

# Real-World-Evidence of Digital Health Applications (DiGAs) in Rheumatology: Insights from the DiGAReal Registry

Alexander Albrecht<sup>1</sup>, Jule Taubmann<sup>1</sup>, Ioanna Minopoulou<sup>1,2</sup>, Lukas Hatscher<sup>1,3</sup>, Stefan Kleinert<sup>4</sup>, Felix Mühlensiepen<sup>5</sup>, Martin Welcker<sup>6</sup>, Jan Leipe<sup>7</sup>, Nils Schulz<sup>8</sup>, Philipp Klemm<sup>8</sup>, Axel Hueber<sup>9</sup>, Georg Schett<sup>1</sup>, Sebastian Kuhn<sup>10</sup>, Hannah Labinsky<sup>1,11,#</sup>, Johannes Knitza<sup>1,10,#</sup>

<sup>1</sup>Department of Internal Medicine 3, Rheumatology and Immunology, Friedrich-Alexander-Universität Erlangen-Nürnberg and Universitätsklinikum Erlangen, Erlangen, Germany; <sup>2</sup>Charité-Universitätsmedizin Berlin, Berlin, Germany; <sup>3</sup>Institute for Computational Biomedicine, Faculty of Medicine, Heidelberg University Hospital and Heidelberg University, Heidelberg, Germany; <sup>4</sup>Praxisgemeinschaft Rheumatologie-Nephrologie (PGRN), Erlangen, Germany; <sup>5</sup>Center for Health Services Research, Faculty of Health Sciences, Brandenburg Medical School Theodor Fontane, Rüdersdorf, Germany; <sup>6</sup>Medizinisches Versorgungszentrum für Rheumatologie Dr. M. Welcker GmbH, Planegg, Germany; <sup>7</sup>Department of Medicine V, Division of Rheumatology, University Hospital Centre, Mannheim, Germany; <sup>8</sup>Department of Rheumatology, Immunology, Osteology and Physical Medicine, Justus-Liebig-University Gießen, Campus Kerckhoff, Bad Nauheim, Germany; <sup>9</sup>Department Internal Medicine 5, Division of Rheumatology, Klinikum Nuremberg, Paracelsus Medical University, Nuremberg, Germany; <sup>10</sup>Institute for Digital Medicine, University Hospital Marburg, Philipps-University Marburg, Marburg, Germany; <sup>11</sup>Department of Internal Medicine 2, Rheumatology/Clinical Immunology, University Hospital Würzburg, Würzburg, Germany; #share last authorship

Corresponding Author: Johannes Knitza MD, MHBA, PhD, Institute for Digital Medicine, University Hospital Giessen-Marburg, Philipps University Marburg, Marburg, Germany, Baldingerstrasse 1, Marburg, 35034, Germany; +49 (0)6421 586 2589; [knitza@uni-marburg.de](mailto:knitza@uni-marburg.de)

## Supplementary files

**Table S1.** List of eligible DiGAs, their indications, specific outcomes assessed, number of baseline prescriptions and completed T1 (3-months) evaluations

<b>DiGA name</b>	<b>DiGA indication</b>	<b>DiGA-specific outcome</b>	<b>Baseline n (%)</b> (n = 191)	<b>T1 n (%)</b> (n = 127)
<b>Cara Care</b>	Irritable bowel syndrome	Gastrointestinal Symptom Rating Scale (GSRs)	6 (3.1%)	4 (3.2%)
<b>Deprexis</b>	Depression	Patient Health Questionnaire-4 (PHQ-4)	6 (3.1%)	4 (3.2%)
<b>Esysta</b>	Diabetes Mellitus	HbA1c	0	0
<b>HelloBetter Chronische Schmerzen</b>	Chronic Pain	Level of pain in the past week (0-10 numeric rating scale: 0=no pain, 10= worst imaginable pain)	46 (24.1%)	34 (26.8%)
<b>HelloBetter Stress und Burnout</b>	Stress and Burnout	Perceived Stress Scale (PSS)	14 (7.3%)	8 (6.3%)
<b>Kaia Rückenschmerzen</b>	Back Pain	Level of pain in the past week (0-10 numeric rating scale: 0=no pain, 10= worst imaginable pain)	13 (6.8%)	11 (8.7%)
<b>Nichtraucherhelden</b>	Smoking	Number of cigarettes per day	22 (11.5%)	10 (7.9%)
<b>Oviva</b>	Overweight	Body mass index	13 (6.8%)	8 (6.3%)
<b>Selfapy</b>	Depression	Patient Health Questionnaire-4 (PHQ-4)	1 (0.5%)	1 (0.8%)
<b>Somnio</b>	Insomnia	Insomnia Severity Index (ISI)	11 (5.8%)	9 (7.1%)
<b>Vivira</b>	Back pain	Level of pain in the past week (0-10 numeric rating scale: 0=no pain, 10= worst imaginable pain) <sup>a</sup>	43 (22.5%)	28 (22.1%)
<b>Zanadio</b>	Overweight	Body mass index	16 (8.4%)	10 (7.9%)

**Table S2.** Telehealth Usability and Utility Short Questionnaire (TUUSQ) results

<b>TUUSQ Item/Scale, median (IQR)</b>	<b>Cara Care</b>	<b>Deprexis</b>	<b>Hello- Better Schmerz</b>	<b>Hello- Better Stress</b>	<b>Kaia Rücken- schmerzen</b>	<b>Nicht- raucher- helden</b>	<b>Oviva</b>	<b>Selfapy</b>	<b>Somnio</b>	<b>Vivira</b>	<b>Zanadio</b>	<b>Total score</b>
	n = 4	n = 3	n = 33	n = 8	n = 11	n = 7	n = 8	n = 1	n = 7	n = 24	n = 8	n = 114
<b>1. The DiGA improves my access to healthcare services</b>	2.5 (1.5)	2 (1.5)	3 (2.0)	1.5 (5.0)	4 (2.5)	2 (2.0)	4.5 (2.5)	3 (0)	2 (2.5)	4 (1.3)	4.5 (1.5)	4 (3.0)
<b>2. The DiGA provides for my healthcare needs</b>	3 (0.5)	2 (1.5)	3 (2.0)	2 (4.0)	5 (2.0)	2 (4.0)	4.5 (2.5)	3 (0)	3 (3.0)	4 (2.3)	5 (0.3)	4 (3.0)
<b>3. I would use the DiGA again</b>	3 (4.0)	2 (1.5)	3 (4.0)	3.5 (5.0)	6 (1.5)	1 (3.0)	5 (2.8)	2 (0)	4 (4.0)	5 (3.3)	6 (4.5)	4.5 (4.0)
<b>Healthcare utility scale summary (items 1-3)</b>	3 (2.3)	2 (2.0)	3 (3.0)	2 (5.0)	5 (2.0)	2 (3.0)	4.5 (3.3)	3 (0.5)	3 (4.0)	4 (2.0)	5 (2.3)	4 (3.0)
<b>4. It was simple to use the DiGA</b>	4 (2.3)	5 (2.0)	6 (2.0)	5.5 (2.0)	7 (0.5)	7 (2.0)	6 (3.0)	6 (0)	6 (0.5)	7 (1.0)	6.5 (3.0)	6 (2.0)
<b>5. The way I interact with the DiGA is pleasant</b>	4 (2.5)	4 (2.0)	6 (3.0)	5 (0.5)	6 (1.5)	6 (2.5)	6 (2.3)	4 (0)	6 (2.0)	5.5 (1.3)	6 (3.0)	6 (3.0)
<b>6. Whenever I made a mistake using the DiGA, I could recover easily and quickly</b>	5 (0.3)	4(0.5)	5 (2.0)	5 (0.8)	5 (3.0)	4 (3.5)	6 (2.0)	5 (0)	6 (2.0)	5 (2.0)	5 (0.8)	5 (2.0)
<b>Usability scale summary (items 4-6)</b>	5 (2.0)	4 (1.0)	6 (3.0)	5 (1.0)	6 (2.0)	6 (3.0)	6 (2.3)	5 (1.0)	6 (2.0)	6 (2.0)	5 (3.0)	6 (3.0)
<b>Total score</b>	3.5 (2.3)	4 (3.0)	4 (3.0)	5 (4.0)	5.5 (2.8)	4 (5.8)	5.5 (3.0)	3.5 (1.8)	5 (3.0)	5 (2.0)	5 (3.0)	5 (3.0)

**Figure S1.** Sankey diagrams illustrating changes of patients' PAM and health literacy status from T0 to T1.

