

demonstrado. Além das diretrizes que já existem, no desenvolvimento e na elaboração dos relatórios de investigação, no âmbito da saúde móvel; da postura das entidades reguladoras e dos instrumentos de avaliação preconizados para a avaliação das *apps*, é necessário desenvolver diretrizes sobre as métricas consideradas essenciais para se avaliar e relatar cada um dos domínios que o desenvolvimento do aplicativo móvel pode apresentar, para o utilizador, para o próprio aplicativo, e para a clínica.

É manifesta uma falta de evidências para se aferir a real eficácia da utilização de *apps*, centradas nos doentes e na melhoria de resultados clinicamente relevantes. Além do valor e importância que deve ser reconhecida aos ensaios clínicos, como sendo o “padrão-ouro” na prática baseada na evidência, existem no domínio da *eHealth* outras metodologias de investigação que devem ser exploradas por forma a não descurar a experiência e o *engagement* do doente no processo. Aplicativos móveis têm sido associados a melhores resultados de saúde; entretanto, a sua transferência bem-sucedida e sustentável para a prática clínica tem trazido resultados inconsistentes.

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