**Supplementary information 2:** Comparison of BiH intervention to the NICE Digital Health Technologies Framework (level C).

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| **Evidence category** | **Nature of minimum accepted evidence** | **BiH research study findings** |
| Demonstrating effectiveness for preventative behaviour change or self-manage functions | High-quality observational or quasi-experimental studies demonstrating relevant outcomes. These studies should present comparative data. Comparisons could include:   * Relevant outcomes in a control group * Use of historical controls * Routinely collected data.   Relevant outcomes may include:   * Behavioural or condition-related user outcomes such as reduction in smoking or improvement in condition management * Evidence of positive behaviour change * User satisfaction. | Cohort study with a normative analysis to original validation of the used health and social functioning tool.  Demonstrated significant reductions in overall HONOS-LD scores and levels of Anxiety on HADS  User satisfaction of those who competed the study was very high |
| Use of appropriate behaviour change techniques (if relevant) | Be able to show that the techniques used in the Digital Health Technology (DHT) are:   * Consistent with recognised behaviour change theory and recommended practice (aligned to guidance from NICE or relevant professional organisations) * Appropriate for the target population. | BiH targets important areas of functioning where autistic adults frequently encounter difficulties. It help planning and decision-making and managing anxiety.  There was recognition of significant change on use of BiH in these symptom profiles for autistic adults. |
| Reliable information content | Be able to show that any health information provided by the DHT is:   * Valid (aligned to best available sources, such as NICE guidance, relevant professional organisations or recognised UK patient organisations, and appropriate for the target population) * Accurate * Up to date * Reviewed and updated by relevant experts at defined intervals, such as every year * Sufficiently comprehensive | BiH is level 2 certified by the Organisation for the Review of Health and Care Apps (ORCHA), meaning that it is focussed on general health.41 |