

Appendix 7. Features of the Included Meditation Apps

Characteristics		Number of Studies:	Study ID
App used ¹		Headspace: 17	6,9,26,28-30,37,42,49,50,52,63,72,73,79,90,91
		Calm: 9	11,19,33,38-41,57,68
		AEON: 4	16-18,88
		Pacifica: 3	3,10,64
		Craving to Quit: 3	31,44,71
		Situated Interactive Mindfulness	
		App (SIMA): 3	82,84,85
		Others: 48	1,2,4,5,7,8,12-15,20,21,23,25,27,29,34,35,38,39,43,45-48,51,53,55,56,59,60,62,65-67,69,70,75,76-78,80,81,86,87,89,93
Target Health Condition ²	Stress: 39		2-4,8,9,11,13-16,18,21,22,25,26,33,40,42,45,46,48,51,56,57,59,62,64,66-68,74,76,79,80,87-91
	Mental Health: 8		7,19,29,30,47,52,53,60
	Depression: 7		10,27,28,34,58,78,92
	Cancer: 7		24,38,39,49,50,72,73
	General wellbeing: 5		17,23,37,41,69
	Quit Smoking: 4		31,35,44,71
	Pain: 3		20,36,75
	Mental illness: 3		63,65,70
	Pregnancy: 3		12,43,55
	Compassion fatigue: 2		5,54
	Eating habits: 1		61
	Essential Hypertension: 1		1
	Risky smartphone-related behaviors: 1		81
	Dementia: 1		77
	Distractibility: 1		93
	Extinction Retention: 1		6
Type of meditation ³	Mindfulness meditation: 55		9,11-13,17-20,22,24,25,27,31,33,37-42,44,45,47,48,51,53,54,56-58,60-65,67-73,80,81,83-88,90-92
	Guided meditation: 19		3,4,6,8,10,14,23,26,28,29,35,36,43,49,50,52,74,77,79
	Mindfulness-Based Stress Reduction (MBSR): 8		5,7,16,34,46,55,59,78
	Breathing Awareness Meditation (BAM): 3		1,76,89

	Focused meditation: 2	2,93
	Loving-kindness meditation: 2	21,82
Operation Systems ⁴	Android & iOS: 72	16,8-12,16-21,23-31,33,37-42,44-50,52,53,57,58,60-65,68,70-76,78-80,82,84-92
	Android: 8	13,15,35,51,56,66,69
	iOS: 4	43,77,81,93
App Language ⁵	Multi-language: 30	2,5,6,9,11,19,26,28-30,33,37-42,47,49,50,52,57,63,65,67,68,72,73,79,80
	English: 29	1,3,4,8,16-18,21,23-25,27,31,35,43-46,48,53,56,61,64,66,70,71,75,77,78
	Italian: 4	12-15
	Chinese: 2	60,92
	Persian: 1	7
	Portuguese: 1	21
	Spanish: 1	69
	German: 1	62
	Dutch: 1	86
Availability ⁶	Available: 61	2-6,8-11,16-21,23-31,33,37-42,44-47,49,50,52,53,57,62-65,67-73,75,79,80,86-91,93.
	Not available: 23	1,7,9,12-15,34,35,43,46,48,51,55,56,59,60,76,81,82,84,85,88,90
Cost ⁷	Free with in-app purchases: 40	2-6,9-11,19,26,28-31,33,37-42,44,47,49,50,52,57,63-65,67,68,71-73,75,79,80,87,90,91
	Free: 21	8,16-18,20,21,23-25,27,45,46,53,62,69,70,74,86,88,89,93

Tips

¹Nine studies did not mention the app used and might overlap because some studies used more than one app

²Six studies did not mention the target health condition

³Four studies did not mention the type of meditation

⁴Nine studies did not mention the operation systems

⁵23 studies did not mention the language of the app

⁶Availability of 9 apps are unknown because 9 studies did not mention the app used

⁷ The cost of 32 apps is unknown