

## Mobile App Handout Overview

	Name	Creator	Price	OS	User Rating	Problem Area	Main Features	ACT Components
<b>ACT - Specific Apps</b>	<b>ACT Coach</b>	National Center for PTSD and T2	Free	iOS	5 (n=1)	PTSD and Depression	Text exercises, goal setting, metaphors, audio mindfulness, self-monitoring	All 6 components
	<b>ACT Companion</b>	Berrick Psychology	\$11.99	Android & iOS	4.5 (n=43)	General	Goal setting, self monitoring, interactive exercises, audio mindfulness, share results via email.	All 6 components
	<b>I Here Now (IHERENOW)</b>	ACT Organisation / Fredrik Livheim AB	\$2.99	iOS	N/A	General	Customizable audio mindfulness, set mindfulness reminders/tasks, self-monitoring	Mindfulness exercises linked to ACT
	<b>Learn2ACT</b>	Learn2ACT	Private beta (temporarily free of charge). Contact for access	Android & iOS	N/A	Clinical	Platform for blended (adjunctive) ACT. Training app for social workers and therapeutic app for clients. Communication between therapist & client	Focuses primarily on values and committed action
	<b>Oiva *(Finnish - only)</b>	VTT Technical Research Centre of Finland	Free	Android & iOS	4 (n=66)	General	Video introductions / exercises, audio mindfulness, interactive exercises	Present moment, Values, Committed action
	<b>The Sleep School App</b>	The Sleep School	\$5 Android, \$3.99 iOS	Android & iOS	4 (n=8)	Insomnia	Animated videos, interactive exercises, audio mindfulness, reminders, goal setting, self-monitoring	Present moment, Committed action
	<b>SmartQuit</b>	2Morrow Inc. & Fred Hutchinson Cancer Research Institute	Free (\$50 for 6-month access to full version)	Android & iOS	5 (n=30)	Smoking	Urge tracking, audio mindfulness, camera uploads, "quit plan," interactive exercises, self monitoring	All 6 components
	<b>Viary</b>	Hoas Tool Shop AB	Professional system (pricing unavailable)	Android & iOS	3 (n=4)	Productivity	Goal setting/tracking, self monitoring (statistical/graph feedback), journaling, reminders, coaching (via in-app messages)	Committed action

\*(1-5)

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Mindfulness Apps	<b>Headspace</b>	Headspace	Free Trial (\$6.24-\$12.95/month)	Android, iOS, & website	4.3 (n=12,693)	Non-clinical	HQ mindfulness audio, animated metaphors, self monitoring, social posting, prompting, gamefication	Present moment awareness, Self as Context, Defusion-consistent exercises
	<b>Stop, Breathe, &amp; Think</b>	Tools for Peace	Free	iOS	4.2 (n=1,558)	Non-clinical	HQ mindfulness audio, check-in with tailored mindfulness, self monitoring, text-based learning	Present Moment Awareness, Self as Context, & Defusion-consistent exercises
	<b>Buddhify</b>	Mindfulness Everywhere	\$4.99	Android & iOS	4.2 (n=451)	Non-clinical	HQ mindfulness audio (open toolbox with recommendations based on user's status)	Awareness, self as context
	<b>Mindfulness Coach</b>	National Center for PTSD and T2	Free	iOS	5 (n=1)	PTSD, stress, depression, & anxiety	Audio/text mindfulness, self monitoring	Awareness, Self as context, & Defusion-consistent exercises
Goal-setting apps	<b>Coach.me</b>	Lift Worldwide	Free trial (\$14.99/week)	Android & iOS	3.5 (n=4,181)	Non-clinical	In-app text message coaching, self monitoring, select goals, set weekly milestones, internal social network for goal posting	Committed action
	<b>Habit List</b>	<i>Scott Dunlap &amp; Gerard Gualberto</i>	\$3.99	iOS	4.5 (n=474)	Non-clinical	Get motivated, track your progress, and view trends over time.	Committed action
	<b>Lifetick.com</b>	Meridian 86 Pty. Ltd.	Free Trial (\$2.50/month)	Web-based app	N/A *(1-5)	Non-clinical	Set, track, and achieve goals over time while logging journal entries	Committed action & Values

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EMA Apps	<b>iPromptU</b>	Cognitive Behavioral Institute of Albuquerque, LLC	Free	Android & iOS (fails on iOS)	4.5 (n=6)	General	Schedule prompts / check-ins (EMA), collect data, email responses to therapist/researcher, 100% customizable	Depends on design
	<b>LifeData (app named "RealLife Exp")</b>	LifeData, LLC	\$79 - \$1,950 / year	Android, iOS, & Web	N/A	General	Schedule prompts / check-ins (EMA), collect/analyze data, 100% customizable, database backend, offline data collection, GPS/photo capabilities	Depends on design
	<b>PACO</b>	Paco Developers	Free	Android & iOS	3.4 (n=99)	General	Schedule prompts / check-ins (EMA), collect data, database backend (unstable at times), GPS/camera capabilities. Requires Gmail account	Depends on design
	<b>SelfEcho mobiletherapy.com</b>	Mobile Therapy	Free Trial (\$50/month or \$480/year)	Android, iOS, & online	N/A	General	Comprehensive set of tools to collect & analyze client data. Communicate with clients.	Depends on design
Other Apps	<b>Gratitude Journal</b>	Happy Tapper	\$1.99	iOS	3.5 (n=3,697)	Non-clinical	Log positive events that occurred each day	Awareness, self as context, values
	<b>Moodlytics</b>	AnantApps	Free	Android & iOS	3.8 (n=753)	Non-clinical	Track your mood over time and set goals.	Committed action, awareness, self as context.
	<b>T2 Mood Tracker</b>	The National Center for Telehealth and Technology	Free	Android & iOS	4.1 (n=1,362)	General	Track your emotional experience over time. Create PDF / CSV reports including your data and graphs.	Emotional self awareness
	<b>Voice Changer Plus</b>	Arf Software, Inc.	Free (in-app purchases)	iOS	3 (n=98,312)	Non-clinical	Change voice with app software	Can be used for Defusion ("Milk, milk, milk")