

Appendix 2. Data extraction form.

Concept	Definition
Author	The last name of the first author of the study.
Year of Publication	The year in which the study was published.
Country of publication	The country in which the study was published.
Type of publication	The medium in which the study was published (e.g. conference proceedings, journal, thesis).
Study design	The research method that the study used to collect the data.
Number of participants	Number of people who participated in the study.
Mean age	The average age of participants.
Gender (male)	Percentage of males in the sample.
Health condition	Health condition of the participants included in these studies
Recruitment Setting	Place where participants were recruited (i.e. clinical, educational, community settings).
App name	Name of the app.
Operation Systems	The system in which the app operates (e.g., IOS, Android)
Platform	The platform in which the app was implemented (i.e. stand-alone software, web-based, or both).
Type of Meditation	Type of meditation included in the app (e.g. mindfulness, guided meditation, Mindfulness-Based Stress Reduction (MBSR))
App Language	The language in which the app operates
Availability	Whether the app is available on the both the iOS or Android store or not
Cost	The cost of downloading and using the app
Intended Audience	The audience that the apps target