

Mindfulness Apps

REVIEW

With many available mindfulness apps, it can be hard to decide which one may be the best choice for you! This review evaluates a few of the most popular mindfulness apps through their user ratings and features. This review does not evaluate the efficacy of the apps in developing mindfulness.

MARS = Mobile Application Rating Scale - Evaluates features and qualities of mindfulness based apps.	HEADSPACE	SMILING MIND	CALM
MARS Overall Rating	 4/5	 3.7/5	 3.7/5
USER RATINGS			
Apple	★★★★★ (49.4K ratings)	★★★★★ (43 ratings)	★★★★★ (616,604 ratings)
Google	★★★★★ (116,086 ratings)	★★★★★ (2,287 ratings)	★★★★★ (177, 593 ratings)
MARS RANKING			
Engagement	3.8	4.5	4.4
Aesthetics	4.8	4.3	5
Information	4.7	3.8	3.5
Functionality	4.8	4.5	4.8
FEATURES			
Timers & Reminders	✓	✓	✓
Mood Assessments	✗	✓	✗
Tracking	✓	✓	✓
Program Based Practice	✓	✓	✓
App Community	✓	✓	✓
Social Media	✓	✓	✓
In-App Purchase	✓	✓	✓
Initial Cost	Free	Free	Free
Subscription Cost	\$12.99/month, \$94.99/year, \$399.99 lifetime	Free	\$12.99/month, \$59.99/year, \$299.99 lifetime
Target Audience	Beginner to Advanced; all age groups	Programs from 7 y/o to adulthood	Beginner to Advanced; all age groups
Topics Include	Sleep and mini meditations, mindfulness practices for daily occurrences i.e. walking, eating etc.	Programs designed to assist people in dealing with pressure, stress and challenges of daily life.	Calming anxiety, breathing exercises, managing stress, mindfulness at work, deep sleep and more.

*Sources: HeadSpace and Smiling Mind ratings are sourced from a "Review and Evaluation of Mindfulness-Based iPhone Apps." Calm rating is sourced from "A Review of Apps for Calming, Relaxation, and Mindfulness Interventions for Pediatric and Palliative Care Patients".