

ID	Author ID	Health condition	App name	Operation system	Platform	Type of meditation	App language/s	Availability	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 with in-app purchases	General Public
3	Albitar (2018)	Stress	Pacifica	iOS, Android	Web-based	Guided meditation	English	Yes	Free with in-app purchases	General Public
4	Athanas (2019)	Stress	Stop, Breathe, & Think (SBT)	iOS, Android	Web-based	Guided meditation	English	Yes	Free with in-app purchases	General Public
5	Best (2019)	Compassion fatigue	Insight Timer	iOS, Android	Web-based	Mindfulness-Based Stress Reduction (MBSR)	Multi-language	Yes	Free with in-app purchases	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 with in-app purchases	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	AEON	iOS, Android	Stand-alone software	Mindfulness-Based Stress Reduction (MBSR)	English	Yes	Free	General Public
17	Chittaro (2016)	General 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	Free	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
24	Donovan (2019)	Cancer	Whil	iOS, Android	Stand-alone software	Mindfulness meditation	English	Yes	Free	Busy professionals
25	Duraimani (2019)	Stress	Aware	iOS, Android	Stand-alone software	Mindfulness meditation	English	Yes	Free	General Public
26	Economides (2018)	Stress	Headspace	iOS, Android	Web-based	Guided meditation	Multi-language	Yes	Free with in-app purchases	General Public
27	Economides (2019)	Depression	Meru Health	iOS, Android	Web-based	Mindfulness meditation	English	Yes	Free	General Public
28	Fish (2019)	Depression	Headspace	iOS, Android	Web-based	Guided meditation	Multi-language	Yes	Free with in-app purchases	General Public
29	Flett (2019)	Mental Health	Headspace, Smiling Mind	iOS, Android	Stand-alone software and web-based	Guided meditation	Multi-language	Yes	Free with in-app purchases	General Public
30	Forsythe (2019)	Mental Health	Headspace	iOS, Android	Web-based	-	English	Yes	Free with in-app purchases	General Public
31	Garrison (2018)	Smoking	Craving to Quit	iOS, Android	Stand-alone software	Mindfulness meditation	English	Yes	Free with in-app purchases	Smokers
32	Gindidis (2019)	-	-	-	-	-	-	-	-	General Public
33	Glissmann (2018)	Stress	Calm	iOS, Android	Web-based	Mindfulness meditation	Multi-language	Yes	Free with in-app purchases	General Public
34	Goldin (2019)	Depression	Meru Health Ascend	-	Web-based	Mindfulness-Based Stress Reduction (MBSR)	-	No	-	General Public
35	Gordon (2017)	Smoking	See Me Smoke-Free	Android	Stand-alone software	Guided meditation	English	No	-	Smokers
36	Hollier (2018)	Pain	-	-	Stand-alone software	Guided meditation	-	-	-	Functional abdominal pain disorders
37	Howells (2016)	General Wellbeing	Headspace	iOS, Android	Web-based	Mindfulness meditation	Multi-language	Yes	Free with in-app purchases	General Public
38	Huberty (2019)	Cancer	10% Happier app, and Calm app	iOS, Android	Stand-alone software	Mindfulness meditation	Multi-language	Yes	Free with in-app purchases	General Public
39	Huberty (2019)	Cancer	10% Happier app, and Calm app	iOS, Android	Stand-alone software	Mindfulness meditation	Multi-language	Yes	Free with in-app purchases	General Public
40	Huberty (2019)	Stress	Calm	iOS, Android	Web-based	Mindfulness meditation	Multi-language	Yes	Free with in-app purchases	General Public
41	Huberty (2019)	General Wellbeing	Calm	iOS, Android	Web-based	Mindfulness meditation	Multi-language	Yes	Free with in-app purchases	General Public
42	Hunter (2019)	Stress	Headspace	iOS, Android	Web-based	Mindfulness meditation	Multi-language	Yes	Free with in-app purchases	General Public

43	Jallo (2017)	Pregnancy	Picture Wellness	iOS	Stand-alone software	Guided meditation	English	No	-	Pregnant women
44	Janes (2019)	Smoking	Craving to Quit	iOS, Android	Stand-alone software	Mindfulness meditation	English	Yes	Free with in-app purchases	Smokers
45	Kahn (2016)	Stress	Mission Reconnect (MR)	iOS, Android	Web-based	Mindfulness meditation	English	Yes	Free	Veterans
46	Kizakevich (2018)	Stress	PHIT for Duty	iOS, Android	Web-based	Mindfulness-Based Stress Reduction (MBSR)	English	Yes	Free	General Public
47	Kopencey (2018)	Mental Health	Insight Timer	iOS, Android	Web-based	Mindfulness meditation	Multi-language	Yes	Free with in-app purchases	General Public
48	Krusche (2019)	Stress	Mindfulness Connected	iOS, Android	-	Mindfulness meditation	English	No	-	Hospital staff
49	Kubo (2019)	Cancer	Headspace	iOS, Android	Web-based	Guided meditation	Multi-language	Yes	Free with in-app purchases	General Public
50	Kubo (2018)	Cancer	Headspace	iOS, Android	Web-based	Guided meditation	Multi-language	Yes	Free with in-app purchases	General Public
51	Lappalainen (2014)	Stress	Oiva	Android	stand-alone software	Mindfulness meditation	-	No	-	General Public
52	Laurie (2016)	Mental Health	Headspace	iOS, Android	Web-based	Guided meditation	Multi-language	Yes	Free with in-app purchases	General Public
53	Lee (2018)	Mental Health	DeStressify	iOS, Android	Stand-alone software	Mindfulness meditation	English	Yes	Free	General Public
54	Lehto (2018)	Compassion fatigue	-	-	-	Mindfulness meditation	-	-	-	-
55	Lenz (2018)	Pregnancy	MINDFUL/PMI	-	-	Mindfulness-Based Stress Reduction (MBSR)	-	No	-	Pregnant women
56	Leonard (2018)	Stress	Calm Mom	Android	Stand-alone software	Mindfulness meditation	English	No	-	General Public
57	Loree (2019)	Stress	Calm	iOS, Android	Web-based	Mindfulness meditation	Multi-language	Yes	Free with in-app purchases	General Public
58	Ly (2014)	Depression	-	iOS, Android	Stand-alone software and web-based	Mindfulness meditation	-	-	-	-
59	Lyzwinski (2019)	Stress	My Student Mindfulness App	-	Stand-alone software	Mindfulness-Based Stress Reduction (MBSR)	-	No	-	Students
60	Mak (2018)	Mental Health	Living With Heart (LWH)	iOS, Android	Stand-alone software and web-based	Mindfulness meditation	Chinese	No	-	-
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
63	Mistler (2017)	Mental Illness	Headspace	iOS, Android	Web-based	Mindfulness meditation	Multi-language	Yes	Free with in-app purchases	General Public
64	Moberg (2019)	Stress	Pacifica	iOS, Android	Web-based	Mindfulness meditation	English	Yes	Free with in-app purchases	General Public

65	Moffitt-Carney (2019)	Mental Illness	The Mindfulness App	iOS, Android	Stand-alone software	Mindfulness meditation	Multi-language	Yes	Free with in-app purchases	General Public
66	Morrison (2018)	Stress	Healthy Mind	Android	Web-based	-	-	No	-	General Public
67	Niksirat (2019)	Stress	Pause & Sway	iOS, Android	Stand-alone software	Mindfulness meditation	-	Yes	Free with in-app purchases	General Public
68	Pender Norton (2017)	Stress	Calm	iOS, Android	Web-based	Mindfulness meditation	Multi-language	Yes	Free with in-app purchases	General Public
69	Plaza Garcia (2017)	General Wellbeing	“Mindfulness” and “Mindfulness Sci”	Android	Stand-alone software	Mindfulness meditation	Spanish	Yes	Free	General Public
70	Prada (2017)	Mental Illness	EMOTEO	iOS, Android	Stand-alone software	Mindfulness meditation	English	Yes	Free	Borderline personality disorder (BPD) patients
71	Roos (2019)	Smoking	Craving to Quit	iOS, Android	Stand-alone software	Mindfulness meditation	English	Yes	Free with in-app purchases	Smokers
72	Rosen (2018)	Cancer	Headspace	iOS, Android	Web-based	Mindfulness meditation	Multi-language	Yes	Free with in-app purchases	General Public
73	Rosen (2017)	Cancer	Headspace	iOS, Android	Web-based	Mindfulness meditation	Multi-language	Yes	Free with in-app purchases	General Public
74	Roy (2017)	Stress	-	iOS, Android	-	Guided meditation	-	-	-	General Public
75	Seidman (2019)	Pain	Whil	iOS, Android	Stand-alone software	-	English	Yes	Free with in-app purchases	Busy professionals
76	Sieverdes (2017)	Stress	Tension Tamer (TT)	iOS, Android	Stand-alone software	Breathing Awareness Meditation (BAM)	-	No	-	General Public
77	Sikder (2019)	Dementia	MIT	iOS	stand-alone software	Guided meditation	English	No	-	Family dementia caregivers
78	Silva Almodovar (2018)	Depression	Sinasprite	iOS, Android	Stand-alone software	Mindfulness-Based Stress Reduction (MBSR)	-	No	-	General Public
79	Strobel (2017)	Stress	Headspace	iOS, Android	Web-based	Guided meditation	Multi-language	Yes	Free with in-app purchases	General Public
80	Svetlov (2019)	Stress	Muse	iOS, Android	Stand-alone software	Mindfulness meditation	Multi-language	Yes	Free with in-app purchases	General Public
81	Trub (2017)	Risky smartphone-related behaviors	Mindful Messaging	iOS	Stand-alone software	Mindfulness meditation	-	No	-	Young adults
82	Vacca (2016)	-	SIMA	iOS, Android	Stand-alone software	Loving-Kindness Meditation (LKM)	-	No	-	-
83	Vacca (2018)	-	-	-	-	Mindfulness meditation	-	-	-	-
84	Vacca (2016)	-	SIMA	iOS, Android	Stand-alone software	Mindfulness meditation	-	No	-	-

85	Vacca (2017)	-	SIMA	iOS, Android	Stand-alone software	Mindfulness meditation	-	No	-	-
86	Van Emmerik (2018)	-	the VGZ Mindfulness Coach	iOS, Android	Stand-alone software	Mindfulness meditation	Dutch	Yes	Free	General Public
87	Versluis (2018)	Stress	Two Apps (MovisensXS and VGZ)	iOS, Android	Web-based	Mindfulness meditation	English	Yes	Free with in-app purchases	General Public
88	Vianello (2018)	Stress	AEON	iOS, Android	Web-based	Mindfulness meditation	English	Yes	Free	General Public
89	Walsh (2019)	Stress	2 apps: Wildflowers and 2048	iOS, Android	Web-based	Breathing Awareness Meditation (BAM)	English	Yes	Free	General Public
90	Wen (2017)	Stress	Headspace	iOS, Android	Web-based	Mindfulness meditation	Multi-language	Yes	Free with in-app purchases	General Public
91	Yang (2018)	Stress	Headspace	iOS, Android	Web-based	Mindfulness meditation	English	Yes	Free with in-app purchases	General Public
92	Yip (2018)	Depression	-	iOS, Android	Stand-alone software and web-based	Mindfulness meditation	Chinese	-	-	General Public
93	Ziegler (2019)	Distractibility	MediTrain	iOS, Android	Stand-alone software	Focused meditation	Multi-language	Yes	Free	General Public