Search By Condition

DIGITAL HEALTH GUIDE

CONDITIONS

- Anorexia
- Anticoagulation
- Anxiety
  - Abide - Christian Meditation
  - ACT Companion: Happiness Trap
  - Anxiety Relief Hypnosis
  - Anxiety Screening Test
  - Aura: Meditation & Mindfulness
  - BetterMe: Sleep & Meditate ⚠
  - BetterMe: Walking & Weightloss ⚠
  - Breathe2Relax
  - CBT Thought Record Diary
  - CBT-i Coach [New]
  - child360 [New]

OR

Search By Term

Diet

Solutions

- Argus: Calorie Counter & Steps   for Not Directed
- Easy Diet Diary   for Not Directed
- Lifesum: Food Diary & Recipes   for Obesity, Wellness
- DietBet: Lose Weight & Win!   for Obesity
- Monash University FODMAP diet   for Not Directed

ADVANCED SEARCH...

Condition
No conditions

Solutions

MetaRating
Health Provider N/A | Other Contributors N/A | App Store(s) 4.7
Digital Health Guide N/A

Find Evidence

MyFitnessPal

Prescribe Solution

By **MyFitnessPal LLC** 🔗 *(United States)*

App Store | Google Play | Web App

MetaRating ★★★★ 4.2

Review Comments

The most popular health and fitness app worldwide by some distance. However, a randomised control trial (details below) showed no significant difference in weight loss in overweight primary care patients vs a control group not using an app. Much work remains to establish the efficacy of tools such as this for diet, lifestyle and weight loss.

Evidence list of journal articles will be listed with hyperlinks

MyFitnessPal

Prescribe Solution

Evidence

Journal

Brian Yoshio Laing, MD, MPH, Carol M. Mangione, MD, MSPH, Chi-Hong Tseng, PhD, Mei Leng, MD, MS, Ekaterina Vaisberg, BS, Megha Mahida, BS, Michelle Bholat, MD, MPH, Eve Glazier, MD, Donald E. Morisky, MSPH, ScD and Douglas S. Bell, MD, PhD. (2014). *Effectiveness of a smartphone application for weight loss compared to usual care in overweight primary care patients: a randomized controlled trial*. PubMed 18-Nov-2014

Ferrara G, Kim J, Lin S, Hua J, Seto E. (2019). *A Focused Review of Smartphone Diet-Tracking Apps: Usability, Functionality, Coherence With Behavior Change Theory, and Comparative Validity of Nutrient Intake and Energy Estimates.*. JMIR mHealth and uHealth 17-May-2019

Peng W, Yuan S, Holtz BE. (2016). *Exploring the Challenges and*

Favourite Apps

MyFitnessPal

Prescribe Solution

By **MyFitnessPal LLC** 🔗 *(United States)*

App Store | Google Play | Web App

MetaRating ★★★★ 4.2

Review Comments

The most popular health and fitness app worldwide by some distance. However, a randomised control trial (details below) showed no significant difference in weight loss in overweight primary care patients vs a control group not using an app. Much work remains to establish the efficacy of tools such as this for diet, lifestyle and weight loss.
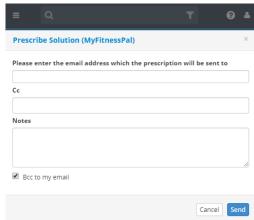
Your favourite App list can be viewed on the left side of the home page

DIGITAL HEALTH GUIDE

CONDITIONS ♥

No favourite solutions

If you have suggestions for content that you'd like to see added to the Digital Health Guide, please feel free to contact us.

Download review tips for health providers here.

Prescribe Apps

MyFitnessPal

Prescribe Solution

By **MyFitnessPal LLC** 🔗 *(United States)*

App Store | Google Play | Web App

MetaRating ★★★★ 4.2

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You will be prompted to enter an email and an option to add notes

Prescribe Solution (MyFitnessPal)

Please enter the email address which the prescription will be sent to

Cc

Notes

☑ Bcc to my email

Cancel | Send

Note: Notes written will not save in patient's profile. We advise you copy these notes for your own reference.

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An Australian Government Initiative

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