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Global Evidence-Based Mental Health Apps Market Growth (Status and Outlook) 2026-2032

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Abstracts

The global Evidence-Based Mental Health Apps market size is predicted to grow from US$ 1624 million in 2025 to US$ 3118 million in 2032; it is expected to grow at a CAGR of 10.0% from 2026 to 2032.

Evidence-Based mental health apps are new mental health service tools that combine the concept of evidence-based mental health services with mobile technology. These applications aim to integrate the professional skills of mental health service providers, the characteristics of service recipients, the research evidence of researchers, and the supervision and management of government departments and industry organizations through scientific methods to provide effective mental health services.

United States market for Evidence-Based Mental Health Apps is estimated to increase from US$ million in 2025 to US$ million by 2032, at a CAGR of % from 2026 through 2032.

China market for Evidence-Based Mental Health Apps is estimated to increase from US$ million in 2025 to US$ million by 2032, at a CAGR of % from 2026 through 2032.

Europe market for Evidence-Based Mental Health Apps is estimated to increase from US$ million in 2025 to US$ million by 2032, at a CAGR of % from 2026 through 2032.

Global key Evidence-Based Mental Health Apps players cover Moodfit, Talkspace, Headspace, iBreathe, MindShift, etc. In terms of revenue, the global two largest companies occupied for a share nearly % in 2025.

LPI (LP Information)' newest research report, the ?Evidence-Based Mental Health Apps

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Industry Forecast? looks at past sales and reviews total world Evidence-Based Mental Health Apps sales in 2025, providing a comprehensive analysis by region and market sector of projected Evidence-Based Mental Health Apps sales for 2026 through 2032. With Evidence-Based Mental Health Apps sales broken down by region, market sector and sub-sector, this report provides a detailed analysis in US$ millions of the world Evidence-Based Mental Health Apps industry.

This Insight Report provides a comprehensive analysis of the global Evidence-Based Mental Health Apps landscape and highlights key trends related to product segmentation, company formation, revenue, and market share, latest development, and M&A activity. This report also analyses the strategies of leading global companies with a focus on Evidence-Based Mental Health Apps portfolios and capabilities, market entry strategies, market positions, and geographic footprints, to better understand these firms? unique position in an accelerating global Evidence-Based Mental Health Apps market.

This Insight Report evaluates the key market trends, drivers, and affecting factors shaping the global outlook for Evidence-Based Mental Health Apps and breaks down the forecast by Type, by Application, geography, and market size to highlight emerging pockets of opportunity. With a transparent methodology based on hundreds of bottom-up qualitative and quantitative market inputs, this study forecast offers a highly nuanced view of the current state and future trajectory in the global Evidence-Based Mental Health Apps.

This report presents a comprehensive overview, market shares, and growth opportunities of Evidence-Based Mental Health Apps market by product type, application, key players and key regions and countries.

Segmentation by Type:

iOS

Android

Segmentation by Application:

Adults

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- Children

This report also splits the market by region:

- Americas
  - United States
  - Canada
  - Mexico
  - Brazil
- APAC
  - China
  - Japan
  - Korea
  - Southeast Asia
  - India
  - Australia
- Europe
  - Germany
  - France
  - UK
  - Italy

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Russia

Middle East & Africa

Egypt

South Africa

Israel

Turkey

GCC Countries

The below companies that are profiled have been selected based on inputs gathered from primary experts and analyzing the company's coverage, product portfolio, its market penetration.

Moodfit

Talkspace

Headspace

iBreathe

MindShift

CBT-i Coach

Happify

Bearable

Medisafe

BetterHelp

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Breathe, Think, Do With Sesame

I Am Sober

Calm

Worry Watch

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