

## 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>Forstara Personal Values Sort</b>	Forstara	\$0.99	Android* & iOS	N/A	General	Sort/rank personal values	Values
	<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>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>Somatiq ACT Apps (ACT1-6)</b>	Somatiq LLC	\$2.99 each	iOS	3 (n=7)	General	Audio mindfulness, reading/writing exercises, sort/rank values, values tracking	Values, defusion, acceptance
	<b>Viary</b>	Hoas Tool Shop AB	Professional system (pricing unavailable)	Android & iOS	3 (n=4)  *(1-5)	Productivity	Goal setting/tracking, self monitoring (statistical/graph feedback), journaling, reminders, coaching (via in-app messages)	Committed action

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Mindfulness Apps	Headspace	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
	Stop, Breathe, & Think	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
	Buddhify	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
	Mindfulness Coach	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	Coach.me	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
	Habit List	Scott Dunlap & Gerard Gualberto	\$3.99	iOS	4.5 (n=474)	Non-clinical	Get motivated, track your progress, and view trends over time.	Committed action
	Lifetick.com	Meridian 86 Pty. Ltd.	Free Trial (\$2.50/month)	Web-based app	N/A	Non-clinical	Set, track, and achieve goals over time while logging journal entries	Committed action & Values

\* (1-5)

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<b>EMA Apps</b>	<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>MetricWire</b>	MetricWire Inc.	\$500/year (25 users)	Android & iOS	4.1 (n=12)	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
<b>Other Apps</b>	<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")

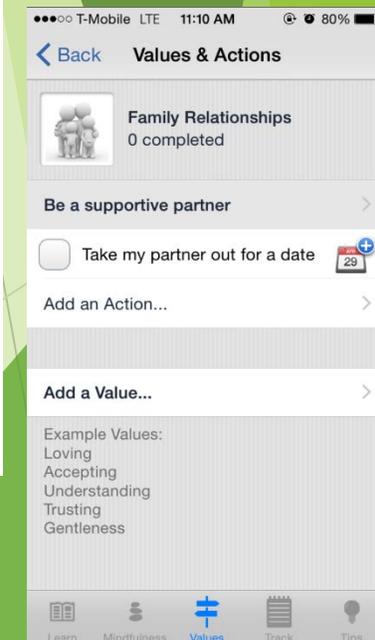
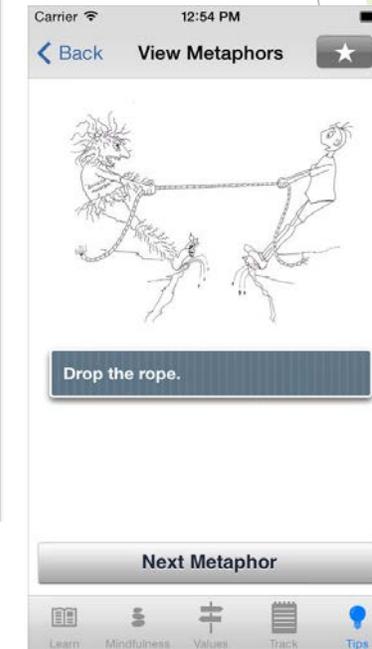
\*(1-5)



# ACT Coach

## ► Key Features:

- + Explores all 6 components of the hexaflex within an open-toolbox format.
- + Brief, illustrated metaphors allow for bite-size consumption of ACT components in the moment
- + Integrates phone calendar with values / committed action worksheet setting values-based goals within a valued domain.
- + Self monitoring logs for mindfulness practice, willingness, and workability of coping strategies.
- + Audio-guided mindfulness exercises with on-screen text, stored on the app (doesn't require internet connection to work, *but screen must be turned on to play audio so potential battery drain*).
- Brief tips and psychoeducation library sections are text heavy and may be too brief or complex for users to understand.
- Some exercises require a lot of text entry from the user, and long, somewhat confusing menus.
- Might not work well as a stand-alone app (some content is too brief to be understood without previous learning).





# ACT Companion

## • Key Features:

+ Explores all 6 components of the hexaflex with a simple, clean UI that is easy to navigate around, in an open toolbox format.

+ Mindfulness and acceptance audio exercises stored on the app (doesn't require internet connection to work, *but screen must be on to play audio*).

+ Many interactive worksheets: costs of control, acceptance, defusion, mindfulness exercise reflection, values clarification, and goal setting.

+ "Treasure chest" allows users to upload pictures reflecting values.

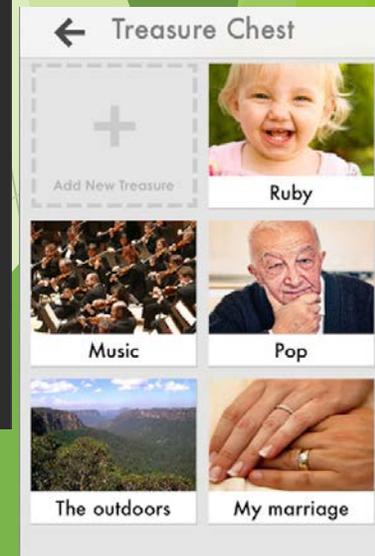
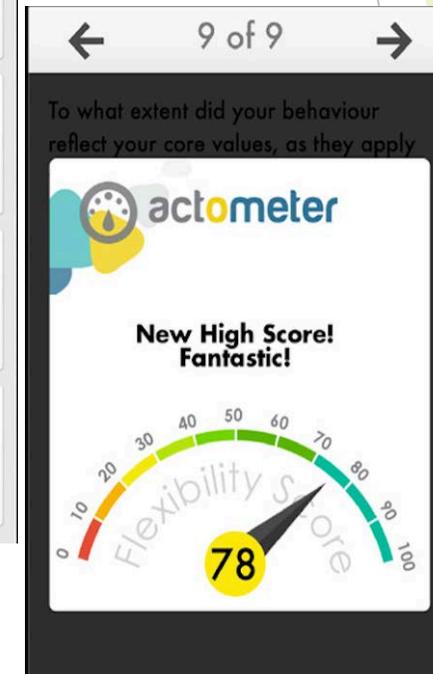
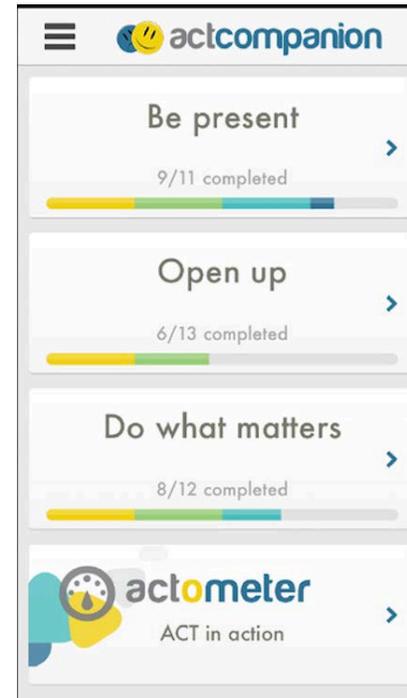
+ "Crisis tool" provides mindfulness exercise and worksheet for crises.

+ "ACTometer" assesses how user responded to a challenging situation and provides a "flexibility score" that can be tracked over time.

+ Self-monitor progress, set up weekly "check-ins", review previous worksheet answers, share results with others via email.

- Very heavy reliance on text entry format for exercises, which may be cumbersome to some users and impede usage.

- Might not work well as a stand-alone app due to open toolbox format.





# The Sleep School

## ► Key Features:

- + High quality animations (of previous clients talking about issues with insomnia) & drawings that enhance user experience.
- + Relies heavily on **high quality mindfulness audio** recordings and **interactive exercises** - cutting down on the overall amount of text-based psychodidactic content and keeping the user engaged.
- + Provides **tailored suggestions**, but is still an **open toolbox** design where the user is free to choose from any exercise.
- + **Sleep Surveys** with feedback, and **easy-to-use sleep tracker**, which can be reviewed by the user to look at their progress over time.
- + **Schedule reminders**, exercises, and goal completion within app.
- +/- **Simple minimalistic layout**, however can be **difficult to navigate** at times.
- Some of the text is too small and difficult to read
- Designed specifically for sleep (most of the metaphors / exercises will not fit other presenting problems)

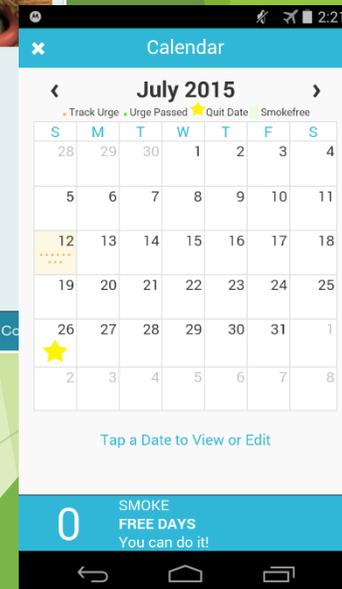
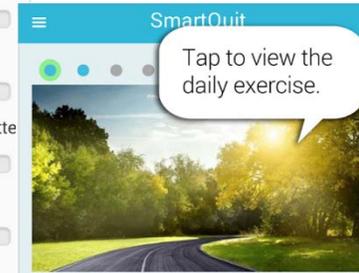
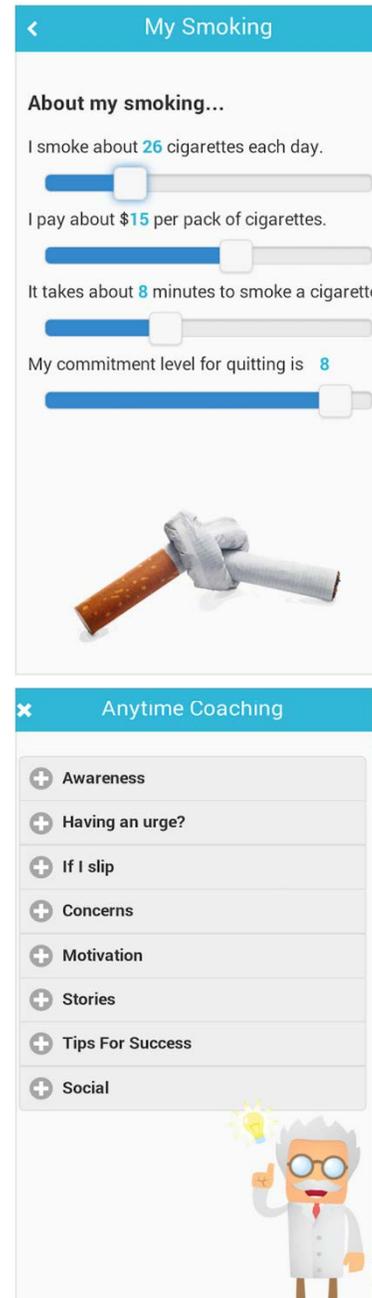




# SmartQuit

## ▶ Key Features:

- + Users create a “Quit Plan” including quit date, reasons for quitting (e.g. upload image for values), supports, steps for quitting.
- + Automated email can be sent with support plan to 2 individuals of your choosing.
- + Tunneled design provides targeted text/audio ACT exercises spread out across days.
- + “Anytime coaching” allows the user to try out previous exercises at any time (can use the app as a toolbox).
- + Coaching also includes personal stories, smoking cessation tips, social media links
- + Simple UI and high quality audio guided exercises / introductions.
- + Track urges to smoke and urges that you allowed to pass, as well as your quit date. Review your progress with the “Smoke Free Calendar”
- Designed specifically for smoking cessation.
- Free trial, but can be expensive for full version of the app.

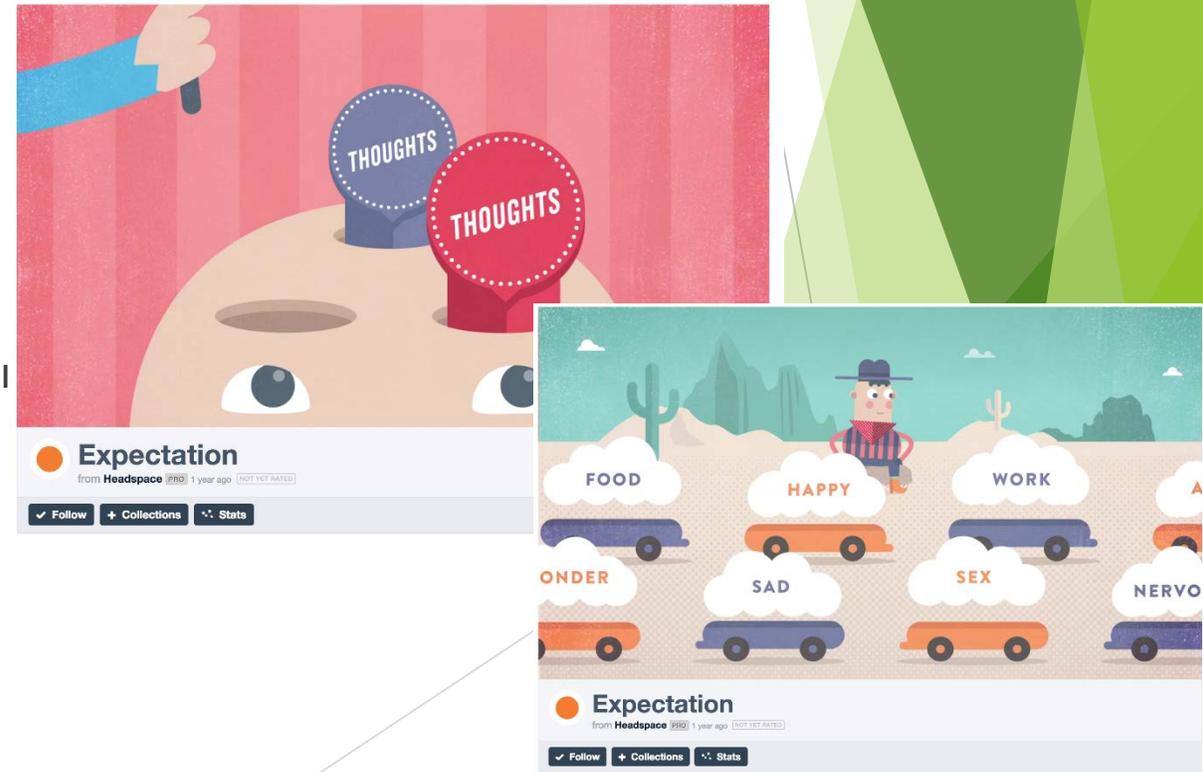
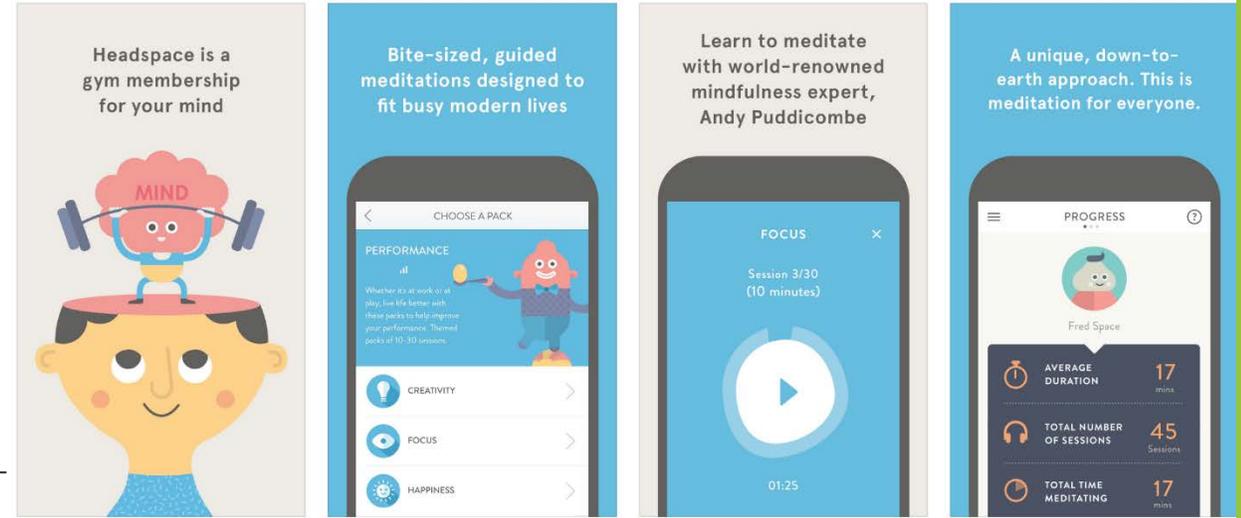




# Headspace

## ▶ Key Features

- + One of the highest downloaded mindfulness apps.
- + Works across numerous platforms (Android, iOS, AND website browsers) - reducing potential barriers for users who do not own a smartphone or have access to a mobile data plan.
- + Animated metaphors that are often consistent with ACT (defusion, awareness, self as context, and acceptance).
- + Extremely high quality audio-guided mindfulness with simple introductions that provide a solid basis for these exercises.
- + Relies heavily on audio / video for psychodidactic content, cutting back on text and keeping the user engaged.
- + Gamification (receive awards for practicing) and set up reminders / “mindful moments” via push notifications to make your mindfulness practice a habit.
- + Accessibility - long, short, “SOS” meditations.
- + Social networking - motivate yourself and others to practice by sharing/commenting on usage stats with Headspace’s internal social network (stats are passively recorded and can also be reviewed by the user personally).
- Free trial, but can be expensive for full version of the app.
- Occasionally uses ACT-inconsistent language

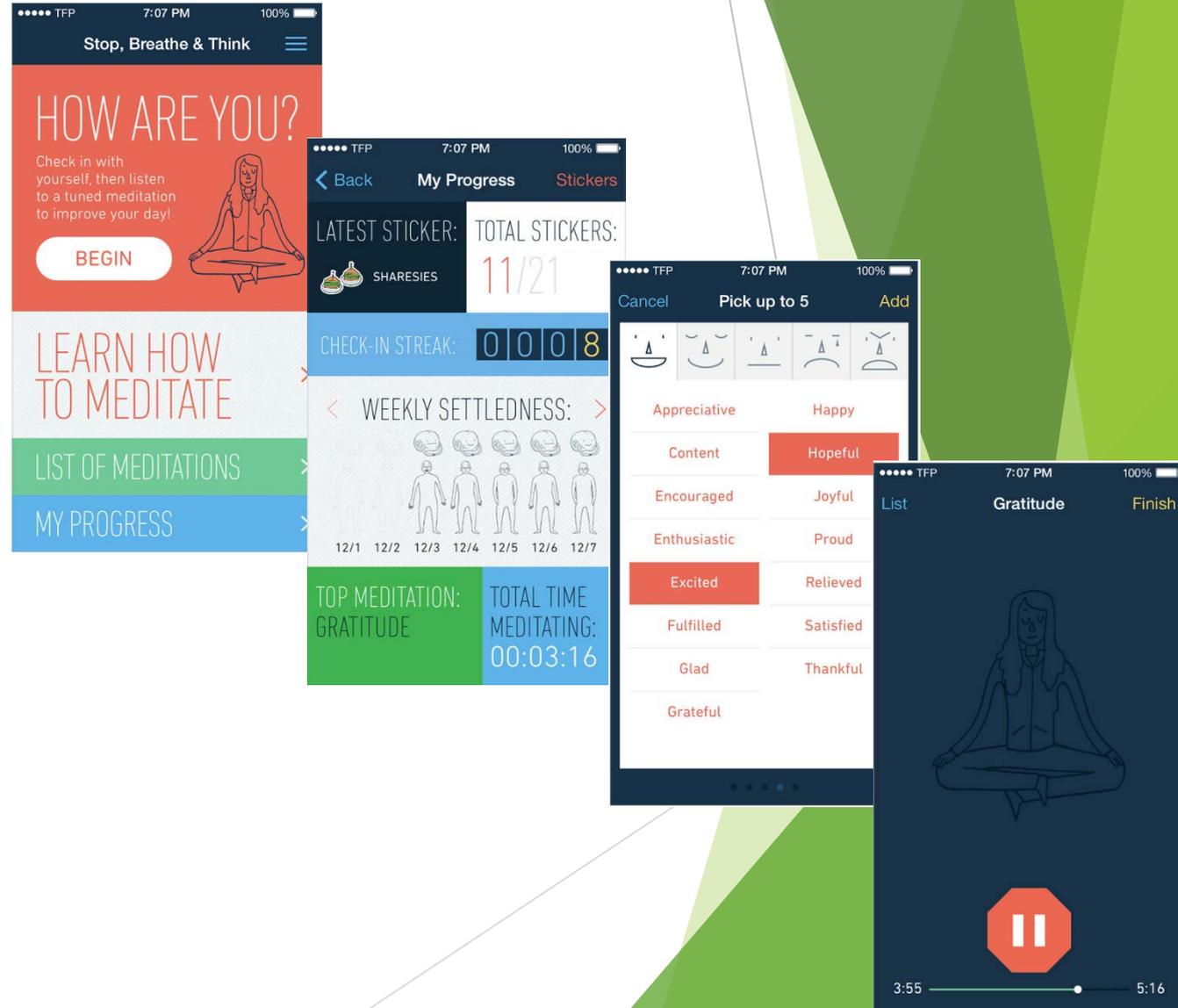




# Stop, Breathe, & Think

## ► Key Features

- + Simple check-in (“How are you?”) which guides tailored meditation suggestions.
- + Very high quality audio-guided mindfulness
- + Track your progress (weekly “settledness”, total time meditating)
- + Gamification with stickers, check-in streaks
- + Free app with hours of mindfulness exercises
- + Simple, clear wording and clean drawings to convey the message
- + Overall, uses ACT-consistent language
- Some of the “learn” sections are text-heavy when describing how and why to practice meditation.
- Some exercises have to be purchased

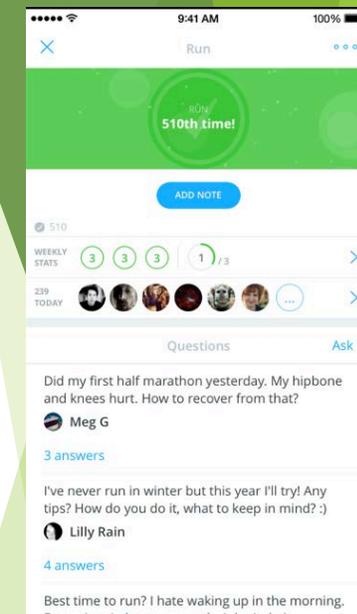
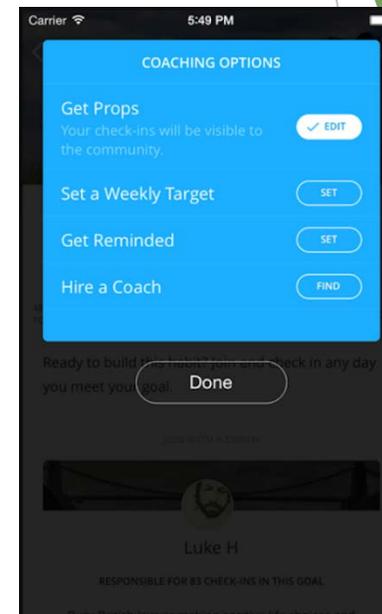
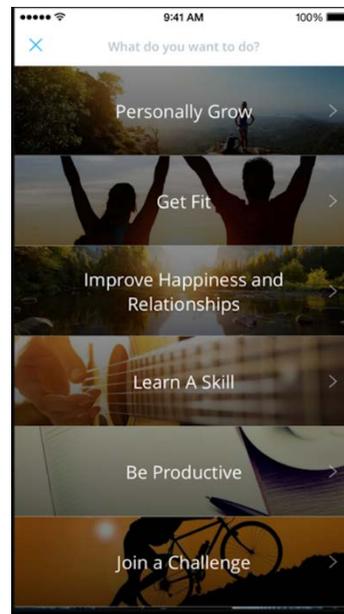




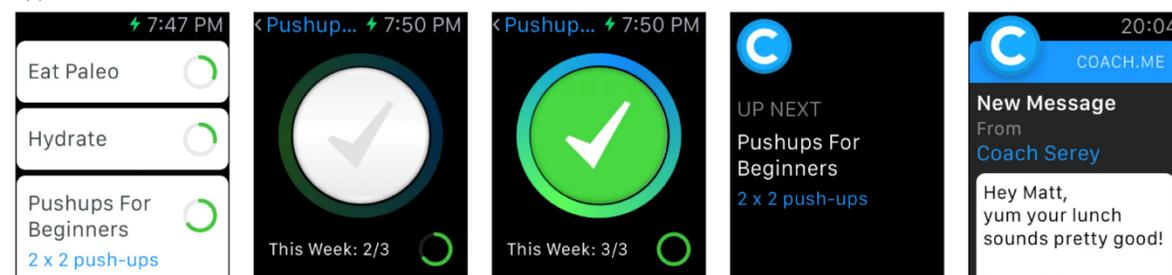
# Coach.me

## ► Key Features

- + Track your progress and develop social accountability with internal social network
- + In-app text message coaching with live coach
- + Pick a goal and set weekly milestones and rewards for achieving these milestones (Gamefication).
- + Set reminders & prompts (via push notifications) to complete goals throughout the week.
- + Apple Watch compatible, which potentially opens up a more accessible venue to engage
- + Choose from a variety of live coaches for in-app text message guidance/motivation
- Occasional ACT-inconsistent messages within text
- Live coaches could provide ACT-inconsistent messages (an extreme might be a "just do it" type of recommendation)



Apple Watch





# Viary

## ► Key Features

- + Simple goal setting / tracking
- + Self monitoring with statistical and graph feedback
- + Journaling exercises
- + Set reminders for goals
- + Personalized coaching through the app (coach receives user's data and messages, sends feedback)
- + Website can be used as alternative for the app.
- Professional system, pricing unavailable (could be a barrier for use in clinical setting)

The image displays three mobile app screenshots and one website screenshot. The mobile app screenshots show:

- Home screen:** Lists goals under 'Feedback skills' (e.g., 'Book a 1-on-1 meeting with a co-worker', 'Send an email and give feedback to a co-worker') and 'Leadership challenges' (e.g., 'Have a lunch with a leader who inspires you').
- Behavior screen:** Shows a goal 'Book a 1-on-1 meeting with a co-worker' with a 'REGISTER BEHAVIOR' button and progress indicators for 'TOTAL EFFORTS' (1) and 'DAY STREAK' (1).
- Message screen:** Displays a feedback message: 'Great work with practicing feed back this week! I'm happy to see that you've noticed how much difference just a quick e-mail can make for you co-workers. Good luck with the 1-on-1 meeting you've booked!'.

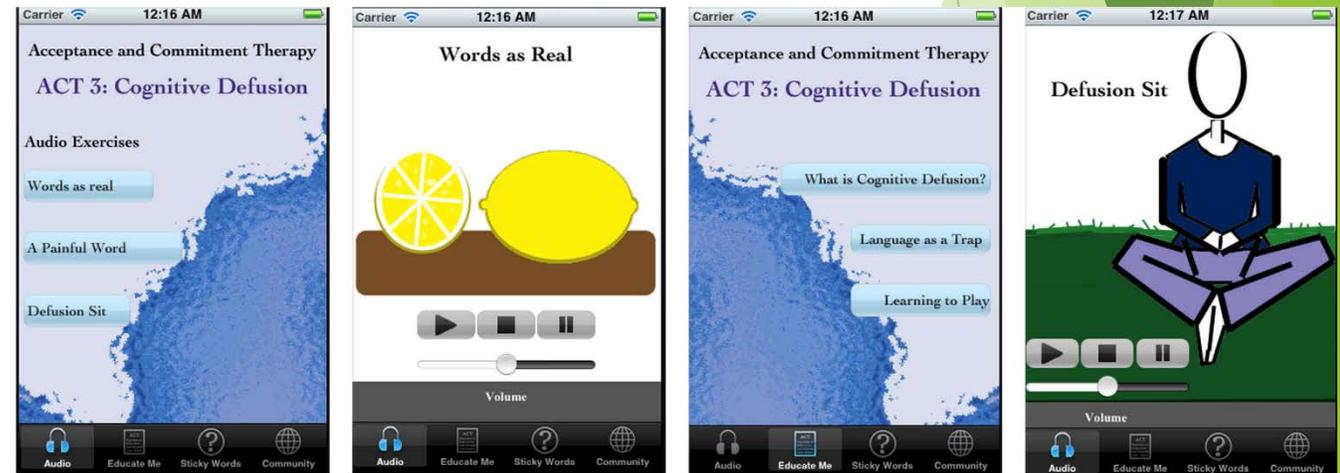
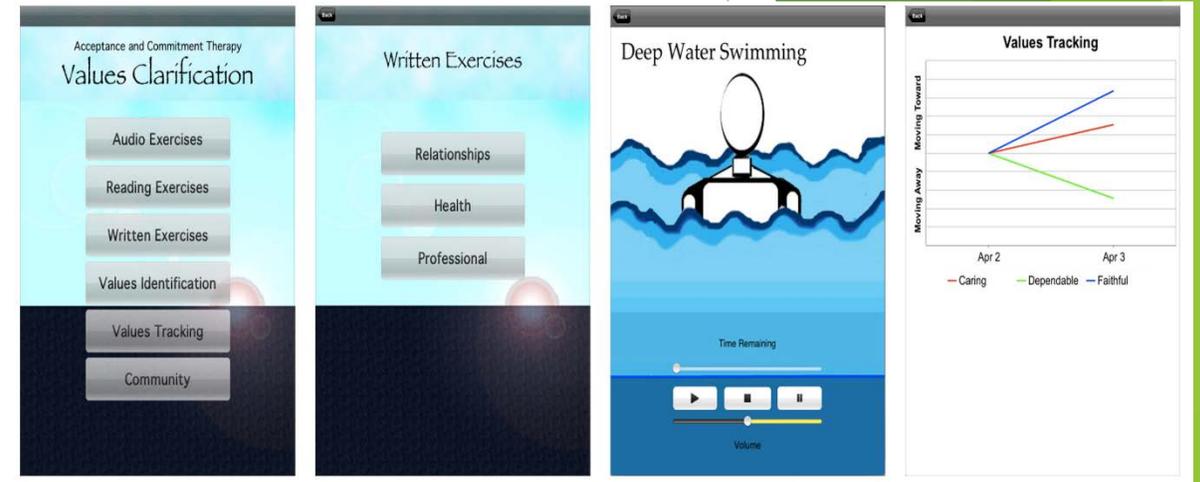
The website screenshot shows the 'Statistics for Hoa's Tool Shop' dashboard, featuring a sidebar with navigation options (Dashboard, Teams, Statistics, Toolbox, Settings, John Airakainen, Application, Messages, Goals, Edit profile) and a main content area with charts and data for 'Number of efforts per day', 'Relation between number of efforts', and 'Number of achieved efforts'.



# Somatiq ACT apps

## ▶ Key features:

- + Variety / breadth of ACT exercises and psychodidactic content
- + Reading, writing, and audio exercises
- + High quality audio recordings (mindfulness & metaphors)
- + Track progress with graphs
- Text heavy pages
- Hasn't been updated since 2012, support may drop. Has not been optimized for larger iPhone screen size.
- UI isn't as attractive / smooth as alternative apps. Occasionally difficult to navigate.
- Audio stops if phone goes to sleep.





# iPromptU

## ▶ Key Features

- + Create 100% customizable prompts / check-ins through a simple website interface.
- + These brief check-in surveys throughout the day can be used for Ecological Momentary Assessment (EMA).
- + Create immediate, fixed, or random alerts (can specify non-alerting hours).
- + Sequential or random question order.
- + Response time limits.
- + Secure user/administrator login, and database backend. User and administrator can review all self-monitoring data.
- + Format of check-ins may include: activity schedules, thought records, or worksheets.
- + Free! Clean User Interface.
- Branching design is not possible
- Current version crashes on iPhone, but works flawlessly on Android

