

Mindfulness Meditation Mobile App Improves Depression and Anxiety in Adults with Sleep Disturbance: A Secondary Analysis of a Randomized Controlled Trial

Jennifer Huberty^{1*}, Megan E. Puzia², Jeni Green¹, Robert D. Vlisides-Henry³, Linda Larkey⁴, Michael R. Irwin^{5,6}, Ana-Maria Vranceanu⁷

¹College of Health Solutions, Arizona State University, Phoenix, AZ, USA; ²Behavioral Research and Analytics, LLC, Salt Lake City, UT, USA;

³Department of Psychology, University of Utah, Salt Lake City, UT, USA; ⁴Edson College of Nursing and Health Innovation, Arizona State University, Phoenix, AZ, USA; ⁵Cousins Center for Psychoneuroimmunology and Mindful Awareness Research Center, Jane and Terry Semel Institute for Neuroscience and Human Behavior, at UCLA, USA; ⁶Department of Psychiatry and Biobehavioral Sciences, David Geffen School of Medicine at University of California, Los Angeles, USA; ⁷Integrated Brain Health Clinical and Research Program, Department of Psychiatry, Massachusetts General Hospital/Harvard Medical School, Boston, MA, USA

Retraction Note

The article entitled “Mindfulness Meditation Mobile App Improves Depression and Anxiety in Adults with Sleep Disturbance: A Secondary Analysis of a Randomized Controlled Trial” has been accepted for publication in the Journal of Depression and Anxiety considering the statements provided in the article as personal opinion of the author which was found not having any conflict or biasness towards anything.

Publisher took decision to make the article online solely based on the reviewers suggestion which considered the article not but a personal opinion of the author. However, it is found that the author have some personal concerns and issues, therefore, being retracted from the journal.

Correspondence to: Jennifer Huberty, College of Health Solutions, Arizona State University, Phoenix, AZ, USA, Tel: +14023011304, E-mail: jhuberty@asu.edu

Received: September 25, 2020, **Accepted:** October 21, 2020, **Published:** October 28, 2020

Citation: Huberty J, Puzia ME, Green J, Vlisides-Henry RD, Larkey L, Irwin MR, et al. (2020) A Mindfulness Meditation Mobile App Improves Depression and Anxiety in Adults with Sleep Disturbance: A Secondary Analysis of a Randomized Controlled Trial. J Depress Anxiety. 9:374. doi: 10.35248/2167-1044.20.9.374

Copyright: © 2020 Huberty J, et al. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.