



MIG-HEALTH APPS

Mobile Health Apps for Migrants

Experiential training activities

ETA 5

Health applications to reduce screen addiction and substances use (Tobacco)

Authors

Moïse Nelson HAOUMOU, AMSED

Astrid JESSEL, AMSED

POLIBIENESTAR
UNIVERSITAT DE VALÈNCIA

AMSED
Association Migration
Solidarité & Échanges
pour le Développement

connexions

coördina
Strategie and Sustainable Results

IAT

media k

OXFAM
Italia

PROLEPSIS
INSTITUTE

RESET



Co-funded by
the European Union

Funded by the European Union. The views and opinions expressed are those of the authors and do not necessarily reflect those of the European Union or the European Executive Agency for Education and Culture (EACEA). Neither the European Union nor the EACEA can be held responsible for them.

Copyright statement :



This work is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International License. You are free to :

- share - copy and redistribute material on any medium or in any format
- adapt - remix, transform and build from material

under the following conditions:

- Attribution - You must give proper credit, provide a link to the license and indicate whether any modifications have been made. You may do this in any reasonable way, but not in a way that suggests that the licensor approves of you or your use.
- Non-commercial - You may not use the material for commercial purposes.
- ShareAlike - If you remix, transform or develop the material, you must distribute your contributions under the same license as the original.



Content

1	About the Module.....	1
	Objectives.....	1
	Participants and roles.....	1
	Learning outcomes.....	1
	Training contents.....	2
	Estimated duration.....	2
	Resources.....	2
2	Training Content.....	3
	2.1 Teaching Session.....	3
	2.2 Experiential training session.....	5
	2.3 Self-learning supported by online training tools.....	5
	2.4 Closure session.....	6
3	Appendix - Health Apps for women's health.....	7



1 About the module

Objectives

This module offers a detailed exploration of the fundamental principles behind addiction to screen and tobacco use, enriched with practical, interactive experiences and simulations. Participants will gain essential skills in identifying addictive tendencies, evaluating risk elements, and applying preventative measures. Through engaging simulations, they will enhance their capacity for effective intervention, offering supportive and understanding assistance, and playing a pivotal role in fostering health-conscious habits in their communities. Additionally, this module will equip them with digital competencies and acquaint them with specialized applications designed for these purposes.

Participants and roles

- **Newcomer migrants; learners.** Migrants who wish to improve their use of addictive substances (tobacco) or their excessive use of screens.
- **Migrants Peers;** learners or trainers after being trained as trainers. When they will attend as trainees, they could play a role of supporting the Newcomer Migrants along the training process, including support in overcoming language barriers.
- **Supports:** learners or trainers after being trained as trainers. When they will attend as trainees, they could play a role of supporting the Newcomer Migrants along the training process, including support in overcoming language barriers.

Learning outcomes

- Learners will receive relevant, evidence-based information about the problems and/or risks associated with screen addiction and substance use.
- Educational action via specific applications will encourage learners to think about and become aware of the health problems associated with addiction.
- Learners will familiarize themselves with the various health applications relating to addictions (self-help strategy), identify useful and relevant applications on the subject and learn how to use them wisely.



- The acquisition of personal knowledge and skills, as well as the provision of useful resources, will enable them to deal with problematic situations and, if necessary, resort to specific health services.
- Learners will understand the notion of individual or collective responsibility for the consequences of risky behavior (endangering the health and safety of consumers and/or those around them).

Training content

- General information on substance use, addictions and their health consequences.
- The importance of prevention and risk reduction.
- Nomophobia and substance use: as addictions and substance use can take many forms, we propose to approach the subject by focusing on two highly addictive and most frequently experienced substances, namely tobacco and screen addiction, in particular cell phones.

Estimated time: 8 hours

- Teaching sessions: 4 hours
- Self-study supported by e-learning tools: 1 hour
- Experiential training session: 2 hours
- Closing session: 1 hour

Resources

- Training material: ppt. for didactic session
- Training materials: activities
- E-learning platform and e-learning tool
- Theme-specific applications (tobacco & screen addiction)



2 Training content

2.1 Teaching session

Stage and duration	Contents
<p>5.1.0</p> <p>Introduction and presentation</p> <p>30 minutes</p>	<p>The trainer will present the project to the learners and the organization of the training.</p> <p>Trainees will introduce themselves and describe their main characteristics, including their level of basic digital skills.</p> <p>Icebreaker activity</p> <p><u>Resources</u>: PPT (Project presentation)</p>
<p>5.1.1</p> <p>General knowledge of substance use and addiction</p> <p>30 minutes</p>	<p>The trainer will introduce learners to the concept of health, prevention and its importance for society as a whole, as well as the concept of self-care and its benefits.</p> <p>It then looks at the main aspects of substance use and dependence, and their consequences for the individual and society.</p> <p>Time will be set aside for learners to express themselves, giving information about their own knowledge, experience and needs in this area.</p>
<p>5.1.2 Information on tobacco consumption</p> <p>45 minutes</p>	<p>The trainer will address two major addictions: tobacco and screen addiction.</p> <p>Tobacco</p> <ul style="list-style-type: none"> - Learn more about tobacco, its health risks and consequences <ul style="list-style-type: none"> o The tobacco substance o Risk factors o Protective factors o Effects (intended and unintended) o Induced risks and damage - Control your consumption <ul style="list-style-type: none"> o Questionnaire to define your risk profile and behavior o Understanding why we consume o Benefits to be gained or lost



Stage and duration	Contents
	<ul style="list-style-type: none"> - Reduce and/or stop consumption - Prevention, support and care strategies: objectives and goals (SMART) - Specific applications <p><u>Resources:</u> PPT</p>
<p>5.1.3</p> <p>Information on screen addiction</p> <p>45 minutes</p>	<p>The trainer will raise awareness of screen addiction, which corresponds to excessive and uncontrollable digital practices that can affect schooling, work and relationships with others.</p> <p>More specifically, participants will address:</p> <ul style="list-style-type: none"> ● Recommendations on screen time. ● The effects of screen addiction. ● Technology and mental health. ● Education in the sensible use of screens. <p><u>Resources:</u> PPT</p>
<p>5.1.4</p> <p>Interactive use of health applications for tobacco consumption and sensible use of screens</p> <p>1 hour</p>	<p>The trainer will ask participants to download and use a health app for smoking and screen abuse prevention.</p> <ul style="list-style-type: none"> ● In addition to the training received in the previous session, trainees will have access to relevant videos with instructions, texts and websites. ● Based on their own evaluation of the teaching session, participants will download a health app for tobacco control and another for screen abuse prevention. ● The trainer will ask participants to use the applications and share their experience. For example, the benefits perceived after using the applications and the difficulties encountered, in the form of a user diary. ● Communication tools can be used to discuss experiences (Forum...). <p><u>Resources :</u></p> <ul style="list-style-type: none"> ● PPT ; ● Relevant links ; ● Online training platform <p>Communication tools available on the online training platform.</p>



Stage and duration	Contents
<p>5.1.5</p> <p>Discussion and evaluation</p> <p>References, further reading and closing</p> <p>30 minutes</p>	<p>This section includes a summary of the main lessons learned from the training. Learners will sit in a circle and discuss what they thought of the mental health apps. Each of the learners will evaluate the mental health apps and what they think are their greatest benefits.</p> <p>A satisfaction questionnaire will then be handed out, and the trainer will thank everyone for attending the sessions</p> <p><u>Resources :</u></p> <ul style="list-style-type: none"> • PPT • Online training platform • Communication tools available on the e-learning platform

2.2 Experiential training session

Stage and duration	Contents
<p>5.2. Interactive use of health applications for screen addiction and tobacco use</p> <p>2 hours</p>	<p>The trainer will ask learners to take part in a challenge using an application to prevent smoking and screen abuse.</p> <p>He'll explain how to proceed and what factors need to be taken into account.</p> <p>The activity will take place as follows: The trainer will upload to the online platform the steps to be followed so that learners can complete the activity asynchronously.</p> <ul style="list-style-type: none"> ▪ The first step is to define a specific area of interest in terms of prevention: tobacco or screens. ▪ They then define the objectives they wish to achieve, so that they can deal with the situation appropriately.

2.3 Self-learning supported by e-learning tools

Stage and duration	Contents
--------------------	----------



<p>5.3</p> <p>Quiz and self-assessment</p> <p>1 hour</p>	<p>The trainer will ask learners to complete a questionnaire on the e-learning platform.</p> <p>This quiz, consisting of multiple-choice, true-false and matching exercises, will help learners assess their understanding of the theoretical content of the training session.</p> <p>Trainers will check that the quiz has been completed and help each learner according to his or her main shortcomings.</p> <p><u>Resources :</u></p> <ul style="list-style-type: none"> ▪ Quiz. Online training platform and ppt?
--	---

2.4 Closing session

Stage and duration	Contents
<p>5.4</p> <p>Closing</p> <p>30 minutes</p>	<p>This section includes a summary of the main lessons learned from the training. Trainers lead a discussion based on individual experiences during the self-study and experiential training sessions to draw conclusions about the perceived benefits of health apps for screen addiction and tobacco use.</p> <p><u>Resources :</u></p> <ul style="list-style-type: none"> • PPT • Online training platform <p>Communication tools available on the e-learning platform</p>



3 Appendix - Addiction and substances use Health APPS

Name	Owner	Country	Cost	Platform (link)	Target group	Description
Stop Smoking - EasyQuit	Herzberg Development		Free/Premium	https://play.google.com/store/apps/details?id=com.herzberg.easyquitsmoking&hl=en_US&gl=US	Smoking addiction -Tobacco	
Kwit - Quit smoking for good!	Kwit SAS		Free/Premium	https://play.google.com/store/apps/details?id=fr.kwit.android&hl=en_US&gl=US	Smoking addiction -Tobacco	
Smoke Free	David Crane PhD		Free/Premium			