Appendix 1. Search Strings

Database(s): **Ovid MEDLINE(R) and Epub Ahead of Print, In-Process & Other Non-Indexed Citations and Daily** 1946 to January 14, 2020
Search Strategy:

#	Searches	Results
1	exp Meditation/	2713
2	Meditation*.tw.	4578
3	meditative.tw.	436
4	Mindfulness.tw.	6606
5	exp Mindfulness/	2856
6	MBSR.tw.	584
7	MBCT.tw.	416
8	MBRP.tw.	49
9	exp "Imagery (Psychotherapy)"/	1768
10	guided imagery.tw.	700
11	exp Mobile Applications/	5058
12	mobile app*.tw.	3467
13	phone app*.tw.	944
14	app-based.tw.	419
15	mhealth.tw.	2617
16	mobile health.tw.	3012
17	m-health.tw.	358
18	1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10	12904
19	11 or 12 or 13 or 14 or 15 or 16 or 17	11385
20	18 and 19	117

Database(s): **Embase** 1974 to 2020 January 13
Search Strategy:

#	Searches	Results
1	exp Meditation/	7210
2	Meditation*.tw.	6359
3	meditative.tw.	586
4	Mindfulness.tw.	8937
5	exp Mindfulness/	7501
6	MBSR.tw.	958
7	MBCT.tw.	579
8	MBRP.tw.	66
9	exp guided imagery/	1331
10	guided imagery.tw.	1017
11	exp Mobile Applications/	10270
12	mobile app*.tw.	4635
13	phone app*.tw.	1320
14	app-based.tw.	595
15	mhealth.tw.	2533
16	mobile health.tw.	3105
17	m-health.tw.	500
18	1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10	18750
19	11 or 12 or 13 or 14 or 15 or 16 or 17	15539
20	18 and 19	151
21	limit 20 to exclude medline journals	24

Database(s): **PsycINFO** 1806 to January Week 1 2020
Search Strategy:

#	Searches	Results
1	exp Meditation/	4490
2	Meditation*.tw.	7856
3	meditative.tw.	962
4	Mindfulness.tw.	12876
5	exp Mindfulness/	9192
6	MBSR.tw.	761
7	MBCT.tw.	648
8	MBRP.tw.	67
9	exp guided imagery/	734
10	guided imagery.tw.	1267
11	exp Mobile Applications/	690
12	mobile app*.tw.	1322
13	phone app*.tw.	291
14	app-based.tw.	120
15	mhealth.tw.	830
16	mobile health.tw.	766
17	m-health.tw.	128
18	1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10	19997
19	11 or 12 or 13 or 14 or 15 or 16 or 17	2849
20	18 and 19	83

Database(s): **CINHAL**
Search Strategy:

#	Searches	Results
1	MH meditation	4,474
2	AB Meditation*	2,368
3	AB meditative	201
4	MH Mindfulness	4,224
5	AB Mindfulness	4,098
6	AB MBSR	333
7	AB MBCT	185
8	AB MBRP	27
9	MH guided imagery	2,632
10	AB guided imagery	542
11	MH Mobile Applications	6,393
12	AB Mobile App*	3,170
13	AB phone app*	828
14	AB app-based	213
15	MH Mobile health	0
16	AB Mobile health	1,936
17	AB mhealth	970
18	AB m-health	114
19	1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10	12,739
20	11 or 12 or 13 or 14 or 15 or 16 or 17 or 18	9,815
21	19 and 20 (Exclude MEDLINE records)	71

Database(s): **CINHAL**
Search Strategy:

#	Searches	Results
1	TITLE-ABS-KEY (meditation*)	15,985
2	TITLE-ABS-KEY (meditative)	1,332
3	TITLE-ABS-KEY (mindfulness)	15,146
4	TITLE-ABS-KEY (mbsr)	915
5	TITLE-ABS-KEY (mbct)	662
6	TITLE-ABS-KEY (mbrp)	105
7	TITLE-ABS-KEY ("guided imagery")	2,045
8	TITLE-ABS-KEY (Mobile App*)	39,186
9	TITLE-ABS-KEY (phone App*)	5,083
10	TITLE-ABS-KEY (App-based)	917
11	TITLE-ABS-KEY (Mobile health)	9,489
12	TITLE-ABS-KEY (mhealth*)	9,342
13	TITLE-ABS-KEY (m-health*)	1,713
14	#1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7	29,874
15	#8 OR #9 OR #10 OR #11 OR #12 OR #13	56,856
16	#14 AND #15	253

Database(s): **Cochrane Library**
Search Strategy:

#	Searches	Results
#1	Meditation*:ti,ab,kw	2450
#2	MeSH descriptor: [Meditation] explode all trees	556
#3	meditative:ti,ab,kw	112
#4	MeSH descriptor: [Mindfulness] explode all trees	707
#5	Mindfulness:ti,ab,kw	4319
#6	MBSR:ti,ab,kw	642
#7	MBCT:ti,ab,kw	422
#8	MBRP:ti,ab,kw	60
#9	MeSH descriptor: [Imagery (Psychotherapy)] explode all trees	416
#10	guided imagery:ti,ab,kw	600
#11	MeSH descriptor: [Mobile Applications] explode all trees	490
#12	mobile app*:ti,ab,kw	4924
#13	phone app*:ti,ab,kw	5671
#14	app-based:ti,ab,kw	255
#15	mhealth:ti,ab,kw	885
#16	"mobile health":ti,ab,kw	869
#17	m-health:ti,ab,kw	873
#18	#1 OR #2 OR #3 OR #4 OR #5 OR #6 OR #7 OR #8 OR #9 OR #10	6489
#19	#11 OR #12 OR #13 OR #14 OR #15 OR #16 OR #17	9555
#20	#18 AND #19	266

Database	Searches	Results
IEEE Xplore	(("Abstract":"Mobile App*" OR "phone App*" OR app-based OR "Mobile health" OR mhealth OR m-health) AND "Abstract":meditation* OR meditative OR mindfulness OR MBSR OR MBCT OR MBRP OR "guided imagery")	92
ACM Library	[[Abstract: "mobile app*"] OR [Abstract: "phone app*"] OR [Abstract: app-based] OR [Abstract: "mobile health"] OR [Abstract: mhealth] OR [Abstract: m-health]] AND [[Abstract: meditation*] OR [Abstract: meditative] OR [Abstract: mindfulness] OR [Abstract: mbsr] OR [Abstract: mbct] OR [Abstract: mbrp] OR [Abstract: "guided imagery"]]	187
Google Scholar	(Mobile App*" OR "phone App*" OR app-based OR "Mobile health" OR mhealth OR m-health) AND (meditation* OR meditative OR mindfulness OR MBSR OR MBCT OR MBRP OR "guided imagery")	100