

Supplemental Table S1: Behavioural effects of daily-app usage (n=21)

<i>Did the App-usage have an influence on your daily...</i>	<i>Yes, increased</i>	<i>Yes, decreased</i>	<i>No impact</i>
<i>...F/V consumption, % (n)</i>	38.1 (10)	0 (0)	61.9 (12)
<i>...Stress level, % (n)</i>	19.0 (4)	4.8 (1)	76.2 (16)
<i>...Physical activity, % (n)</i>	14.3 (3)	0 (0)	85.7 (18)