to use the app.
Breathe2Relax	• Deep breathing	Yes. There is a daily tracking feature (in results section) that tracks stress and relaxation levels before and after the breathing exercise. Generates a graph to track over time.	• Anxiety Disorders	• 13+ years	• 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	3.95/5.00	2.85/5.00	• 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. • The app might want access to your phone's photos/media/files but it's optional. • The app might ask you to set a password and create password security questions.
Chore Pad Lite+A5:K5	• Token economy system	Yes	• Disruptive Behavior Disorders	• Parents of 0-5 years • Parents of 6-12 years	• 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 iOS and Android	Not rated	Not rated	• 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. * The Lite version is used for one child only.
BestBehavior	• Tracks ABC data	Yes. It saves progress and provides a graph of tracked behaviors over time.	• Disruptive Behavior Disorders	• Parents of 0-5 years • Parents of 6-12 years • Parents of 13+ years	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 iOS	Not rated	Not rated	• 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.

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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 Disorders • Depression	• 13+ years	• Clients can track their moods and accompanying symptoms on six scales (anxiety, stress, depression, head or 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: Apple iOS and Android	3.51/5.00	2.50/5.00	• Many different symptoms within 6 categories to rate. Therapist should guide client as to which categories to complete. • The rating scale may be best for older adolescents. • The graph is not easy to read. • Might want to access to photo/media/files. • The app might ask you to set a password and create password security questions.
MyLife Meditation by Stop, Breathe & Think	* Identifying and tracking emotions * Relaxation/deep breathing	Yes, tracks feelings before and after meditation; tracks mindfulness activities complete through provision of stickers.	• Anxiety Disorders • Depression	Adults and some older more mature / capable adolescents	• Adolescents can use this app to receive a "curated list" of recommended meditations based current emotional state or to select a particular meditation (20 are available, all 10 minutes long or less). • Therapists can view how their clients felt before and after doing the exercises to see if they were effective.	*Developed by Stop, Breathe & Think *Platform: Apple iOS and Android	4.75/5.00	2.50/5.00	* May be best for older adolescents. * Takes time to learn how to use the app. May require step-by-step instructions. * Language may be too complicated for many youth (e.g., unsettledness, equanimous, non-judgmental). * Has great tracking capacity if youth clicks "Begin" before completing any exercises to track their emotions. * At startup, there is an option to to create an account to save progress or use "just browsing" option without an account.
Daylio	• Identifying and tracking emotions	Yes	• Anxiety Disorders • Depression	• 6 - 12 years • 13+ years	• This app is like a mood dairy. Clinicians can assign it to clients to track their mood and activities. • Clinicians can also customize the activities for behavioral activation. • There are daily and monthly reports of the user's mood and activities. • There is a reminder function to create daily entries. • Also, available in Spanish.	*Developed by: Super Easy Diary with Stats *Platform: Apple iOS and Android	4.14/5.00	2.1/5.00	*The app is easy to use. It is best for tracking moods, identifying patterns of moods associated with specific activities and tracking behavioral activaction activities for depressed clients. * The reports are helpful to see the progress. * Has pop up ads to sell the premium version of the app and to get you to back-up your data.
OurHome	• Token economy system	Yes	• Disruptive Behavior Disorders	• Parents of 0-13+ years	Parents can use this app to assign and schedule tasks and chores for their children and reward them for motivation.	*Developed by: Cape Horizon Pty. Ltd. *Platform: Apple iOS and Android	Not rated	Not rated	* Very interesting token economy app with many suggestions for activities and rewards * A bit complicated to set up. * Therapist may really need to spend time explaining this to the family and helping them with the setup. * Family members can share the app by creating individual profiles within family account.

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Moodtools	• Cognitive restructuring • Pleasurable event scheduling • Distress tolerance for intense moods	Yes	• Depression	• 13+ years	* The "Thought Diary" part of this app can be used to help clients analyze their negative thoughts and restructure them. * The "Activities" part of this app can be used to track changes in mood before/after performing healthy activities.	*Developed by: Eddie Liu *Platform: Apple iOS and Android	3.18/5.00	2.85/5.00	* Easy to use and it has lots of resources. * Has a list of suggestions for clients to use to help with mood. * No free password protection (requires upgrade to paid Pro Mode).
Catch It	*Identifying and tracking emotions, cognitive restructuring	Yes	• Anxiety Disorders • Depression	• 6 - 12 years • 13+ years	* Clinicians can use this app with clients to track moods and thoughts around any specific situation. * Clients can be assigned this everyday or during specific instances during the week.	*Developed by: University of Liverpool *Platform: Apple iOS and Android	3.20/5.00	3.20/5.00	* Easy to use and log a emotions/thoughts. * Privacy setting- setting up pin to your own access. * Sharing logs with clinician is available via email. * The app might want access to your phone's location but it's optional.
eMoods Bipolar Mood Tracker	*Mood Log *Sleep Log *Medication Log *Small section for Daily Note	Yes	• Anxiety Disorders • Depression	• 13+ years	• This app can be used daily to track clients mood, sleep and medication use. • Clinicians can look at this report weekly with clients to see what particular areas need to be focused on (mood wise).	*Developed by: emoodtracker.com *Platform: Apple iOS and Android	2.84/5.00	2.15/5.00	* Easy to use with chart to track your daily highs and lows, sleep, medications, and symtoms. * Mood entry is very straight forward. * Clinicians can receive a summary if it is shared by the client. * Client can receive daily reminders to fill out their mood log. * Able to add/delete/customize medications as needed. * The in-app upgrade purchase is optional if you want to track custom symptoms and store multiple time-stamped notes per day.
Hopster Saturday Club for Kids	*Daily mood tracking	Yes	Disruptive Behavior Disorders, Anxiety, and Depression	* Kids ages 4+	* The app helps young kids to learn about different types of emotions through short scenario questions * It has a basic daily mood tracking that includes an option for kids to record a narrative along with their rating	* Developed by: Hopster * Platform: Apple iOS	Not rated	Not rated	*Appealing app for young children, or older children on the autism spectrum *Easy to use * Need parents to log in for their kids

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Calm Harm	*Extensive: Tracks daily self-harm urges; monitors activities completed; tracks journal entries	Yes	Self-Harm Behavior; Borderline Personality Disorder	*13+	* This app teaches distress tolerance skills of Dialectical Behavior Therapy to manage self-harm urges in youth *It also has a tracking function that allows users to view their progress and take note of patterns and trends in their thoughts, feelings, and behaviors related to self-harm.	* Developed by: Stem4 * Platform: Apple iOS and Android	4.28/5.00	2.14/5.00	* The app includes many helpful activities to regulate self-harm urges * Activity types provide options of 5 or 15 minutes activities * It also has a pssword-protected function
MindShift	• Cognitive restructuring • Problem solving • Relaxation/ deep breathing	Yes	Anxiety disorders	13+	• Therapists can use this app to teach adolescents CBT techniques to deal with different situations. The app includes detailed steps and techniques to choose. Therapist would need to guide adolescent on what sections to use based on their presenting issues. • The app has 10 different topics/situations related to anxiety with six steps to tackle each one: Psychoeducation, self-assessment, identifying helpful thoughts, mindfulness & relaxation exercises, and identifying active steps you can take (e.g., "worry time").	• Developed by: Anxiety Disorders Association of British Columbia • Platform: Apple iOS and Android	3.74/5.00	3.20/5.00	• Users are able to choose & save favorite coping strategies for specific situations. Really clear situation-based choices. Gives many options for alternative thoughts. • Best set up in-session first, as it requires some guidance. Can be used in conjunction with cognitive restructuring worksheets.

*This list is not an endorsement of the applications for their functionality, each user should do their own assessment of the pros and cons of each app. The creators of the list have no commercial ties to the developers of the applications.
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†User experience Rating measures the design, accessibility of information, and overall experience that the app provides. Credibility Rating measures the strength of the scientific research support for the app and the therapeutic interventions the app provides. The details of rating information can be found at https://psyberguide.org/
‡ Apple iOS apps can be downloaded at iTunes. Android apps can be downloaded at Google Play.

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