MIG-HEALTH APPS
Mobile Health Apps for Migrants

https://apps4health.eu/

Module 2 - Self learning session (2.3)
How to search and select Health Apps

Partners

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Self-Learning supported by online training tools: Content

1. Quiz and Self-assessment

What are some important questions to ask about the developer of a health app?

Two answers are correct!

A. Have they designed health apps before?

B. Do they have a good sounding company name?

C. Do they have a nice logo and graphics?

D. Did they consult health professionals during development?

Regarding privacy and security concerns you should check:

Two answers are correct!

A. If in the description of the app the word privacy is used

B. Privacy concerns do not matter in the case of health apps

C. If there are clear guidelines about what data will be stored and how and whether they share it

D. If the app asks permission to access unrelated information that may be used for advertising

Only sponsored content can be trusted

| True | False |

What are evidence-based strategies that are used by health apps?

Three answers are correct!

A. Self monitoring/tracking	B. Goal setting
C. A variety of in-app purchases	D. Cues or push notifications

What should you check to find out if an app is trustworthy?

Two answers are correct!

A. Do they have good a convincing advertisements for the app?

B. Do any reputable hospitals or health organizations endorse the app?

C. Does the app developer themselves say good things about their app?

D. Is the app trialed and deemed successful by a trustworthy and independent body?

Where to look for health apps?

Only one answer is correct!

A. WhatsApp/Telegram Groups

B. Official app stores: Apples App Store or Google Play Store

C. Only on small Blogsites on the Internet

D. Darknet

You should be skeptical if the only data on the effectiveness of an app comes from the developer themselves.

True

False

What are the risks of using low-quality health apps?

Three answers are correct!

A. Apps may make false health claims

B. Apps may bundle poor or even incorrect information

C. An apps misinformation could lead to incorrect assessment of a disease

D. Health apps are generally risk-free

Poor app design, such as an inconvenient user interface, may lead to infrequent usage and lower therapy adherence when used in addition to a therapy.

True

False

What else should look out for before committing to an app?

Two answers are correct!

A. Can I create an account with my favorite username?

B. Does the app require in-app purchases to be useful?

C. Only commit to apps that promise results in a maximum of 3 days.

D. Is the app convenient to use so you will want to use it regularly?

If your data is leaked due to low data protection standards, it is very easy to delete the data from the Internet again.

True

False

Congratulations!

You have completed the self-learning of this module!