

**Table 1.** MARS Rating

ID	App name	Engagement	Functionality	Aesthetics	Information	Satisfaction	Overall
1	Headspace	3.8	4.8	4.7	4	4	<b>4</b>
2	Smiling Mind	3.4	4.5	4.3	3.8	4	<b>3.7</b>
3	Mindfulness daily	3.2	4	4	3.7	3.3	<b>3.5</b>
4	Complete mindfulness	3	4	4	3.7	2.8	<b>3.4</b>
5	ACT Coach	3	4	3	3.8	3.5	<b>3.3</b>
6	Rhythm free	3.4	3.5	4	3.2	2.5	<b>3.3</b>
7	Stop, breathe & think	3.2	4	3.3	3.3	3	<b>3.3</b>
8	Mindfully me	3	4	3.3	3.3	2.5	<b>3.2</b>
9	Mindfulness coach	2.8	3.8	3	3.7	2.8	<b>3.2</b>