ID	Author ID	Health condition	App name	Operation system	Platform	Type of meditation	App langauge/s	Availabillity	Cost	Intended audience
1	Adams (2018)	Essential hypertension (EH)	Tension Tamer (TT)	iOS, Android	Stand-alone software	Breathing Awareness Meditation (BAM)	English	No	-	General Public
2	Ahmed (2017)	Stress	Pause	iOS, Android	Web-based	Focused meditation	English	Yes	Free	General Public
3	Albitar (2018)	Stress	Pacifica	iOS, Android	Web-based	Guided meditation	English	Yes	free	General Public
4	Athanas (2019)	Stress	Stop, Breathe, & Think (SBT)	iOS, Android	Web-based	Guided meditation Mindfulness-Based	English	Yes	Free	General Public
_ 5	Best (2019)	Compassion fatigue	Insight Timer	iOS, Android	Web-based	Stress Reduction (MBSR)	Multi- language	Yes	Free	General Public
6	Bjorkstrand (2019)	Extinction Retention	Headspace	iOS, Android	Web-based	Guided meditation	Multi- language	Yes	Free with in-app purchases	General Public
7	Borjalilu (2019)	Mental Health	Aramgar	-	Stand-alone software	Mindfulness-Based Stress Reduction (MBSR)	Persian	No	-	-
8	Børøsund (2018)	Stress	StressProffen	iOS, Android	Stand-alone software	Guided meditation	English	Yes	Free	Cancer patients
9	Bostock (2019)	Stress	Headspace	iOS, Android	Web-based	Mindfulness meditation	Multi- language	Yes	Free with in-app purchases	General Public
10	Bustillos (2019)	Depression	Pacifica	iOS, Android	Web-based	Guided meditation	English	Yes	free	General Public
11	Callender (2019)	Stress	Calm	iOS, Android	Web-based	Mindfulness meditation	Multi- language	Yes	Free with in-app purchases	General Public
12	Carissoli (2019)	Pregnancy	SerenaMente Mamma	iOS, Android	Stand-alone software	Mindfulness meditation	Italian	No	-	Pregnant women
13	Carissoli (2017)	Stress	BenEssere Mamma	Android	Stand-alone software	Mindfulness meditation	Italian	No	-	Pregnant women
14	Carissoli (2015)	Stress	It's time to relax	Android	Stand-alone software	Guided meditation	Italian	No	-	General Public
15	Carissoli (2016)	Stress	BenEssere Mamma	Android	Stand-alone software	Mindfulness meditation	Italian	No	-	Pregnant women
16	Chittaro (2014)	Stress General	AEON	iOS, Android	Stand-alone software	Mindfulness-Based Stress Reduction (MBSR)	English	Yes	Free	General Public
17	Chittaro (2016)	Wellbeing	AEON	iOS, Android	Stand-alone software	Mindfulness meditation	English	Yes	Free	General Public
18	Chittaro (2016)	Stress	AEON	iOS, Android	Stand-alone software	Mindfulness meditation	English	Yes	Free	General Public
19	Clarke (2020)	Mental Health	Calm	iOS, Android	Web-based	Mindfulness meditation	Multi- language	Yes	Free with in-app purchases	General Public
20	Clement (2018)	Pain	Kaia	iOS, Android	Web-based	Mindfulness meditation	-	Yes	free	General Public
21	Coelhoso (2019)	Stress	Florescer	iOS, Android	Web-based	Loving-Kindness Meditation (LKM)	Portuguese	Yes	-	Hospital staff
22	Christopher (2019)	Stress	-	-	-	Mindfulness meditation	-	-	-	-
23	Crandall (2019)	General Wellbeing	Smiling Mind	iOS, Android	Stand-alone software	Guided meditation	English	Yes	Free	General Public Busy
24	Donovan (2019)	Cancer	Whil	iOS, Android	Stand-alone software	Mindfulness meditation	English	Y	Free	professionals
25	Duraimani (2019)	Stress	Aware	iOS, Android	Stand-alone software	Mindfulness meditation	English	Yes	Free	General Public

							Multi-		Free with in-app	
26	Economides (2018)	Stress	Headspace	iOS, Android	Web-based	Guided meditation	language	Yes	purchases	General Public
27	Economides (2019)	Depression	Meru Health	iOS, Android	Web-based	Mindfulness meditation	English	Yes	Free	General Public
							Multi-		Free with in-app	
28	Fish (2019)	Depression	Headspace	iOS, Android	Web-based	Guided meditation	language	Yes	purchases	General Public
-		<u> </u>	•	· · · · · · · · · · · · · · · · · · ·					Free with	
					Stand-alone software		Multi-		in-app	
29	Flett (2019)	Mental Health	Headspace, Smiling Mind	iOS, Android	and web-based	Guided meditation	language	Yes	purchases	General Public
									Free with	
20	E 4 (2010)	3.6 . 1.77 1.1		iOS, Android	*** 1 1 1	-	F 11.1	Yes	in-app	G 15.11
_30	Forsythe (2019)	Mental Health	Headspace		Web-based		English		purchases	General Public
									Free with	
31	Garrison (2018)	Smoking	Craving to Quit	iOS, Android	Stand-alone software	Mindfulness meditation	English	Yes	in-app purchases	Smokers
		Smoking	Craving to Quit	ios, midroid	Stand-alone software	windrumess meditation	Liigiisii	-	-	
_ 32	Gindidis (2019)	-		<del>-</del>	<u> </u>	<u> </u>		<del>-</del>	Free with	General Public
							Multi-		in-app	
33	Glissmann (2018)	Stress	Calm	iOS, Android	Web-based	Mindfulness meditation	language	Yes	purchases	General Public
	G115511141111 (2010)	Stress	Cum	105,7 maroid	Web based	Mindfulness-Based	ianguage	103	paremases	General Lague
				-		Stress Reduction	-	No		
34	Goldin (2019)	Depression	Meru Health Ascend		Web-based	(MBSR)			Free	General Public
35	Gordon (2017)	Smoking	See Me Smoke-Free	Android	Stand-alone software	Guided meditation	English	No	-	Smokers
										Functional
			-	-			-	-	-	abdominal pain
_36	Hollier (2018)	Pain			Stand-alone software	Guided meditation			- · · ·	disorders
		General					Multi-		Free with	
37	Howells (2016)	Wellbeing	Headspace	iOS, Android	Web-based	Mindfulness meditation	language	Yes	in-app purchases	General Public
- 31	110WCHS (2010)	wendenig	Treadspace	105, Alidiold	WCD-based	Windfulless illeditation	language	103	Free with	General I ublic
			10% Happier app, and				Multi-		in-app	
38	Huberty (2019)	Cancer	Calm app	iOS, Android	Stand-alone software	Mindfulness meditation	language	Yes	purchases	General Public
									Free with	
			10% Happier app, and				Multi-		in-app	
39	Huberty (2019)	Cancer	Calm app	iOS, Android	Stand-alone software	Mindfulness meditation	language	Yes	purchases	General Public
							M14:		Free with	
40	Huberty (2019)	Stress	Calm	iOS, Android	Web-based	Mindfulness meditation	Multi-	Vac	in-app	General Public
40	1100city (2019)	20022	Callii	103, Alluloid	** CU-UASCU	minutumess meditation	language	Yes	purchases Free with	General Fublic
		General					Multi-		in-app	
41	Huberty (2019)	Wellbeing	Calm	iOS, Android	Web-based	Mindfulness meditation	language	Yes		General Public
	<b>.</b>			, , , , , , , , , , , , , , , , , , , ,	<u> </u>		<i>U</i> 101	- ·-	Free with	***
							Multi-		in-app	
42	Hunter (2019)	Stress	Headspace	iOS, Android	Web-based	Mindfulness meditation	language	Yes	purchases	General Public
43	Jallo (2017)	Pregnancy	Picture Wellness	iOS	Stand-alone software	Guided meditation	English	No	-	Pregnant women
									Free with	
11	Janes (2019)	Smolsing	Craving to Ouit	ioc Android	Stand along asferra	Mindfulnoss moditation	English	Vaa	in-app	Smokers
44	` '	Smoking	Craving to Quit	iOS, Android	Stand-alone software	Mindfulness meditation		Yes	purchases	
45	Kahn (2016)	Stress	Mission Reconnect (MR)	iOS, Android	Web-based	Mindfulness meditation	English	Yes	-	Veterans

						Mindfulnes Deed				
						Mindfulness-Based Stress Reduction		No	_	
46	Kizakevich (2018)	Stress	PHIT for Duty	iOS, Android	Web-based	(MBSR)	English	INO	-	General Public
-10	THERE THE (2010)	Buess		100, 111101010	1100 oused	(MDDIT)	English		Free with	- General Facility
							Multi-		in-app	
47	Kopencey (2018)	Mental Health	Insight Timer	iOS, Android	Web-based	Mindfulness meditation	language	Yes	purchases	General Public
48	Krusche (2019)	Stress	Mindfulness Connected	iOS, Android	-	Mindfulness meditation	English	No	-	Hospital staff
							_		Free with	
4.0		_					Multi-		in-app	
_49	Kubo (2019)	Cancer	Headspace	iOS, Android	Web-based	Guided meditation	language	Yes	purchases	General Public
							Multi-		Free with	
50	Kubo (2018)	Cancer	Headspace	iOS, Android	Web-based	Guided meditation	Multi- language	Yes	in-app purchases	General Public
51	Lappalainen (2014)	Stress	Oiva	Android	stand-alone software	Mindfulness meditation	-	No	-	General Public
	Lapparamen (201-1)	50055	Olva	Alluroid	Stand-arone software	Williamicss meanantin			Free with	Ocheral I done
							Multi-		in-app	
52	Laurie (2016)	Mental Health	Headspace	iOS, Android	Web-based	Guided meditation	language	Yes	purchases	General Public
53	Lee (2018)	Mental Health	DeStressify	iOS, Android	Stand-alone software	Mindfulness meditation	English	Yes	Free	General Public
		Compassion						_		
_54	Lehto (2018)	fatigue				Mindfulness meditation				
						Mindfulness-Based		3. T		
55	Lenz (2018)	Decomonory	MINDFUL/PMI	-	-	Stress Reduction	-	No	-	Daggard Woman
55	. /	Pregnancy			. 1 1 0	(MBSR)				Pregnant women
_56	Leonard (2018)	Stress	Calm Mom	Android	stand-alone software	Mindfulness meditation	English	No	Free with	General Public
							Multi-		in-app	
57	Loree (2019)	Stress	Calm	iOS, Android	Web-based	Mindfulness meditation	language	Yes		General Public
	Dorec (2015)	Buess	Cum	100, 111101010	Stand-alone software	Mindramess mesical	- miguage		paremore	- Concrair Conc
58	Ly (2014)	Depression	<u>-</u>	iOS, Android	and web-based	Mindfulness meditation		<u>-</u>		
_				<del></del>		Mindfulness-Based				
<b>~</b> 0	(2010)	~	My Student Mindfulness	-	~	Stress Reduction	-		-	<u>.                                    </u>
_ 59	Lyzwinski (2019)	Stress	App		Stand-alone software	(MBSR)		No		Students
60	Mak (2018)	Mental Health	Living With Heart (LWH)	iOS, Android	Stand-alone software and web-based	Mindfulness meditation	Chinese	No	-	_
-	. ,		Living with fical (L ***11)					-	_	Carragal Dublia
61	Mason (2018)	Eating Habits		iOS, Android	Stand-alone software	Mindfulness meditation	English			General Public
62	Mikolasek (2018)	Stress	CanRelax App	iOS, Android	Stand-alone software	Mindfulness meditation	German	Yes	Free	Cancer patients
							Multi-		Free with	
63	Mistler (2017)	Mental Illness	Headspace	iOS, Android	Web-based	Mindfulness meditation	language	Yes	in-app purchases	General Public
0.5	Wilstici (2017)	Wichtai Illicos	Headspace	105, Aluiou	W Co-basca	Williamics mediation	language	103	Free with	Ucheral I done
									in-app	
64	Moberg (2019)	Stress	Pacifica	iOS, Android	Web-based	Mindfulness meditation	English	Yes		General Public
									Free with	
	Moffitt-Carney	35 - 170	> 5: 10 1		~ 1.1 6	35, 101	Multi-	*7	in-app	~ IBII
		Mental Illness	The Mandtulness Ann	iOS, Android	Stand-alone software	Mindfulness meditation	language	Yes	purchases	General Public
65	(2019)	Wichtai Illiess	The Mindfulness App			<u> </u>				
66	(2019) Morrison (2018)	Stress	Healthy Mind	Android	Web-based			No		General Public
						- Mindfulness meditation	-	No Yes	-	General Public General Public

									Free with	
<b>C</b> 0	Pender Norton	Strong	Colm	:	Wah hasad	Mindfulnos litet	Multi-	V	in-app	Canagal Deskills
_68	(2017)	Stress General	Calm "Mindfulness" and	iOS, Android	Web-based	Mindfulness meditation	language	Yes	purchases	General Public
69	Plaza Garcia (2017)	Wellbeing	"Mindfulness Sci"	Android	Stand-alone software	Mindfulness meditation	Spanish	Yes	Free	General Public
	Then out to		This was a second	1200001						Borderline personality disorder (BPD)
70	Prada (2017)	Mental Illness	EMOTEO	iOS, Android	Stand-alone software	Mindfulness meditation	English	Yes	Free	patients
									Free with	
71	Roos (2019)	Smoking	Craving to Quit	iOS, Android	Stand-alone software	Mindfulness meditation	English	Yes	in-app purchases	Smokers
/ 1	K008 (2019)	Shoking	Claving to Quit	IOS, Aliuloiu	Stand-alone software	Williamiless meditation	Eligiisii	165	Free with	Shokers
							Multi-		in-app	
72	Rosen (2018)	Cancer	Headspace	iOS, Android	Web-based	Mindfulness meditation	language	Yes	purchases	General Public
							5 6 3.1		Free with	
73	Rosen (2017)	Cancer	Headspace	iOS, Android	Web-based	Mindfulness meditation	Multi- language	Yes	in-app purchases	General Public
	Roy (2017)		reauspace -		Web-based				•	
_74		Stress		iOS, Android	<del>-</del>	Guided meditation	-	-	free With	General Public
						-			in-app	Busy
75	Seidman (2019)	Pain	Whil	iOS, Android	Stand-alone software		English	Yes	purchases	professionals
						Breathing Awareness				
76	Sieverdes (2017)	Stress	Tension Tamer (TT)	iOS, Android	Stand-alone software	Meditation (BAM)		No		General Public
77	Sikder (2019)	Dementia	MIT	iOS	stand-alone software	Guided meditation	English	No	-	Family dementia caregivers
	Sikuei (2013)	Demenua	WIII	103	Stanu-aione sortware	Mindfulness-Based	Eligiisii			Caregivers
	Silva Almodovar					Stress Reduction	-	No	-	
78	(2018)	Depression	Sinasprite	iOS, Android	Stand-alone software	(MBSR)				General Public
							3.6 1,1		Free with	
79	Strobel (2017)	Stress	Headspace	iOS, Android	Web-based	Guided meditation	Multi- language	Yes	in-app purchases	General Public
17	Stroot (2017)	Sucss	Псаизрасс	105, Android	W Co-based	Outded meditation	language	100	Free with	Ocherai i done
							Multi-		in-app	
80	Svetlov (2019)	Stress	Muse	iOS, Android	Stand-alone software	Mindfulness meditation	language	Yes	purchases	General Public
		Risky								
81	Trub (2017)	smartphone- related behaviors	Mindful Messaging	iOS	Stand-alone software	Mindfulness meditation	-	No	-	Young adults
- 01	1140 (2017)	Telated beliaviors	William Wessasins	105	Stand-arone software	Loving-Kindness	-	110		Touris additio
82	Vacca (2016)	-	SIMA	iOS, Android	Stand-alone software	Meditation (LKM)	-	No	-	
83	Vacca (2018)	<u> </u>	<u> </u>	-	<u> </u>	Mindfulness meditation	-	-		<u> </u>
84	Vacca (2016)	-	SIMA	iOS, Android	Stand-alone software	Mindfulness meditation	-	No		-
85			SIMA	iOS, Android	Stand-alone software	Mindfulness meditation	-	No		
	Van Emmerik		the VGZ Mindfulness	100,1110101	Duna arone sortman	William Colombia				
86	(2018)	-	Coach	iOS, Android	Stand-alone software	Mindfulness meditation	Dutch	Yes	Free	General Public
									Free with	
97	Vanaluia (2019)	Ctuaca	Two Apps (MovisensXS	OS Android	Wah hasad	Mindfulness meditation	English	Vac	in-app	Canaral Dublia
87	Versluis (2018)	Stress	and VGZ)	iOS, Android	Web-based		English	Yes	purchases	General Public
88	Vianello (2018)	Stress	AEON	iOS, Android	Web-based	Mindfulness meditation	English	Yes	-	General Public

			2 apps: Wildflowers and			Breathing Awareness				
89	Walsh (2019)	Stress	2048	iOS, Android	Web-based	Meditation (BAM)	English	Yes	Free	General Public
									Free with	
							Multi-	Yes	in-app	
90	Wen (2017)	Stress	Headspace	iOS, Android	Web-based	Mindfulness meditation	language		purchases	General Public
									Free with	
									in-app	
91	Yang (2018)	Stress	Headspace	iOS, Android	Web-based	Mindfulness meditation	English	Yes	purchases	General Public
					Stand-alone software					
92	Yip (2018)	Depression	-	iOS, Android	and web-based	Mindfulness meditation	Chinese	-	-	General Public
							Multi-	Vas	Free	
93	Ziegler (2019)	Distractibility	MediTrain	iOS, Android	Stand-alone software	Focused meditation	language	Yes	riee	General Public