

Table 4*Findings from an Informatics Perspective*

Author (Year)	Informatics/System Feature	Findings
Condominas et al. (2025)	RADAR-MDD Fitbit® monitoring	Wrist-worn Fitbit® data were used to examine links between nocturnal heart rate, sleep disturbance, anxiety, and depression severity.
Cormack et al. (2024)	High-frequency wearable assessment	Apple Watch® data supported repeated monitoring of mood, cognition, activity, and heart rate over 6 weeks.
Jacobson et al. (2021)	Passive sensing and deep learning	Wearable actigraphy data on daytime movement and nighttime sleep were used in deep learning models to predict long-term anxiety symptom deterioration.
Kim et al. (2019)	EMA, Actiwatch®, and machine learning	Survey data, EMA reports, and Actiwatch® data were combined to classify depression groups among older adults living alone.
Matcham et al. (2019)	Remote measurement technology	Smartphone and wearable remote measurement technology were used to monitor relapse-related features in major depressive disorder.
Matcham et al. (2024)	Fitbit® sleep monitoring	Fitbit® sleep data helped estimate depression relapse risk and showed the value of long-term passive monitoring.
Mishra et al. (2021)	Remote mobility monitoring	A pendant wearable sensor remotely monitored physical activity and sleep in older adults.
Nadal et al. (2021)	Smartwatch integrated into iCBT	A smartwatch app was integrated into internet-delivered CBT to collect mood, sleep, and physical activity data.
O'Brien et al. (2017)	Wearable activity monitoring	A wrist-worn activity monitor was used to collect real-world activity data in late-life depression.
Siepe et al. (2025)	EMA and passive wearable sensing	Garmin® data were compared with repeated self-reports, showing that wearable stress data may not match felt stress.
Swanson et al. (2018)	Home-based wearable treatment device	The wearable light therapy device was used at home, showing a home-monitoring and self-management direction.
Zhang et al. (2021)	Passive Fitbit® sleep data	Fitbit® sleep data were passively collected and linked with PHQ-8 depression severity scores every two weeks.

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Zhang et al. (2025)	Large-scale digital phenotyping	Fitbit® data and app-based questionnaires were combined with machine learning to identify depression and anxiety indicators.