

Table 1. App-Based Interventions for Postpartum Depression				
Gaming App	Type of Digital Approach	Mechanism / Key Features	Study Design & Outcome	Reference
Motherly app	CBT-based smartphone mental health app (behavioral activation modules, interactive tasks)	Cognitive-behavioral therapy exercises, mood tracking, behavioral activation sleep and stress management	Randomized controlled trial (2024): No significant reduction in PPD vs control, but improvement in anxiety, sleep, parental stress; higher engagement linked to better outcomes	[49]
InBloom app	Asynchronous digital behavioral intervention (gamified engagement elements)	Digital psychoeducation, behavioral skills training, mood regulation modules; based on ROSE program	Ongoing RCT (2025 protocol) evaluating prevention of postpartum depression vs in-person intervention	[50]
Nurse-led lifestyle mHealth app	Behavioral health app (exercise, diet, education modules)	Lifestyle coaching, exercise supervision, sleep and fatigue monitoring, health education	RCT (2024): Significant improvement in depression scores, sleep, and fatigue in postpartum women	[51]
MBapp (Mothers & Babies program adaptation)	CBT-based digital prevention app with interactive learning	Psychoeducation, mood management, coping skills training, user-engagement feedback	Qualitative feasibility study (2024); pilot RCT planned to test prevention of PPD	[52]
Powerly app	Personalized CBT-based digital therapeutic with behavioral tasks	Emotion regulation training mental health tracking, bonding enhancement personalized modules	Randomized clinical trial underway (2024–2026) to assess reduction of post-partum depression and anxiety	[53]