How to develop an app?

App development requires an idea, programming skills, and time, which can be daunting for non-developers. SelfHelp is an open-source CMS system that eliminates the need for programming skills, offering components designed to meet researchers' needs. With SelfHelp, users can design pages, menus, and forms without requiring programming skills. Condition components can be used to fine-tune what is displayed, when it is displayed, and how long it remains accessible. By utilizing the incoming data and the scheduling system it is easy to design intervention studies with multiple sessions and pre- and post-tests. Additionally, SelfHelp provides a user and group management system, allowing researchers to categorize participants and assign management roles to their team. With multi-language support, SelfHelp empowers researchers to bring their idea to life and explore their creative potential without being restricted by their programming skills.