

# Mobile App Review for Epilepsy Self-management

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## Research Aim

Mobile health app developers are increasingly interested in supporting the daily self-care of people with chronic conditions.

In this study, we reviewed mobile applications (apps) for epilepsy self-management (SM).

## Method

We examined 149 apps from the Apple App Store in terms of

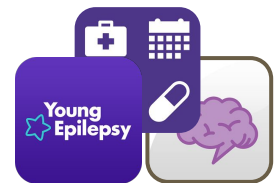
- 11 Adult Self-Management Measurement Instrument (AESMMI) SM domains
- Mobile App Rating Scale (MARS) and the
- Michie et al. Taxonomy of behavioral change strategies

## Findings

- Mobile apps had low MARS ratings for user engagement and information provision.
- None of the apps provided a comprehensive coverage of all SM categories in this review.
- None of the apps provided evidence of their effectiveness or employed behavior change strategies to promote long-term engagement.

These findings highlight the need for epilepsy SM mobile apps that promote greater patient engagement, facilitate a broader coverage of SM domains and provide a more robust evaluation of behavior change strategies.

Apple App Store



↓ "epilepsy"  
"seizure"

Search  
Criteria

↓ 149 apps

Inclusion  
Criteria

↓ 26 apps

App Review

11 SM domains

MARS Ratings

Michie et al.  
Taxonomy