

Table 11.1
Smartphone Applications with CBT Utility

Name	Device(s)	Price	Uses	Features
Anxiety Coach	iOS (7.0 or later)	\$4.99	Phobias, OCD, GAD, & Panic disorder	“To do” lists of fears (can add to an already comprehensive list). Customized for the individual, coaching before, during, and after exposure to fears, anxiety tracking over time during exposure.
Anxiety Resolver	iOS (6.0 or later)	\$2.99	Anxiety & Stress	Increases self-awareness of anxiety and provides educational advice and templates for altering unhealthy behaviors.
Belly Biofeedback	iOS (7.0 or later)	Free	Attention	Provides biofeedback for diaphragmatic breathing (place phone on abdomen and receive feedback on pace, etc.).
Breathe	iOS (9.0 or later)	Free (in app purchases)	Stress & Relaxation	Helps you stay calm and battle anxiety by sending you gentle deep breathing reminders throughout the day. These notifications are customizable (frequency).
Breathe2Relax	iOS (7.0 or later) Android	Free	Wide variety	Guided breathing exercise over 16 cycles, customized to user’s breath speed, relaxing music/graphics, stress level ratings, tips for relaxation.
CBT*ABC way	iOS (5.1 or later)	\$6.99	Wide variety	Practice monitoring thoughts and feelings, and modifying thoughts. Available in kid, teen & adult versions, as well as in Spanish.
CBT-i Coach	iOS (8.4 or later) Android	Free	Insomnia	Intended to augment therapy. Guides users through the process of sleep, developing positive sleep routines, and improving sleeping environments. Developed by the VA.

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CBT Thought Diary Record	iOS (8.0 and later)	Free	Wide variety	Helps you evaluate, understand, and change your thoughts and feelings, identify emotions, analyze emotions, challenge negative beliefs, and change your thinking patterns for future situations.
Cognitive Diary	Android	Free	Wide variety	Dysfunctional thought record; write thought, rate how much you believe it, identify and rate emotions, identify common cognitive distortions, write a more rational thought, and re-rate your belief.
eMoods	Android (Kindle & iOS under 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.
iCBT	iOS (8.0 or later)	\$5.99	Wide variety	Inspired by the acclaimed, "Feeling Good Handbook." Provides essential CBT self-help skills with sound structure and easy-to-follow steps. Connects through email, no network required, secured access with password protection.
iCouchCBT	iOS (8.0 or later)	\$2.99	Wide variety	Clear step-by-step process for easily keeping track of thoughts and modifying negative thinking patterns. Includes customizable emotions and distortions, email exchange, and optional password protection.
iPromptU	iOS (7.1 or later) Android	Free	Homework	Can be used in conjunction with therapy as a 100% customizable tool for CBT homework.

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Life Armor	iOS (6.0 or later) Android	Free	Wide variety	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 military personnel talking about their struggles and how they cope
Mindfulness Daily	iOS (7.1 or later)	Free (in app purchases)	Daily living & Stress	Quick and effective practices with daily reminders and records for tracking progress.
MindShift	iOS (6.0 or later) Android	Free	Anxiety, GAD, Panic Disorder, & Worry	Targeted for adolescents and young adults, provides active coping strategies tailored to the type of anxiety.
MoodKit	iOS (8.0 or later)	\$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.
<i>*Moving Forward*</i>	iOS (4.3 or later)	Free	PTSD & Adjustment	Designed by VA for Veterans and Service members, but useful for anyone with stressful problems. Take assessments, learn about effective stress management, and track stress over time.
Omvana – Meditation for Everyone	iOS (8.0 or later) Android	Free (in app purchases)	Health & Stress	Guided meditation for all aspects of life, with personalized background music and HealthKit integration that recognizes stress levels. Apple Watch features available.
Operation Reach Out	iOS (9.0 or later) Android	Free	Suicide	Geared towards military personnel, addresses suicidality and other dangerous behaviors by providing a customizable list of helping resources.

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Optimism	iOS (8.0 or later) Web based	Free	Wide variety	Mood recording app that generates customizable charts over time and helps you develop and monitor health strategies, learn the “triggers” of a decline in your mental health, and recognize the early warning signs of a decline.
<i>*Pacifica – Anxiety, Stress, & Depression Relief*</i>	iOS (8.0 or later) Android	Free (in app purchases)	Wide variety	Provides useful CBT tools for tracking mood and thoughts. Also incorporates mindfulness and relaxation techniques. Includes access to self-help work.
PE Coach	iOS (4.3 or later) Android	Free	PTSD	For use only in conjunction with structured and prolonged exposure therapy with a therapist. Can record sessions (requires a lot of free space on phone), track homework assignments.
PTSD Coach	iOS (8.0 or later) Android	Free	PTSD	Developed by the U.S. VA, provides a self-assessment tool, tracking capabilities, and tools for coping through self-help.
Qi Gong Meditation Relaxation	Android	Free	Wide variety	Streams audio and video files from the internet including mindful breathing exercise and other meditations.
Relax and Rest Guided Meditations	iOS (6.1 or later) Android	\$1.99	Stress & Relaxation	Three meditations of varying lengths allow you to relax deeply (breathing awareness, deep rest, whole body relaxation).
Relax Me	Android	Free	Wide variety	Audio-guided progressive muscle relaxation, with reminder features. Can select calming or energizing PMR.

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Simply Being	iOS (7.1 or later) Android	\$1.99	Stress & Relaxation	Choose between 5 meditation time lengths with the option to listen to guided meditation with or without music or nature sounds. You can also listen to the music or nature sounds alone. In addition, you can choose how long to listen to the music or nature sounds after the voice guidance finishes.
Stop, Breathe & Think	iOS (8.0 and later)	Free (in app purchases)	Stress & relaxation	Check how you are thinking and feeling, and select emotions that guide you to recommended meditations.
Stop Panic & Anxiety Self Help	Android	Free	Panic disorder & Anxiety	Utilizes CBT approach to help individuals address destructive thought patterns. Has built-in audio relaxation.
Tactical Breather	iOS (6.1 or later) Android	Free	Wide variety	Similar to “Breathe2Relax” but uses a more structured, 4-count breathing exercise. Breathing speed cannot be altered (unlike with Breathe2Relax).
Thought Diary Pro	iOS (8.0 or later)	\$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 (7.0 or later) Android	Free	Wide variety	Rating scales for various facets (anxiety, stress, depression, etc.), graph ratings over time, add customized scales on any topic, email results to clinician.
Way of Life - The Ultimate Habit Maker & Breaker	iOS (9.0 or later) Android	Free	Wide variety	Helps implement behavior change through identifying goals, sending reminders, and tracking progress.

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WebMD	iOS (7.0 or later) Android	Free	Reference information	Research conditions, check symptoms, access drug and treatment information, get first aid essentials, and check local health listings on the go.
What's Up?	iOS (6.1 or later) Android	Free	Wide variety	Utilizes CBT and ACT principles to address negative thinking patterns and track progress.
Worry Watch	iOS (7.1 or later)	\$1.99	Anxiety, GAD, Worry	Provides self-monitoring tools and charts. Utilizes CBT theories to identify cognitive distortions that lead to worry.