

# Mindfulness and Mental Health: Exploring Students' Experience with an Evaluations of a Mindfulness-Based Smart Phone Application

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## ABSTRACT

Various studies have demonstrated the positive role meditation and mindfulness play in reducing stress and increasing mental health. However, few researchers have focused on mindfulness-based Smartphone apps and how they might positively affect a person's mental health when used regularly. This qualitative study investigates how N=10 students between the ages of 13-18 evaluate a mindfulness-based app called "ACT Companion" by using a case study design. Based on thematic analysis, the following themes got extracted: 'Meditation as coping strategy', 'self-awareness', 'learning process' and 'app evaluation and recommendation'. More specifically, the results of this study confirmed a significant presence of stress in participates, which was caused by both external and internal pressures. ACT Companion was perceived as a useful and effective app to deal with stressful situations and the app helped them to (re)build their confidence when necessary and thought participants how to find inner peace and calmness, which would result in a more positive mindset. Furthermore, participants emphasized that meditation is something that must be learned, and that personal investment and an open attitude towards the idea of mindfulness were necessary to experience the benefits of it. Specific app recommendations and study limitations are further discussed.

**Keywords:** Mindfulness, Meditation, Mental health

