

Supplemental Materials

Database Search Terms

PubMed Matrix (2438 results):

('Perimenopause'[Title/Abstract] OR 'menopause'[Title/Abstract] OR 'menopausal'[Title/Abstract] OR 'menopause transition'[Title/Abstract] AND 'health app'[Title/Abstract] OR 'mobile health'[Title/Abstract] OR 'mhealth'[Title/Abstract] OR 'digital health'[Title/Abstract] OR 'mobile application'[Title/Abstract] OR 'smartphone app'[Title/Abstract] OR 'ehealth'[Title/Abstract] OR 'telehealth app'[Title/Abstract] OR 'digital tool'[Title/Abstract] OR 'digital health technolog*' [Title/Abstract] AND 'knowledge'[Title/Abstract] OR 'education'[Title/Abstract] OR 'information'[Title/Abstract] OR 'guidance'[Title/Abstract] OR 'navigation'[Title/Abstract] OR 'support'[Title/Abstract] OR 'personal guidance'[Title/Abstract] OR 'decision aid'[Title/Abstract] OR 'symptom tracker'[Title/Abstract] OR 'self-management advice'[Title/Abstract] OR 'tailored feedback'[Title/Abstract] OR 'personal insight'[Title/Abstract] OR 'user-specific insight'[Title/Abstract] AND 'symptom tracking'[Title/Abstract] OR 'symptom logging'[Title/Abstract] OR 'symptom reporting'[Title/Abstract] OR 'symptom monitoring'[Title/Abstract] OR 'symptom tracking app'[Title/Abstract] OR 'symptom diary'[Title/Abstract]) AND (("2015/01/01"[Date - Publication] : "2025/12/31"[Date - Publication]))

Embase Matrix (2475 results):

((('health app':ab,ti OR 'mobile health':ab,ti OR 'mhealth':ab,ti OR 'digital health':ab,ti OR 'mobile application':ab,ti OR 'smartphone app':ab,ti OR 'ehealth':ab,ti OR 'telehealth app':ab,ti OR 'digital tool':ab,ti OR 'digital health technolog*':ab,ti) AND 'perimenopause':ab,ti OR 'menopause':ab,ti OR 'menopausal':ab,ti OR 'menopause transition':ab,ti) AND 'knowledge':ab,ti OR 'education':ab,ti OR 'information':ab,ti OR 'guidance':ab,ti OR 'navigation':ab,ti OR 'support':ab,ti OR 'personal guidance':ab,ti OR 'decision aid':ab,ti OR 'symptom tracker':ab,ti OR 'self-management advice':ab,ti OR 'tailored feedback':ab,ti OR 'personal insight':ab,ti OR 'user-specific insight':ab,ti) AND 'symptom tracking':ab,ti OR 'symptom logging':ab,ti OR 'symptom reporting':ab,ti OR 'symptom monitoring':ab,ti OR 'symptom tracking app':ab,ti OR 'symptom diary':ab,ti) AND (article:it OR review:it OR 'clinical trial':it) AND [2015-2025]/py

IEEE Matrix (813 results):

'Perimenopause' OR 'menopause' OR 'menopausal' OR 'menopause transition' OR 'hot flashes' OR 'vasomotor symptoms' OR 'menstrual symptoms' AND 'health app' OR 'mobile health' OR 'mhealth' OR 'smartphone app' OR 'digital health technolog*' OR 'mobile application' AND 'knowledge' OR 'education' OR 'decision aid' OR 'symptom tracker' OR 'self-management advice' OR 'tailored feedback' OR 'personal insight' AND 'symptom tracking' OR 'symptom monitoring' OR 'symptom diary'

- Searched by: Abstract and Document Title
- 2015-2025
- Narrowed by Journals

Apple App Store and Android Play Store Search Terms

'Menopause' OR 'Perimenopause'