**How to develop an app?**

Developing an app, from the perspective of a software developer, may seem relatively straightforward. Essentially, it requires just three key components: an idea, programming skills, and time. If one possesses the idea and requisite skills, then all that remains is dedicating the necessary time to bring the concept to life.

However, for those who lack the programming expertise, app development can be a daunting challenge. This is where TPF's innovative solution, SelfHelp, comes into play. By eliminating the need for programming skills, SelfHelp provides a pathway for non-developers to create their own applications. As an open-source CMS system, SelfHelp was initially designed as a webpage for a self-aided therapy project. Subsequently, it evolved into a website building platform and ultimately, was enhanced with the functionality to build custom mobile applications.

SelfHelp caters to two types of users: those who lack programming skills and software developers looking to reduce their app development time. It was specifically created for researchers, providing them with pre-designed components based on their needs and previous experience. It offers tight control over data and enables users to design pages, menus, and forms without requiring any programming skills.

One of the key features of SelfHelp is its fully interactive data collection, which enables dynamic events to be triggered and application functionality to be customized based on incoming data. Users can easily fine-tune what is displayed, when it is displayed, and how long it remains accessible using conditional elements inside the application. The platform also offers a fully customizable user and group management system, allowing researchers to categorize participants and assign management roles to their team.

In conclusion, the question of how to develop an app in this digital world could be answered with: “Choose the right tool”. SelfHelp provides an excellent solution for individuals or teams without programming skills to build mobile applications quickly and efficiently. Instead of focusing on the technical aspect of app development, individuals should concentrate on their idea about what they want and what the users need and selecting the appropriate tool to bring their idea to life. With the help of evolving technologies, app development is becoming more accessible, allowing individuals to explore their creative potential without being restricted by their programming skills.