

## Appendix:

### Search strategies

#### PubMed

- #1. mobile applications [MeSH Terms]
- #2. cell phone [MeSH Terms]
- #3. cell phone use [MeSH Terms]
- #4. (((((((((((((((((((mobile [Title/Abstract])) OR (mobile applications [Title/Abstract])) OR (mobile based [Title/Abstract])) OR (mobile-based [Title/Abstract])) OR (distance counseling [Title/Abstract])) OR (app [Title/Abstract])) OR (app based [Title/Abstract])) OR (app-based [Title/Abstract])) OR (software [Title/Abstract])) OR (electronic [Title/Abstract])) OR (digital [Title/Abstract])) OR (smartphone [Title/Abstract])) OR (phone [Title/Abstract])) OR (online [Title/Abstract])) OR (internet [Title/Abstract])) OR (web [Title/Abstract])) OR (ehealth [Title/Abstract])) OR (telehealth [Title/Abstract])) OR (telebased [Title/Abstract])) OR (tele-based [Title/Abstract])) OR (telemedicine [Title/Abstract]))
- #5. #1 OR #2 OR #3 OR #4
- #6. Mindfulness [MeSH Terms]
- #7. (((((((mindfulness [Title/Abstract])) OR (meditation [Title/Abstract])) OR (mindfulness-based intervention [Title/Abstract])) OR (MBSR [Title/Abstract])) OR (mindfulness-based stress reduction [Title/Abstract])) OR (mindfulness-based cognitive therapy [Title/Abstract])) OR (vipassana [Title/Abstract]))
- #8. #6 OR #7
- #9. Nurses [MeSH Terms]
- #10. Nursing [MeSH Terms]
- #11. nurse midwives [MeSH Terms]
- #12. students, nursing [MeSH Terms]
- #13. ((((((((((nurs\* [Title/Abstract])) OR (nurse [Title/Abstract])) OR (nurses [Title/Abstract])) OR (nursing staff [Title/Abstract])) OR (clinical nurse [Title/Abstract])) OR (nursing [Title/Abstract])) OR (nursing personnel [Title/Abstract])) OR (registered nurse [Title/Abstract])) OR (nursing students [Title/Abstract])) OR (nurse interns [Title/Abstract]))
- #14. #9 OR #10 OR #11 OR #12 OR #13
- #15. #5 AND #8 AND #14