Table 1. Recommendations for intervention and research design to improve adherence to e-mental health

Intervention Design

Embed a terms and conditions section to which users agree

Outline expectations of program usage at the outset

Include reminders with customisable scheduling

Build a time-out function

Include interactive activities and non-compulsory activities

Embed engagement checks and provide feedback on responses

Include the user in the design process to aid in the understanding of user needs

Consider whether Persuasive Design Features may be incorporated

Research Design

Operationalise adherence from the outset and a justification for the adherence guideline

Include a measure of users' expectations and preferences

Consider alternative study designs to the RCT that measure and model adherence factors

Include ways to monitor non-compulsory activities and provide feedback