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MIG-HEALTH APPS

Mobile Health Apps for Migrants

<https://apps4health.eu/>

Module 6 - Self-learning session (5.3)
Health apps for addictions and substance use



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Self-learning Session: Content

1. Quiz and Self-assessment

Nicotine is the only addictive substance in tobacco

True

False



Which one is not a form of tobacco?

Only one answer is correct!

A. Snuff

B. Chewing gum

C. Cigar

D. Snus



Secondhand smoke exposure does not affect the health of nonsmokers

True

False



What are the various forms of dependency associated with tobacco use?

More answers are correct!

A. Physical

B. Emotional

C. Social

D. Psychological



What are the harmful effects of smoking?

More answers are correct!

A. Increased risk of lung cancer

B. Improved cardiovascular health

C. Respiratory issues such as chronic bronchitis

D. Yellowing of teeth and fingers



Some of the main factors determining the number of calories a person needs daily are

Two answers are correct!

A. Age, sex and weight.

B. Height and level of physical activity.

C. The country of origin.

D. Marital status.



Quitting tobacco use can lead to withdrawal symptoms such as irritability and difficulty concentrating ?

True

False



What's Nomophobia ?

Only one answer is correct!

A. The fear of losing one's name

B. The fear of being without mobile phone coverage

C. The fear of sleeping

D. The fear of large gatherings



Excessive screen time can lead to negative impacts on mental health, such as increased anxiety and depression

True

False



Screen addiction primarily affects children and adolescents, but not adults

True

False



What impact does excessive time spent on screens typically have on individuals?

Only one answer is correct!

A. Improved cognitive function

B. Enhanced social skills

C. Increased risk of eye strain and fatigue

D. Decreased risk of sleep disturbances





MIG-HEALTH APPS

Mobile Health Apps for Migrants

Congratulations!

You have completed the self-learning of this module!

