

| App name | App provider | Gamification technique score |
|--------------------------------|------------------------|-------------------------------------|
| 101 Ways to Be Healthy | Life Time Fitness | 0 |
| 3 Minute Stress Buster | Astute Software | 0 |
| 5 Best Health Tips | Eurekafox | 0 |
| Anti Stress | reism | 0 |
| Anti-Stress- | Aps Studios | 0 |
| Anti-stress Exercise | QUO?TE developers | 0 |
| Best Guided Meditation | Muhhas | 0 |
| Best Self-Help Quotes | Waikiki Sky | 0 |
| Best Wisdom Quotes | Waikiki Sky | 0 |
| Beste entspannende Musik | Aps Studios | 0 |
| Dance Workout | Marinapps | 0 |
| Der Klang der regen | Aps Studios | 0 |
| Dr Yousef | Mobile App Company | 0 |
| EFT Tapping Simulation | Mikhail Game Tech | 0 |
| Entspannende Musik | Aps Studios | 0 |
| Entspannungsmusik | Aps Studios | 0 |
| Essential Oils for Stress | Almasi | 0 |
| Exercise - A Necessity | ACIW | 0 |
| Free Meditation - Take a Break | Meditation Oasis | 0 |
| Get Out of Stress | AndroAppDevelopers | 0 |
| Health Foods Now | TopFreeAppsTips | 0 |
| Meditation Music | MeTapps | 0 |
| Motivational Quotes | Waikiki Sky | 0 |
| Motivational Quotes for Stress | Tiger Shark Pendekar | 0 |
| Natural Stress Relief Hypnosis | Mastermind App | 0 |
| Preksha Meditation* | Preksha International | 0 |
| Regen ton | Aps Studios | 0 |
| Regen und Donner Geräusche | Aps Studios | 0 |
| Reiki Heal | Devils Canon | 0 |
| Social BrainGym Lite | Brain Relax Technosoft | 0 |
| Stress Flush | ENKI | 0 |
| Stress Free Live Free | Davidandroidbro | 0 |

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| Stress Management | EclipseBoy | 0 |
| Stress Reduction Audio | Mindware Consulting, Inc | 0 |
| Stress Relief Free Guide | AppBelle | 0 |
| Stress Relief Hypnosis | Shoonger | 0 |
| stress relief reduce tensions | malcolm pugh | 0 |
| Stressheads | YouthNet | 0 |
| Sun Anywhere | Deux | 0 |
| Tiefe Meditation Musik | Aps Studios | 0 |
| Wellen strand klingen | Aps Studios | 0 |
| WorkLIFE 365 | Lindsey Witmer Collins | 0 |
| AnandaYoga | ECHK Hong Kong | 1 |
| Breathe2Relax | T2 | 1 |
| Calm-IT Stress Relief | New Oceans | 1 |
| eSense Temperature | Mindfield Biosystems Ltd. | 1 |
| INNOVZEN | INNOVZEN | 1 |
| O2CHAIR | INNOVZEN | 1 |
| POP POP | BIGTEXAPPS | 1 |
| Reiki-Energie | Dog Breeds Apps | 1 |
| Stress Check | kzk | 1 |
| Stress Management | Nasim | 1 |
| Stress Zapper | Green Infinity | 1 |
| The Stress Surfer | Workforce Management tems | 1 |
| Baoding Stress | GaMoon | 2 |
| Luftpolsterfolie - Stressabbau | ExaMobile S.A. | 2 |
| Mevii | Thrive 4-7 | 2 |
| Pocket Clarity: Mindfulness | Three Pound | 2 |
| RELAXATION OPTIMIZER | IntelaText | 2 |
| Stress Check by Azumio | Azumio Inc. | 2 |
| Stress Management Guide | DHMobiApp | 2 |
| StressLocator Free | Happy Electronics, s.r.o. | 2 |