



Addiction & Mental Health Mobile Apps Directory

Knowledge Exchange, Provincial Addiction & Mental Health

Purpose and audience

The Directory provides an overview of evidence-based apps related to addiction and mental health.



May be useful for:

- Clinicians
- Researchers
- App developers



- We do **NOT** evaluate the apps
- AHS does **NOT** endorse the apps

Selecting apps



Potential apps are identified in:

- Academic databases
- Organizational websites
- News articles
- Other sources in the public domain



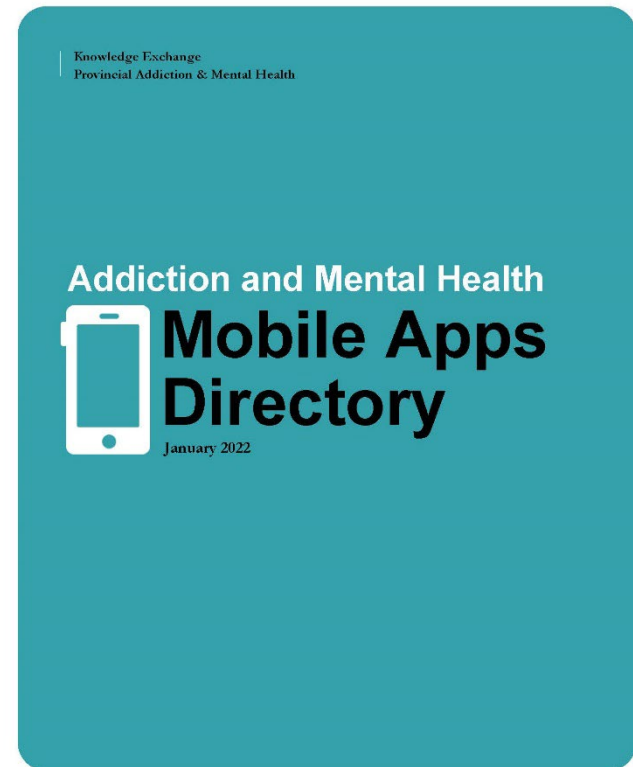
Selection criteria includes:

- Supporting evidence (e.g., research studies)
- User reviews
- Supported platforms (e.g., iOS, Android)
- Currency (i.e., how often the app is updated)

Format

Available in **PDF format** and as an **online database**

Apps have been grouped into categories of disorders according to the Diagnostic and Statistical Manual of Mental Disorders, 5th edition (DSM-5)



Headspace: Meditation & Sleep

Headspace Inc. (2022)

Free

Available on: [iOS](#) | [Android](#)

Includes hundreds of guided meditations on a wide range of topics, including sleep, focus, and exercise. Users can track their progress and time spent meditating. The free version is limited, but users can subscribe for expanded offerings.

Supporting evidence:

- [Research study](#) (Haliwa et al., 2021)
- [Research study](#) (Flett et al., 2020)
- [Research study](#) (Bostock et al., 2019)
- [Research study](#) (Champion et al., 2018)
- [Research study](#) (Economides et al., 2018)
- [Research study](#) (Howells et al., 2016)
- [Expert review](#) (PsyberGuide)
- [Expert review](#) (MindTools.io)
- [Expert review](#) (Anxiety and Depression Association of America)
- [Expert review](#) (Health Navigator)

This app also applies to:

- DSM-5 section 8.0: Disruptive, Impulse-Control, and Conduct Disorders
- DSM-5 section 11.3: Stress
- DSM-5 section 11.4: Sleep

Where to find the Directory

You can **find the Directory** on the Addiction & Mental Health Knowledge Exchange webpage:

<https://www.albertahealthservices.ca/assets/info/res/mhr/if-res-mhr-kt-mobile-app-directory.pdf>

Questions?

Contact us: amh.knowledgeexchange@ahs.ca