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MIG-HEALTH APPS

Mobile Health Apps for Migrants

<https://apps4health.eu/>

Module 10 - Self-learning session (10.3)

Health Apps for Mental Health



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Self-learning Session: Content

1. Quiz and Self-assessment

What can Mental Health apps do for us?

Two answers are correct!

A. Recording of the user's mood

B. Seek psychological support

C. Doing sport

D. Monitor nutritional habits



What can happen if we have poor emotional management?

Only one answer is correct!

A. It has no effects

B. It can lead to mental disorders,
such as anxiety

C. We can lose our jobs

D. It can lead to a poor nutrition



How can controlling our breathing help us?

Only one answer is correct!

A. It monitors our pulsations

B. It seeks psychological support

C. It helps to gain control over emotions

D. It monitors nutritional habits



Which application helps you seek psychological support?

Only one answer is correct!

A. Therapy 2.0

B. PACIFICA

C. OPTIMISM

D. Therapyside



Which application helps you track your emotions record?

Only one answer is correct!

A. BREATHE2RELAX

B. PACIFICA

C. Moodlog

D. Therapy 2.0



Which application helps you manage PTSD?

Only one answer is correct!

A. BREATHE2RELAX

B. OPTIMISM

C. PTSD COACH

D. Therapy 2.0



Which application helps you manage feelings and emotions?

Only one answer is correct!

A. BREATHE2RELAX

B. PACIFICA

C. PTSD COACH

D. Therapyside



Which application helps you seek psychological support, and teaches and informs professionals?

Only one answer is correct!

A. PACIFICA

B. Therapyside

C. OPTIMISM

D. Therapy 2.0





MIG-HEALTH APPS

Mobile Health Apps for Migrants

Congratulations!

You have completed the self-learning of this module!

