

**Table 2.** Summary of Meditation Apps Features

ID	App name	In-app Purchase	Timer	Reminder	Tracking	Social Media
1	Headspace	X	X	X	X	X
2	Smiling Mind		X	X	X	X
3	Mindfulness daily	X	X	X	X	X
4	Complete mindfulness					
5	ACT Coach				X	
6	Rhythm free	X	X	X	X	X
7	Stop, breathe & think				X	X
8	Mindfully me		X	X	X	X
9	Mindfulness coach		X	X	X	