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.

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