ID	Author ID	Health condition	App name	Operation system	Platform	Type of meditation	App langauge/s	Availabillity	Cost	Intended audience
1	A.1. (2010)	Essential	T. ' T. (TT.)	:OG A 1 :1	C. 1.1. C.	Breathing Awareness	E 11.1	NT	_	C IDII
	Adams (2018)	hypertension (EH)	Tension Tamer (TT)	iOS, Android	Stand-alone software	Meditation (BAM)	English	No	Free with	General Public
									in-app	
2	Ahmed (2017)	Stress	Pause	iOS, Android	Web-based	Focused meditation	English	Yes	purchases	General Public
									Free with	
2	A.H. '. (2010)	G.	D 'C'	:00 4 1 :1	*** 1 1 1		F 11 1	37	in-app	C 1D 11
3	Albitar (2018)	Stress	Pacifica	iOS, Android	Web-based	Guided meditation	English	Yes	purchases Free with	General Public
			Stop, Breathe, & Think						in-app	
4	Athanas (2019)	Stress	(SBT)	iOS, Android	Web-based	Guided meditation	English	Yes	purchases	General Public
						Mindfulness-Based			Free with	
_	D (2010)	Compassion		100		Stress Reduction	Multi-		in-app	
5	Best (2019)	fatigue	Insight Timer	iOS, Android	Web-based	(MBSR)	language	Yes	purchases	General Public
		Extinction					Multi-		Free with in-app	
6	Bjorkstrand (2019)	Retention	Headspace	iOS, Android	Web-based	Guided meditation	language	Yes	purchases	General Public
	,		•	,		Mindfulness-Based			•	
				-		Stress Reduction			-	
7	Borjalilu (2019)	Mental Health	Aramgar		Stand-alone software	(MBSR)	Persian	No		<u> </u>
8	Børøsund (2018)	Stress	StressProffen	iOS, Android	Stand-alone software	Guided meditation	English	Yes	Free	Cancer patients
							N 414:		Free with	
Q	Bostock (2019)	Stress	Headspace	iOS, Android	Web-based	Mindfulness meditation	Multi- language	Yes	in-app purchases	General Public
	Dostock (2017)	Suess	Treadspace	105,7 maroid	Web-based	Windramess meditation	language	103	Free with	General I done
									in-app	
10	Bustillos (2019)	Depression	Pacifica	iOS, Android	Web-based	Guided meditation	English	Yes	purchases	General Public
							3.6.1.1		Free with	
11	Callender (2019)	Stress	Calm	iOS, Android	Web-based	Mindfulness meditation	Multi- language	Yes	in-app purchases	General Public
	Carissoli (2019)		SerenaMente Mamma	iOS, Android	Stand-alone software	Mindfulness meditation	Italian	No	- purchases	
12		Pregnancy							_	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
						Mindfulness-Based Stress Reduction				
16	Chittaro (2014)	Stress	AEON	iOS, Android	Stand-alone software	(MBSR)	English	Yes	Free	General Public
	· · · · · · · · · · · · · · · · · · ·	General				(
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
									Free with	
10	CL 1 (2022)	3.6 (177.55	G.1	.00 1 1	**** 1 1 1	3.6° 10.1	Multi-	37	in-app	C 15.1"
	Clarke (2020)	Mental Health	Calm	iOS, Android	Web-based	Mindfulness meditation	language	Yes	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
-			-	-		Mindfulness meditation	-	-	-	1105pitai staii
22	Christopher (2019)	Stress	<u> </u>	<u>-</u>	<u>-</u>	williamness meditation			<u>-</u>	

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
									Free with	
•	T						Multi-		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
							M14:		Free with	
28	Fish (2019)	Depression	Headspace	iOS, Android	Web-based	Guided meditation	Multi- language	Yes	in-app purchases	General Public
	11811 (2017)	Depression	Treadspace	105, Allaroia	WCD-based	Oulded meditation	language	105	Free with	General I done
					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	
•	T			iOS, Android		-		Yes	in-app	
30	Forsythe (2019)	Mental Health	Headspace		Web-based		English		purchases Free with	General Public
									in-app	
31	Garrison (2018)	Smoking	Craving to Quit	iOS, Android	Stand-alone software	Mindfulness meditation	English	Yes	purchases	Smokers
32	Gindidis (2019)	_	-	-	-	-	-	-		General Public
32	Officials (2017)								Free with	General I done
							Multi-		in-app	
33	Glissmann (2018)	Stress	Calm	iOS, Android	Web-based	Mindfulness meditation	language	Yes	purchases	General Public
						Mindfulness-Based				
34	Goldin (2019)	Depression	Meru Health Ascend	-	Web-based	Stress Reduction (MBSR)	-	No	_	General Public
				A 1 '1			Г 11 1		<u> </u>	
_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
									Free with	
		General					Multi-		in-app	
_37	Howells (2016)	Wellbeing	Headspace	iOS, Android	Web-based	Mindfulness meditation	language	Yes	purchases	General Public
			10% Happier app, and				Multi-		Free with in-app	
38	Huberty (2019)	Cancer	Calm app	iOS, Android	Stand-alone software	Mindfulness meditation	language	Yes	purchases	General Public
	1140011) (2017)		сили ирр	100,111101010	Stand alone soltware	Timeramess measurem	ıguuge	100	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
							36.10		Free with	
40	Hubouty (2010)	Ctuaca	Colm	Elambar 20:	Wah hagad	Mindfulness meditation	Multi-	Vac	in-app	Conoral Dublic
40	Huberty (2019)	Stress	Calm	iOS, Android	Web-based	windfulness meditation	language	Yes	purchases Free with	General Public
		General					Multi-		in-app	
41	Huberty (2019)	Wellbeing	Calm	iOS, Android	Web-based	Mindfulness meditation	language	Yes	purchases	General Public
									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	
44	Janes (2019)	Smoking	Craving to Quit	iOS, Android	Stand-alone software	Mindfulness meditation	English	Yes	in-app purchases	Smokers
44									Free	
45	Kahn (2016)	Stress	Mission Reconnect (MR)	iOS, Android	Web-based	Mindfulness meditation Mindfulness-Based	English	Yes	Free	Veterans
						Stress Reduction				
46	Kizakevich (2018)	Stress	PHIT for Duty	iOS, Android	Web-based	(MBSR)	English	Yes	Free	General Public
	11124114 (2020)	Duess	11111 101 2015	100,111111	1100 04004	(11221)			Free with	
							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	
40	T. 1. (2010)		TT 1	:00 A 1 :1	*** 1 1 1	0 11 1 11 11	Multi-	37	in-app	C 1D 11'
49	Kubo (2019)	Cancer	Headspace	iOS, Android	Web-based	Guided meditation	language	Yes	purchases Free with	General Public
							Multi-		in-app	
50	Kubo (2018)	Cancer	Headspace	iOS, Android	Web-based	Guided meditation	language	Yes	purchases	General Public
51	Lappalainen (2014)	Stress	Oiva	Android	stand-alone software	Mindfulness meditation	-	No	-	General Public
	Lapparamen (2014)	Sucss	Olva	7 maroia	Stand-arone software	Williamess mediation	-		Free with	General Lubile
							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)	£_4:	-	-	-	MC 10 1 114 41	-	-	-	
- 34	Lento (2016)	fatigue				Mindfulness meditation				-
	Lento (2018)	rangue				Mindfulness-Based				<u> </u>
		-	MINIDELII /DMI	-	-	Mindfulness-Based Stress Reduction	-	No	-	Descenant woman
55	Lenz (2018)	Pregnancy	MINDFUL/PMI	-	-	Mindfulness-Based Stress Reduction (MBSR)	-		-	Pregnant women
		-	MINDFUL/PMI Calm Mom	- Android	- Stand-alone software	Mindfulness-Based Stress Reduction	- English	No No	- Enga with	Pregnant women General Public
55	Lenz (2018)	Pregnancy		- Android	- Stand-alone software	Mindfulness-Based Stress Reduction (MBSR)			- Free with	
55	Lenz (2018) Leonard (2018)	Pregnancy Stress	Calm Mom			Mindfulness-Based Stress Reduction (MBSR) Mindfulness meditation	Multi-	No	in-app	General Public
55 56	Lenz (2018)	Pregnancy		- Android iOS, Android	Stand-alone software Web-based Stand-alone software	Mindfulness-Based Stress Reduction (MBSR)				
55 56 57	Lenz (2018) Leonard (2018)	Pregnancy Stress	Calm Mom		Web-based	Mindfulness-Based Stress Reduction (MBSR) Mindfulness meditation	Multi-	No	in-app	General Public
55 56 57	Lenz (2018) Leonard (2018) Loree (2019)	Pregnancy Stress Stress	Calm Mom Calm -	iOS, Android	Web-based Stand-alone software	Mindfulness-Based Stress Reduction (MBSR) Mindfulness meditation Mindfulness meditation Mindfulness meditation Mindfulness-Based	Multi-	No	in-app	General Public
55 56 57 58	Lenz (2018) Leonard (2018) Loree (2019) Ly (2014)	Pregnancy Stress Stress Depression	Calm Mom Calm - My Student Mindfulness	iOS, Android	Web-based Stand-alone software and web-based	Mindfulness-Based Stress Reduction (MBSR) Mindfulness meditation Mindfulness meditation Mindfulness meditation Mindfulness-Based Stress Reduction	Multi-	No Yes	in-app	General Public General Public
55 56 57	Lenz (2018) Leonard (2018) Loree (2019)	Pregnancy Stress Stress	Calm Mom Calm -	iOS, Android	Web-based Stand-alone software and web-based Stand-alone software	Mindfulness-Based Stress Reduction (MBSR) Mindfulness meditation Mindfulness meditation Mindfulness meditation Mindfulness-Based	Multi-	No	in-app	General Public
55 56 57 58	Lenz (2018) Leonard (2018) Loree (2019) Ly (2014) Lyzwinski (2019)	Pregnancy Stress Stress Depression Stress	Calm Mom Calm - My Student Mindfulness App	iOS, Android iOS, Android	Web-based Stand-alone software and web-based Stand-alone software Stand-alone software	Mindfulness-Based Stress Reduction (MBSR) Mindfulness meditation Mindfulness meditation Mindfulness meditation Mindfulness-Based Stress Reduction (MBSR)	Multi- language - -	No Yes - No	in-app	General Public General Public
55 56 57 58 59 60	Lenz (2018) Leonard (2018) Loree (2019) Ly (2014) Lyzwinski (2019) Mak (2018)	Pregnancy Stress Stress Depression Stress Mental Health	Calm Mom Calm - My Student Mindfulness	iOS, Android iOS, Android - iOS, Android	Web-based Stand-alone software and web-based Stand-alone software Stand-alone software and web-based	Mindfulness-Based Stress Reduction (MBSR) Mindfulness meditation Mindfulness meditation Mindfulness meditation Mindfulness-Based Stress Reduction (MBSR) Mindfulness meditation	Multi- language Chinese	No Yes	in-app	General Public General Public - Students
55 56 57 58 59 60 61	Lenz (2018) Leonard (2018) Loree (2019) Ly (2014) Lyzwinski (2019) Mak (2018) Mason (2018)	Pregnancy Stress Stress Depression Stress Mental Health Eating Habits	Calm Mom Calm - My Student Mindfulness App Living With Heart (LWH) -	iOS, Android iOS, Android - iOS, Android iOS, Android	Web-based Stand-alone software and web-based Stand-alone software Stand-alone software and web-based Stand-alone software	Mindfulness-Based Stress Reduction (MBSR) Mindfulness meditation Mindfulness meditation Mindfulness meditation Mindfulness-Based Stress Reduction (MBSR) Mindfulness meditation Mindfulness meditation	Multi- language Chinese English	No Yes - No No -	in-app purchases - - - -	General Public General Public - Students General Public
55 56 57 58 59 60 61	Lenz (2018) Leonard (2018) Loree (2019) Ly (2014) Lyzwinski (2019) Mak (2018)	Pregnancy Stress Stress Depression Stress Mental Health	Calm Mom Calm - My Student Mindfulness App	iOS, Android iOS, Android - iOS, Android	Web-based Stand-alone software and web-based Stand-alone software Stand-alone software and web-based	Mindfulness-Based Stress Reduction (MBSR) Mindfulness meditation Mindfulness meditation Mindfulness meditation Mindfulness-Based Stress Reduction (MBSR) Mindfulness meditation	Multi- language Chinese	No Yes - No	in-app purchases - - - Free	General Public General Public - Students
55 56 57 58 59 60 61	Lenz (2018) Leonard (2018) Loree (2019) Ly (2014) Lyzwinski (2019) Mak (2018) Mason (2018)	Pregnancy Stress Stress Depression Stress Mental Health Eating Habits	Calm Mom Calm - My Student Mindfulness App Living With Heart (LWH) -	iOS, Android iOS, Android - iOS, Android iOS, Android	Web-based Stand-alone software and web-based Stand-alone software Stand-alone software and web-based Stand-alone software	Mindfulness-Based Stress Reduction (MBSR) Mindfulness meditation Mindfulness meditation Mindfulness meditation Mindfulness-Based Stress Reduction (MBSR) Mindfulness meditation Mindfulness meditation	Multi-language - Chinese English German	No Yes - No No -	in-app purchases - - - Free Free with	General Public General Public - Students - General Public
55 56 57 58 59 60 61 62	Lenz (2018) Leonard (2018) Loree (2019) Ly (2014) Lyzwinski (2019) Mak (2018) Mason (2018) Mikolasek (2018)	Pregnancy Stress Stress Depression Stress Mental Health Eating Habits Stress	Calm Mom Calm - My Student Mindfulness App Living With Heart (LWH) - CanRelax App	iOS, Android iOS, Android iOS, Android iOS, Android iOS, Android iOS, Android	Web-based Stand-alone software and web-based Stand-alone software Stand-alone software and web-based Stand-alone software Stand-alone software	Mindfulness-Based Stress Reduction (MBSR) Mindfulness meditation Mindfulness meditation Mindfulness meditation Mindfulness-Based Stress Reduction (MBSR) Mindfulness meditation Mindfulness meditation Mindfulness meditation Mindfulness meditation	Multi-language - Chinese English German Multi-	No Yes No No Yes	in-app purchases - - - Free Free with in-app	General Public General Public - Students General Public Cancer patients
55 56 57 58 59 60 61 62	Lenz (2018) Leonard (2018) Loree (2019) Ly (2014) Lyzwinski (2019) Mak (2018) Mason (2018)	Pregnancy Stress Stress Depression Stress Mental Health Eating Habits	Calm Mom Calm - My Student Mindfulness App Living With Heart (LWH) -	iOS, Android iOS, Android - iOS, Android iOS, Android	Web-based Stand-alone software and web-based Stand-alone software Stand-alone software and web-based Stand-alone software	Mindfulness-Based Stress Reduction (MBSR) Mindfulness meditation Mindfulness meditation Mindfulness meditation Mindfulness-Based Stress Reduction (MBSR) Mindfulness meditation Mindfulness meditation	Multi-language - Chinese English German	No Yes - No No -	in-app purchases - - - Free Free with in-app purchases	General Public General Public - Students - General Public
55 56 57 58 59 60 61 62	Lenz (2018) Leonard (2018) Loree (2019) Ly (2014) Lyzwinski (2019) Mak (2018) Mason (2018) Mikolasek (2018)	Pregnancy Stress Stress Depression Stress Mental Health Eating Habits Stress	Calm Mom Calm - My Student Mindfulness App Living With Heart (LWH) - CanRelax App	iOS, Android iOS, Android iOS, Android iOS, Android iOS, Android iOS, Android	Web-based Stand-alone software and web-based Stand-alone software Stand-alone software and web-based Stand-alone software Stand-alone software	Mindfulness-Based Stress Reduction (MBSR) Mindfulness meditation Mindfulness meditation Mindfulness meditation Mindfulness-Based Stress Reduction (MBSR) Mindfulness meditation Mindfulness meditation Mindfulness meditation Mindfulness meditation	Multi-language - Chinese English German Multi-	No Yes No No Yes	in-app purchases - - - Free Free with in-app purchases Free with	General Public General Public - Students General Public Cancer patients
55 56 57 58 59 60 61 62	Lenz (2018) Leonard (2018) Loree (2019) Ly (2014) Lyzwinski (2019) Mak (2018) Mason (2018) Mikolasek (2018)	Pregnancy Stress Stress Depression Stress Mental Health Eating Habits Stress	Calm Mom Calm - My Student Mindfulness App Living With Heart (LWH) - CanRelax App	iOS, Android iOS, Android iOS, Android iOS, Android iOS, Android iOS, Android	Web-based Stand-alone software and web-based Stand-alone software Stand-alone software and web-based Stand-alone software Stand-alone software	Mindfulness-Based Stress Reduction (MBSR) Mindfulness meditation Mindfulness meditation Mindfulness meditation Mindfulness-Based Stress Reduction (MBSR) Mindfulness meditation Mindfulness meditation Mindfulness meditation Mindfulness meditation	Multi-language - Chinese English German Multi-	No Yes No No Yes	in-app purchases - - - Free Free with in-app purchases Free with in-app	General Public General Public - Students General Public Cancer patients

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	M-66:44 C.						M14:		Free with	
6 5	Moffitt-Carney	Mantal IIInaaa	Th. Mi. J.C. L	1:11	C4	Min 16-1 114 (Multi-	V	in-app	Cananal Dalatia
_65	(2019)	Mental Illness	The Mindfulness App	iOS, Android	Stand-alone software	Mindfulness meditation	language	Yes	purchases	General Public
66	Morrison (2018)	Stress	Healthy Mind	Android	Web-based	-	-	No	-	General Public
			•						Free with	
	Niksirat (2019)						-		in-app	
67		Stress	Pause & Sway	iOS, Android	Stand-alone software	Mindfulness meditation		Yes	purchases	General Public
									Free with	
	Pender Norton						Multi-		in-app	
68	(2017)	Stress	Calm	iOS, Android	Web-based	Mindfulness meditation	language	Yes	purchases	General Public
		General	"Mindfulness" and							
69	Plaza Garcia (2017)	Wellbeing	"Mindfulness Sci"	Android	Stand-alone software	Mindfulness meditation	Spanish	Yes	Free	General Public
										Borderline
										personality
										disorder (BPD)
_70	Prada (2017)	Mental Illness	EMOTEO	iOS, Android	Stand-alone software	Mindfulness meditation	English	Yes	Free	patients
									Free with	
	D (2010)	G 1:		.00 + 1 .1	G. 1.1 C	36. 10.1	E 11.1	* 7	in-app	g 1
_71	Roos (2019)	Smoking	Craving to Quit	iOS, Android	Stand-alone software	Mindfulness meditation	English	Yes	purchases	Smokers
							3.6.1.1		Free with	
70	D (2010)	C	TT 1	:O0 A 1 :1	337 1 1 1	NC 10 1 11 11 11	Multi-	37	in-app	C 1D 11'
_72	Rosen (2018)	Cancer	Headspace	iOS, Android	Web-based	Mindfulness meditation	language	Yes	purchases	General Public
							Multi-		Free with	
73	Rosen (2017)	Cancer	Headspace	iOS, Android	Web-based	Mindfulness meditation	language	Yes	in-app purchases	General Public
-	Roy (2017)		Headspace	· ·	W CD-Dascu		laliguage	1 68	purchases	-
74	Roy (2017)	Stress	-	iOS, Android	-	Guided meditation	-	-	-	General Public
									Free with	
						-			in-app	Busy
75	Seidman (2019)	Pain	Whil	iOS, Android	Stand-alone software		English	Yes	purchases	professionals
7.	G: 1 (2017)	G.			C. 1.1. C.	Breathing Awareness	-	3.7	-	C 1D 11'
_76	Sieverdes (2017)	Stress	Tension Tamer (TT)	iOS, Android	Stand-alone software	Meditation (BAM)		No		General Public
77	C:1-1 (2010)	D	MIT	:00	-4J -1	C: 1- 1 1:4-4:	D., -11-1	No	-	Family dementia
_77	Sikder (2019)	Dementia	MIT	iOS	stand-alone software	Guided meditation	English			caregivers
	C:1 A1 1					Mindfulness-Based Stress Reduction				
78	Silva Almodovar (2018)	Depression	Cincerrite	iOS, Android	Stand-alone software	(MBSR)	-	No	-	General Public
70	(2016)	Depression	Sinasprite	ios, Alidioid	Stand-alone software	(MBSK)		NO	Free with	General Fublic
							Multi-		in-app	
79	Strobel (2017)	Stress	Headspace	iOS, Android	Web-based	Guided meditation	language	Yes	purchases	General Public
	540001 (2017)	54033	Headspace	100,711101010	11 00-0asca	Galaca incultation	ianguage	103	Free with	General I uone
							Multi-		in-app	
80	Svetlov (2019)	Stress	Muse	iOS, Android	Stand-alone software	Mindfulness meditation	language	Yes		General Public
		Risky		,	bottmate				Г	- ,
		smartphone-					_		-	
81	Trub (2017)	related behaviors	Mindful Messaging	iOS	Stand-alone software	Mindfulness meditation		No		Young adults
	` /					Loving-Kindness				
							_		_	
82	Vacca (2016)	-	SIMA	iOS, Android	Stand-alone software	Meditation (LKM)		No		-
		<u> </u>	SIMA -	iOS, Android	Stand-alone software			No -	_	-
82	Vacca (2018)		-	-	-	Mindfulness meditation	-		-	-
		- - -	SIMA - SIMA	iOS, Android iOS, Android	Stand-alone software Stand-alone software		-		-	- - -

85	Vacca (2017)	-	SIMA	iOS, Android	Stand-alone software	Mindfulness meditation	-	No	-	-
	Van Emmerik		the VGZ Mindfulness							
86	(2018)	-	Coach	iOS, Android	Stand-alone software	Mindfulness meditation	Dutch	Yes	Free	General Public
									Free with	
			Two Apps (MovisensXS						in-app	
87	Versluis (2018)	Stress	and VGZ)	iOS, Android	Web-based	Mindfulness meditation	English	Yes	purchases	General Public
88	Vianello (2018)	Stress	AEON	iOS, Android	Web-based	Mindfulness meditation	English	Yes	Free	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-		in-app	
90	Wen (2017)	Stress	Headspace	iOS, Android	Web-based	Mindfulness meditation	language	Yes	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-			
93	Ziegler (2019)	Distractibility	MediTrain	iOS, Android	Stand-alone software	Focused meditation	language	Yes	Free	General Public