id	Author(s)	Year	Paper Title	Outlet	DOI_URL	Evaluation	Sample Size	Theoretical Foundation	Process Model	Regulation Strategy	Technology	Frequency	Trigger Mechanism	Personalization	Feedback Form
1	Boughanem and Yoon	2025	Variapsody: Creating Three Interactive Music Listening Experiences that Use Diversified Positive Emotion Regulation Strategies to Promote Subjective Well-being	Conference	https://doi.or	No Evaluation	-	Gross' Process Model	Situation Modification	Reappraisal	Wearable	Single Session	Self	Static	Audio
2	Cohrane et al.	2022	EmotionCheck: leveraging bodily signals and false feedback to regulate our emotions	Conference	https://doi.or	No Evaluation	-	Gross' Process Model	Attentional Deployment	Reappraisal	Wearable	Multiple Short Sessions	Scheduled	User Input	Physiological, Visual
3	Costa et al.	2016	EmotionCheck: leveraging bodily signals and false feedback to regulate our emotions	Conference	https://doi.or	Lab	61-100	Gross' Process Model	Attentional Deployment	Suppression	Wearable	Single Session	Scheduled	Static	Physiological
4	Costa et al.	2018	Regulating Feelings During Interpersonal Conflicts by Changing Voice Self-perception	Conference	https://doi.or	Lab	31-60	Gross' Process Model	Response Modulation	Suppression	Wearable	Single Session	Scheduled	User Input	Audio
5	Costa et al.	2020	BoostMeUp: A Smartwatch App to Regulate Emotions and Improve Cognitive Performance	Journal	https://doi.or	Lab	61-100	-	Response Modulation	Suppression	Wearable	Single Session	Scheduled	Static	Physiological
6	Fuhrmann et al.	2025	Evaluating a brief smartphone-based stress management intervention with heart rate biofeedback from built-in sensors in a three arm randomized controlled trial	Journal	https://doi.or	Field	101-200	CBT	Response Modulation	Reappraisal	Mobile App	Daily Short Sessions	Self	User Input	Text, Activities
7	Ghandeharioun et al.	2019	EMMA: An Emotion-Aware Wellbeing Chatbot	Conference	https://doi.or	Field	31-60	CBT	Cognitive Change	Reappraisal	Chatbot	Multiple Short Sessions	Sensor	Machine Learning	Activities
8	Greiner et al.	2024	Designing a Smartwatch-based Micro-Intervention to Support Students Emotion Regulation	Conference	https://doi.or	Lab	10-30	Gross' Process Model	Attentional Deployment	Reappraisal	Wearable	Multiple Short Sessions	Scheduled	User Input	Text
9	Gual-Montolio et al.	2023	Enhancing Internet-based psychotherapy for adults with emotional disorders using ecological momentary assessments and interventions: Study protocol of a feasibility trial with "My EMI, Emotional Well-being" app	Journal	https://doi.or	Field	10-30	CBT	Cognitive Change	Reappraisal	Mobile App	Daily Short Sessions	Scheduled	User Input	Text, Visual, Activities
10	Guevarra et al.	2024	Scaling a Brief Digital Well-Being Intervention (the Big Joy Project) and Sociodemographic Moderators: Single-Group Pre-Post Study	Journal	https://doi.or	Field	more than 200	-	Attentional Deployment	Other	Website	Daily Short Sessions	Scheduled	Static	Activities
11	Jaiswal et al.	2024	Design and Implementation of a Brief Digital Mindfulness and Compassion Training App for Health Care Professionals: Cluster Randomized Controlled Trial	Journal	https://doi.or	Field	31-60	-	Response Modulation	Other	Mobile App	Daily Short Sessions	Self	Static	Activities
12	Laure et al.	2025	Optimization of a Mobile Transdiagnostic Emotion Regulation Intervention for University Students: A	Journal	https://doi.or	Field	101-200	Gross' Process Model	Cognitive Change	Other	Mobile App	Daily Short Sessions	Self	User Input	Text, Activities
13	Miri et al.	2020	Evaluating a Personalizable, Inconspicuous Vibrotactile(PIV) Breathing Pacer for In-the-Moment Affect	Conference	https://doi.or	Lab	61-100	Gross' Process Model	Response Modulation	Reappraisal,	Wearable	Single Session	Scheduled	User Input	Physiological
14	Smyth et al.	2016	Is providing mobile interventions "just-in-time" helpful? an experimental proof of concept study of just-in-time intervention for stress management	Conference	https://doi.or	Field	61-100	JITAI	Attentional Deployment, Cognitive Change	Reappraisal, Other	Mobile App	Multiple Short Sessions	Self, Scheduled	Static	Activities
15	Ural et al.	2025	BRieFLY: Mindful Breathing and Playful Interaction to Foster Self-Connection in Mixed Reality	Conference	https://doi.or	Field	10-30	-	Situation Modification	Reappraisal	VR/AR	Single Session	Scheduled	Static	Activities
16	Wagener et al.	2024	MoodShaper: A Virtual Reality Experience to Support Managing Negative Emotions	Conference	https://doi.or	Lab	31-60	Gross' Process Model	Response Modulation	Reappraisal	VR/AR	Single Session	Self	Static	Activities
17	Yarrington et al.	2025	Comparative effectiveness and user-rated helpfulness of digital just-in-time adaptive interventions for psychological distress	Journal	https://doi.or	Field	more than 200	JITAI	Attentional Deployment, Cognitive Change	Reappraisal, Other	Mobile App	Daily Short Sessions	Self	User Input	Activities
18	Zhao et al.	2023	Affective Touch as Immediate and Passive Wearable Intervention	Journal	https://doi.or	Lab	10-30	Gross' Process Model	Response Modulation	Suppression	Wearable	Single Session	Sensor	Rule-Based	Physiological