

## Digital Therapeutics Global Market Insights 2025, Analysis and Forecast to 2030, by Market Participants, Regions, Technology, Application

https://marketpublishers.com/r/D2D0DDB32892EN.html

Date: May 2025

Pages: 98

Price: US\$ 3,200.00 (Single User License)

ID: D2D0DDB32892EN

## **Abstracts**

**Digital Therapeutics Market Summary** 

Introduction and Market Overview

Digital therapeutics (DTx) are evidence-based software solutions designed to prevent, manage, or treat medical conditions, often delivered via mobile apps or web platforms. These solutions address chronic diseases, mental health disorders, and neurological conditions through behavioral interventions, remote monitoring, and personalized care. The market is propelled by the global burden of non-communicable diseases (NCDs), which cause 74% of deaths annually, and a mental health crisis affecting 1 billion people. The aging population, projected to reach 2.1 billion by 2050, and widespread smartphone penetration (66% of the global population in 2023) further drive adoption. DTx reduces healthcare costs, with solutions like BlueStar lowering diabetes-related expenses. The global DTx market is estimated at USD 5.0-9.0 billion in 2025, with a CAGR of 15.5%-20.3% through 2030.

#### Regional Market Trends

North America: The U.S. dominates with strong regulatory support and high smartphone penetration, while Canada focuses on mental health DTx.

Europe: Germany, France, and the UK lead with digital health policies, emphasizing chronic disease management.

Asia Pacific: China and India see rapid growth due to rising chronic disease



prevalence, with Japan prioritizing elderly care solutions.

Rest of the World: Brazil expands DTx for public health, and the Middle East invests in scalable mental health platforms.

### **Application Analysis**

Chronic Diseases: Expected growth of 16.0%-20.8%, driven by diabetes and cardiovascular disease management. Trends focus on Al-driven monitoring.

Mental Health: Projected growth of 15.7%-20.5%, linked to rising depression and anxiety cases. Advances emphasize cognitive behavioral therapy apps.

Neurological Diseases: Anticipated growth of 15.3%-20.1%, tied to conditions like ADHD. Developments prioritize gamified interventions.

Others: Expected growth of 15.0%-19.8%, covering addiction management. Trends highlight scalable behavioral therapies.

### Type Analysis

Software: Expected growth of 16.2%-21.0%, valued for flexibility in chronic disease management. Trends focus on AI integration.

Device: Projected growth of 15.5%-20.3%, linked to wearables for real-time monitoring. Advances emphasize IoT connectivity.

Storage System: Anticipated growth of 15.0%-19.8%, supporting data-driven DTx platforms. Trends highlight cloud-based scalability.

#### Key Market Players

Pear Therapeutics: Develops DTx for substance use disorders.

Akili Interactive Labs: Focuses on neurological condition therapies.



Welldoc: Offers diabetes management solutions.

BigHealth: Provides mental health DTx platforms.

OMADA HEALTH: Emphasizes chronic disease prevention.

### Porter's Five Forces Analysis

Threat of New Entrants: High, due to low barriers for software development, but clinical validation poses challenges.

Threat of Substitutes: Moderate, with traditional therapies competing, but DTx offers scalability.

Bargaining Power of Buyers: Moderate, as patients seek affordable solutions, but clinical efficacy limits options.

Bargaining Power of Suppliers: Low, with multiple software and cloud providers.

Competitive Rivalry: High, with players competing on clinical outcomes and user engagement.

#### Market Opportunities and Challenges

### Opportunities:

Addressing NCDs, affecting 41 million annually, with scalable solutions.

Tackling mental health issues, impacting 1 billion people, with accessible apps.

Supporting an aging population with remote monitoring.

Leveraging smartphone penetration for global reach.

Aligning with WHO's digital health strategy for regulatory support.

Reducing healthcare costs, with DTx lowering diabetes expenses.



## Challenges:

Regulatory hurdles, requiring FDA and EMA approvals.

Limited reimbursement models in developing regions.

Patient adherence issues with digital interventions.

Data privacy concerns, necessitating GDPR compliance.

Competition from traditional therapies in mental health.



### **Contents**

#### **CHAPTER 1 EXECUTIVE SUMMARY**

#### **CHAPTER 2 ABBREVIATION AND ACRONYMS**

#### **CHAPTER 3 PREFACE**

- 3.1 Research Scope
- 3.2 Research Sources
  - 3.2.1 Data Sources
  - 3.2.2 Assumptions
- 3.3 Research Method

Chapter Four Market Landscape

- 4.1 Market Overview
- 4.2 Classification/Types
- 4.3 Application/End Users

#### **CHAPTER 5 MARKET TREND ANALYSIS**

- 5.1 Introduction
- 5.2 Drivers
- 5.3 Restraints
- 5.4 Opportunities
- 5.5 Threats

### **CHAPTER 6 INDUSTRY CHAIN ANALYSIS**

- 6.1 Upstream/Suppliers Analysis
- 6.2 Digital Therapeutics Analysis
  - 6.2.1 Technology Analysis
  - 6.2.2 Cost Analysis
  - 6.2.3 Market Channel Analysis
- 6.3 Downstream Buyers/End Users

#### **CHAPTER 7 LATEST MARKET DYNAMICS**

- 7.1 Latest News
- 7.2 Merger and Acquisition



- 7.3 Planned/Future Project
- 7.4 Policy Dynamics

## CHAPTER 8 HISTORICAL AND FORECAST DIGITAL THERAPEUTICS MARKET IN NORTH AMERICA (2020-2030)

- 8.1 Digital Therapeutics Market Size
- 8.2 Digital Therapeutics Market by End Use
- 8.3 Competition by Players/Suppliers
- 8.4 Digital Therapeutics Market Size by Type
- 8.5 Key Countries Analysis
  - 8.5.1 United States
  - 8.5.2 Canada
  - 8.5.3 Mexico

## CHAPTER 9 HISTORICAL AND FORECAST DIGITAL THERAPEUTICS MARKET IN SOUTH AMERICA (2020-2030)

- 9.1 Digital Therapeutics Market Size
- 9.2 Digital Therapeutics Market by End Use
- 9.3 Competition by Players/Suppliers
- 9.4 Digital Therapeutics Market Size by Type
- 9.5 Key Countries Analysis
  - 9.5.1 Brazil
  - 9.5.2 Argentina
  - 9.5.3 Chile
  - 9.5.4 Peru

# CHAPTER 10 HISTORICAL AND FORECAST DIGITAL THERAPEUTICS MARKET IN ASIA & PACIFIC (2020-2030)

- 10.1 Digital Therapeutics Market Size
- 10.2 Digital Therapeutics Market by End Use
- 10.3 Competition by Players/Suppliers
- 10.4 Digital Therapeutics Market Size by Type
- 10.5 Key Countries Analysis
  - 10.5.1 China
  - 10.5.2 India
  - 10.5.3 Japan



- 10.5.4 South Korea
- 10.5.5 Southest Asia
- 10.5.6 Australia

## CHAPTER 11 HISTORICAL AND FORECAST DIGITAL THERAPEUTICS MARKET IN EUROPE (2020-2030)

- 11.1 Digital Therapeutics Market Size
- 11.2 Digital Therapeutics Market by End Use
- 11.3 Competition by Players/Suppliers
- 11.4 Digital Therapeutics Market Size by Type
- 11.5 Key Countries Analysis
  - 11.5.1 Germany
  - 11.5.2 France
  - 11.5.3 United Kingdom
  - 11.5.4 Italy
  - 11.5.5 Spain
  - 11.5.6 Belgium
  - 11.5.7 Netherlands
  - 11.5.8 Austria
  - 11.5.9 Poland
  - 11.5.10 Russia

# CHAPTER 12 HISTORICAL AND FORECAST DIGITAL THERAPEUTICS MARKET IN MEA (2020-2030)

- 12.1 Digital Therapeutics Market Size
- 12.2 Digital Therapeutics Market by End Use
- 12.3 Competition by Players/Suppliers
- 12.4 Digital Therapeutics Market Size by Type
- 12.5 Key Countries Analysis
  - 12.5.1 Egypt
  - 12.5.2 Israel
  - 12.5.3 South Africa
  - 12.5.4 Gulf Cooperation Council Countries
  - 12.5.5 Turkey

# CHAPTER 13 SUMMARY FOR GLOBAL DIGITAL THERAPEUTICS MARKET (2020-2025)



- 13.1 Digital Therapeutics Market Size
- 13.2 Digital Therapeutics Market by End Use
- 13.3 Competition by Players/Suppliers
- 13.4 Digital Therapeutics Market Size by Type

## CHAPTER 14 GLOBAL DIGITAL THERAPEUTICS MARKET FORECAST (2025-2030)

- 14.1 Digital Therapeutics Market Size Forecast
- 14.2 Digital Therapeutics Application Forecast
- 14.3 Competition by Players/Suppliers
- 14.4 Digital Therapeutics Type Forecast

#### **CHAPTER 15 ANALYSIS OF GLOBAL KEY VENDORS**

- 15.1 Pear Therapeutics
  - 15.1.1 Company Profile
  - 15.1.2 Main Business and Digital Therapeutics Information
  - 15.1.3 SWOT Analysis of Pear Therapeutics
- 15.1.4 Pear Therapeutics Digital Therapeutics Revenue, Gross Margin and Market Share (2020-2025)
- 15.2 Akili Interactive Labs
  - 15.2.1 Company Profile
  - 15.2.2 Main Business and Digital Therapeutics Information
  - 15.2.3 SWOT Analysis of Akili Interactive Labs
- 15.2.4 Akili Interactive Labs Digital Therapeutics Revenue, Gross Margin and Market Share (2020-2025)
- 15.3 Welldoc
- 15.3.1 Company Profile
- 15.3.2 Main Business and Digital Therapeutics Information
- 15.3.3 SWOT Analysis of Welldoc
- 15.3.4 Welldoc Digital Therapeutics Revenue, Gross Margin and Market Share (2020-2025)
- 15.4 BigHealth
  - 15.4.1 Company Profile
  - 15.4.2 Main Business and Digital Therapeutics Information
  - 15.4.3 SWOT Analysis of BigHealth
- 15.4.4 BigHealth Digital Therapeutics Revenue, Gross Margin and Market Share



(2020-2025)

15.5 OMADA HEALTH

15.5.1 Company Profile

15.5.2 Main Business and Digital Therapeutics Information

15.5.3 SWOT Analysis of OMADA HEALTH

15.5.4 OMADA HEALTH Digital Therapeutics Revenue, Gross Margin and Market

Share (2020-2025)

15.6 2Morrow

15.6.1 Company Profile

15.6.2 Main Business and Digital Therapeutics Information

15.6.3 SWOT Analysis of 2Morrow

15.6.4 2Morrow Digital Therapeutics Revenue, Gross Margin and Market Share

(2020-2025)

15.7 ResMed

15.7.1 Company Profile

15.7.2 Main Business and Digital Therapeutics Information

15.7.3 SWOT Analysis of ResMed

15.7.4 ResMed Digital Therapeutics Revenue, Gross Margin and Market Share

(2020-2025)

15.8 Fitbit LLC

15.8.1 Company Profile

15.8.2 Main Business and Digital Therapeutics Information

15.8.3 SWOT Analysis of Fitbit LLC

15.8.4 Fitbit LLC Digital Therapeutics Revenue, Gross Margin and Market Share

(2020-2025)

15.9 Teladoc Health

15.9.1 Company Profile

15.9.2 Main Business and Digital Therapeutics Information

15.9.3 SWOT Analysis of Teladoc Health

15.9.4 Teladoc Health Digital Therapeutics Revenue, Gross Margin and Market Share

(2020-2025)

15.10 CANARY HEALTH

15.10.1 Company Profile

15.10.2 Main Business and Digital Therapeutics Information

15.10.3 SWOT Analysis of CANARY HEALTH

15.10.4 CANARY HEALTH Digital Therapeutics Revenue, Gross Margin and Market

Share (2020-2025)

Please ask for sample pages for full companies list

Tables and Figures



Table Abbreviation and Acronyms

Table Research Scope of Digital Therapeutics Report

Table Data Sources of Digital Therapeutics Report

Table Major Assumptions of Digital Therapeutics Report

Figure Market Size Estimated Method

Figure Major Forecasting Factors

Figure Digital Therapeutics Picture

Table Digital Therapeutics Classification

**Table Digital Therapeutics Applications** 

Table Drivers of Digital Therapeutics Market

Table Restraints of Digital Therapeutics Market

Table Opportunities of Digital Therapeutics Market

Table Threats of Digital Therapeutics Market

Table Covid-19 Impact For Digital Therapeutics Market

**Table Raw Materials Suppliers** 

Table Different Production Methods of Digital Therapeutics

Table Cost Structure Analysis of Digital Therapeutics

Table Key End Users

Table Latest News of Digital Therapeutics Market

Table Merger and Acquisition

Table Planned/Future Project of Digital Therapeutics Market

Table Policy of Digital Therapeutics Market

Table 2020-2030 North America Digital Therapeutics Market Size

Figure 2020-2030 North America Digital Therapeutics Market Size and CAGR

Table 2020-2030 North America Digital Therapeutics Market Size by Application

Table 2020-2025 North America Digital Therapeutics Key Players Revenue

Table 2020-2025 North America Digital Therapeutics Key Players Market Share

Table 2020-2030 North America Digital Therapeutics Market Size by Type

Table 2020-2030 United States Digital Therapeutics Market Size

Table 2020-2030 Canada Digital Therapeutics Market Size

Table 2020-2030 Mexico Digital Therapeutics Market Size

Table 2020-2030 South America Digital Therapeutics Market Size

Figure 2020-2030 South America Digital Therapeutics Market Size and CAGR

Table 2020-2030 South America Digital Therapeutics Market Size by Application

Table 2020-2025 South America Digital Therapeutics Key Players Revenue

Table 2020-2025 South America Digital Therapeutics Key Players Market Share

Table 2020-2030 South America Digital Therapeutics Market Size by Type

Table 2020-2030 Brazil Digital Therapeutics Market Size

Table 2020-2030 Argentina Digital Therapeutics Market Size



Table 2020-2030 Chile Digital Therapeutics Market Size

Table 2020-2030 Peru Digital Therapeutics Market Size

Table 2020-2030 Asia & Pacific Digital Therapeutics Market Size

Figure 2020-2030 Asia & Pacific Digital Therapeutics Market Size and CAGR

Table 2020-2030 Asia & Pacific Digital Therapeutics Market Size by Application

Table 2020-2025 Asia & Pacific Digital Therapeutics Key Players Revenue

Table 2020-2025 Asia & Pacific Digital Therapeutics Key Players Market Share

Table 2020-2030 Asia & Pacific Digital Therapeutics Market Size by Type

Table 2020-2030 China Digital Therapeutics Market Size

Table 2020-2030 India Digital Therapeutics Market Size

Table 2020-2030 Japan Digital Therapeutics Market Size

Table 2020-2030 South Korea Digital Therapeutics Market Size

Table 2020-2030 Southeast Asia Digital Therapeutics Market Size

Table 2020-2030 Australia Digital Therapeutics Market Size

Table 2020-2030 Europe Digital Therapeutics Market Size

Figure 2020-2030 Europe Digital Therapeutics Market Size and CAGR

Table 2020-2030 Europe Digital Therapeutics Market Size by Application

Table 2020-2025 Europe Digital Therapeutics Key Players Revenue

Table 2020-2025 Europe Digital Therapeutics Key Players Market Share

Table 2020-2030 Europe Digital Therapeutics Market Size by Type

Table 2020-2030 Germany Digital Therapeutics Market Size

Table 2020-2030 France Digital Therapeutics Market Size

Table 2020-2030 United Kingdom Digital Therapeutics Market Size

Table 2020-2030 Italy Digital Therapeutics Market Size

Table 2020-2030 Spain Digital Therapeutics Market Size

Table 2020-2030 Belgium Digital Therapeutics Market Size

Table 2020-2030 Netherlands Digital Therapeutics Market Size

Table 2020-2030 Austria Digital Therapeutics Market Size

Table 2020-2030 Poland Digital Therapeutics Market Size

Table 2020-2030 Russia Digital Therapeutics Market Size

Table 2020-2030 MEA Digital Therapeutics Market Size

Figure 2020-2030 MEA Digital Therapeutics Market Size and CAGR

Table 2020-2030 MEA Digital Therapeutics Market Size by Application

Table 2020-2025 MEA Digital Therapeutics Key Players Revenue

Table 2020-2025 MEA Digital Therapeutics Key Players Market Share

Table 2020-2030 MEA Digital Therapeutics Market Size by Type

Table 2020-2030 Egypt Digital Therapeutics Market Size

Table 2020-2030 Israel Digital Therapeutics Market Size

Table 2020-2030 South Africa Digital Therapeutics Market Size



Table 2020-2030 Gulf Cooperation Council Countries Digital Therapeutics Market Size Table 2020-2030 Turkey Digital Therapeutics Market Size Table 2020-2025 Global Digital Therapeutics Market Size by Region Table 2020-2025 Global Digital Therapeutics Market Size Share by Region Table 2020-2025 Global Digital Therapeutics Market Size by Application Table 2020-2025 Global Digital Therapeutics Market Share by Application Table 2020-2025 Global Digital Therapeutics Key Vendors Revenue Figure 2020-2025 Global Digital Therapeutics Market Size and Growth Rate Table 2020-2025 Global Digital Therapeutics Key Vendors Market Share Table 2020-2025 Global Digital Therapeutics Market Size by Type Table 2020-2025 Global Digital Therapeutics Market Share by Type Table 2025-2030 Global Digital Therapeutics Market Size by Region Table 2025-2030 Global Digital Therapeutics Market Size Share by Region Table 2025-2030 Global Digital Therapeutics Market Size by Application Table 2025-2030 Global Digital Therapeutics Market Share by Application Table 2025-2030 Global Digital Therapeutics Key Vendors Revenue Figure 2025-2030 Global Digital Therapeutics Market Size and Growth Rate Table 2025-2030 Global Digital Therapeutics Key Vendors Market Share Table 2025-2030 Global Digital Therapeutics Market Size by Type Table 2025-2030 Digital Therapeutics Global Market Share by Type



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