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*Abstract for “Automating SMS & MMS for Health Intervention (N=201) via Python Script”*

With more people having access to mobile phones, mobile-based interventions have been an effective way to communicate to people, even if they reside in remote areas. The issue with most of these interventions is the methodology of sending text- and picture- messages (SMS & MMS, respectively). In the single-blind “Sunscreen” study, researchers used Twilio’s server to send out messages. Although this has significantly reduced the cost of traditional methods, there is a cheaper method that’s used in “Mafia” – a double-blind, role assigner. Instead of using Twilio where it sends out SMS and MMS, researchers can send out emails via Gmail SMTP for no cost. However, there are limitations to this method such as formatting, the number of texts to send out, short code. Therefore, future studies should use selective components found in the Sunscreen Study and Mafia Game that would best suit their study’s needs.