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MIG-HEALTH APPS

Mobile Health Apps for Migrants

<https://apps4health.eu/>

Module 5 - Teaching session (5.1)

Health apps for addictions and substance use



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Teaching Session: Content

1. [General knowledge of substance use and screen addiction](#)
2. [Information on tobacco consumption](#)
3. [Information on screen addiction](#)
4. [Interactive use of health apps for tobacco consumption and sensible use of screens](#)
5. [Discussion and Evaluation](#)



Objectives

- ✓ To equip participants with the knowledge of the fundamental principles behind tobacco use and addiction to screen.
- ✓ To equip with critical skills for recognizing addiction patterns, evaluating risks, and implementing prevention strategies, enhancing their intervention and support capabilities, thereby enabling them to actively promote healthy lifestyles in their communities.



Source: Image by nuraghies on Freepik



Competences

- ✓ Participants will gain insights into the core principles of addiction related to screen and tobacco use.
- ✓ Participants' capabilities will be enhanced by digital skills, enabling them to familiarize themselves with specialized applications designed for this purpose.



[Image by vectorjuice on Freepik](#)



5.1.1

General knowledge of substance use and screen addiction

Objectives

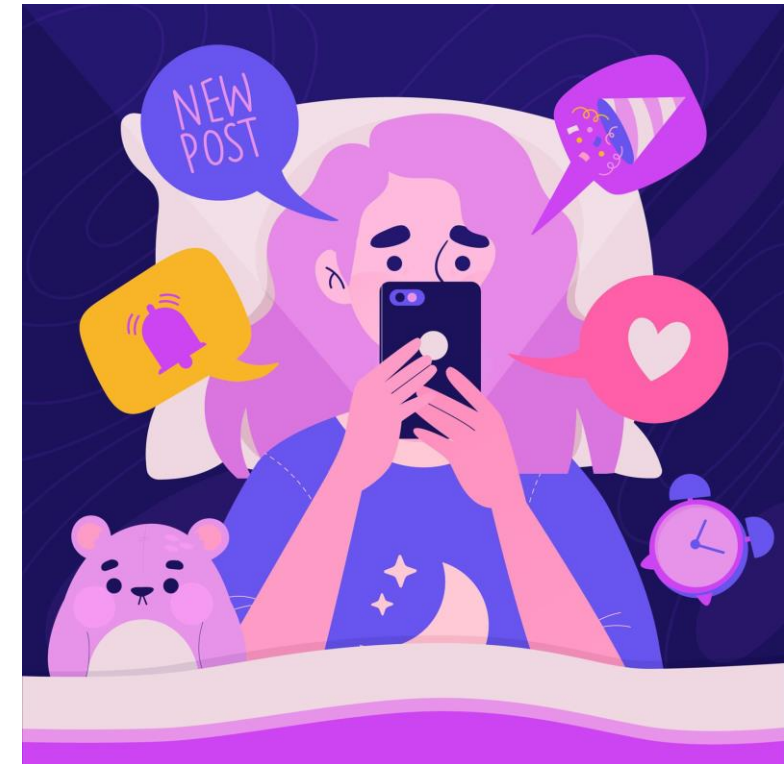
- To acquire general tobacco, use and addiction knowledge.
- To introduce fundamental terminology related to screen addiction and tobacco use.



[Designed by Freepik](#)

Introduction: screen addiction

- **Nomophobia:** Short for "no mobile phone phobia," it is the fear of being without a mobile device, or beyond mobile phone contact.
- **Phantom Vibration Syndrome:** The perception that one's phone is vibrating or ringing when it is not. It's a psychological phenomenon indicating dependency on digital devices.
- **Digital Wellness:** A holistic term that encompasses optimal physical and mental health in a digital and technology-driven society. It involves being mindful of how digital devices and media affect our lives and finding a healthy balance.



Introduction: tobacco use

- Smoking is associated with several socioeconomic factors, and its prevalence is unequally distributed across certain groups leading to inequalities in the consumption of tobacco products.
- One primary dimension is educational inequality.
- Quitting or at least reducing the amount of tobacco consumed leads to substantial human capital improvements.



Introduction: tobacco use

- **Smoking:** The act of inhaling and exhaling the smoke produced by burning tobacco in cigarettes, cigars, or pipes. It's the most common method of tobacco consumption worldwide.
- **Secondhand Smoke (SHS):** Also known as passive smoke, it refers to the involuntary inhalation of smoke from tobacco products being used by others. SHS exposure can lead to similar health risks as direct smoking, including lung cancer, respiratory infections, and cardiovascular diseases.
- **Tobacco Cessation:** The process of quitting tobacco use. Tobacco cessation programs may include behavioral therapy, nicotine replacement therapy (NRT), and prescription medications to help individuals manage withdrawal symptoms and reduce dependence on tobacco.





5.1.2 Information on tobacco consum

Objectives

- Discover the components and types of tobacco
- Understanding tobacco addiction
- Understand the risk factors and preventive measures, and grasp the best practices for freeing yourself from tobacco consumption



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Tobacco in all its forms

What is tobacco?

4000 compounds, including over 60 carcinogens



Tobacco in all its forms

Cigarettes



Rolling tobacco



Cigars and pipes



Bidies



**Snus or sniff or chique :
Smokeless moist tobacco pow**



Chicha



Tobacco addiction: There are 3 types of dependence (1)

1 - Environmental or behavioural dependence

Depends on social or convivial pressure

Tobacco is associated to :

- Circumstances (positive or negative)
- People
- Places that make you want to smoke

it's a reflex, a way of identifying, a narcissistic component



Tobacco addiction: There are 3 types of dependence (2)

2 - Psychological dependence

- ✓ Pleasure
- ✓ Anti-stress
- ✓ Anti-depressant
- ✓ Appetite suppressant

It is linked to the psychoactive effects of nicotine.

It can appear shortly after the first cigarettes smoked and varies considerably from one smoker to another.

During withdrawal, it is the most difficult addiction to overcome because it is linked to the smoker's habits.



Tobacco addiction: There are 3 types of dependence (3)

3 - Physical dependence

The need for nicotine can lead to a feeling of craving, which can manifest itself in mood fluctuations.



Tobacco consumption: Why is it so difficult to stop?

The dependency

- The need for nicotine can lead to a feeling of craving, which can manifest itself in mood fluctuations.
- The irresistible urge to consume it again in order to relive certain positive sensations.
- Or because you want to avoid certain unpleasant sensations caused by stopping consumption.



Tobacco consumption: Motivation to stop

- Fear for her health
- Cost of tobacco
- Feelings of becoming addicted
- Pressure from friends and family
- birth of a child

No matter how much or how long you've smoked, it's never too late to quit using tobacco. The sooner you quit, the more you can reduce your chances of getting cancer and other diseases.



Stop smoking is :

- ✓ A personal success story
- ✓ Regain your sense of taste, smell and breath
- ✓ A clearer complexion
- ✓ Get your breath back and stay in good physical condition
- ✓ A radiant smile
- ✓ Reduce smoking-related illnesses
- ✓ Protect your child and those around you
- ✓ Respecting others and your environment



Stop smoking is not :

- Too late
- Limited by age
- Gain weight if you have a healthy lifestyle
- Fail if you have already failed



Benefits to be gained or lost

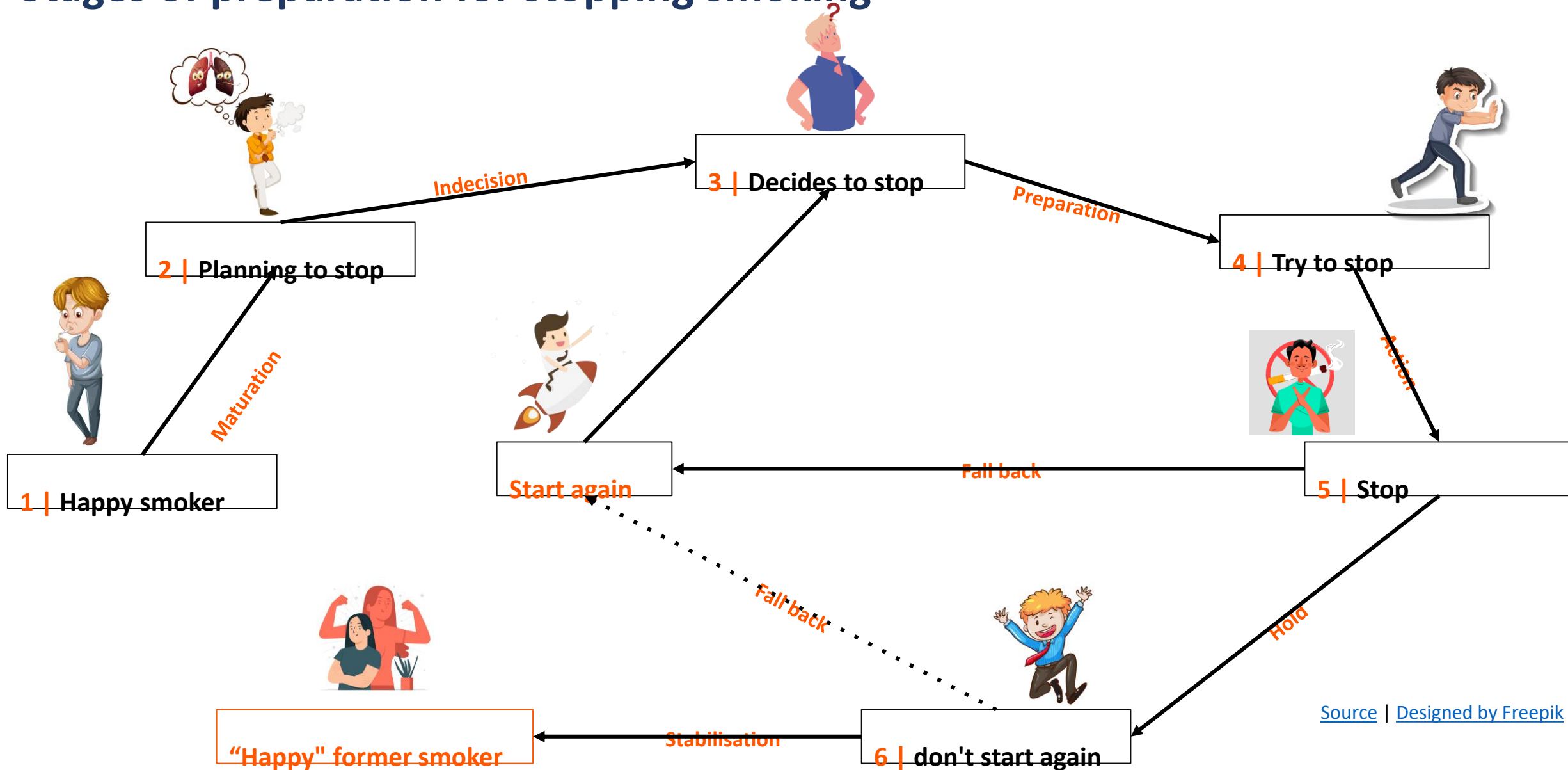
Within minutes of smoking your last cigarette, your body begins to recover.



20 minutes after quitting	Your heart rate and blood pressure drop.
A few days after quitting	The carbon monoxide level in your blood drops to normal.
2 weeks to 3 months after quitting	Your circulation improves and your lung function increases.
1 to 12 months after quitting	Coughing and shortness of breath decrease. Tiny hair-like structures (called <i>cilia</i>) that move mucus out of the lungs start to regain normal function, increasing their ability to handle mucus, clean the lungs, and reduce the risk of infection.
1 to 2 years after quitting	Your risk of cancers of the mouth, throat, and voice box (larynx) is cut in half. Your stroke risk decreases.
10 years after quitting	Your risk of lung cancer is about half that of a person who is still smoking (after 10 to 15 years). Your risk of cancer of the bladder, esophagus, and kidney decreases.
15 years after quitting	Your risk of coronary heart disease is close to that of a non-smoker.



Stages of preparation for stopping smoking



If I want to stop, I need to :

Meet an addictologist who will assess your needs and make recommendations, either :

- Nicotine substitutes (Chewing gum, sucking lozenges, patches)
- Avoid triggers
- Don't have 'just one'
- Get physical
- Behavioural and cognitive therapies
- Group therapies
- Remind yourself of the benefits



Practical tips

- Take a substitute (fruit, chewing gum...) when you feel hungry.
- Keep physically active.
- Take a deep breath.
- Drink plenty of water.
- Do your sums: calculate how much you will save by not smoking.
- Replace coffee/clove with herbal tea or fruit.
- Trying to reduce your consumption is already a very good intention.
- Do relaxation exercises (sophrology, yoga, etc.)





5.1.3 Information on screen addiction

Objectives

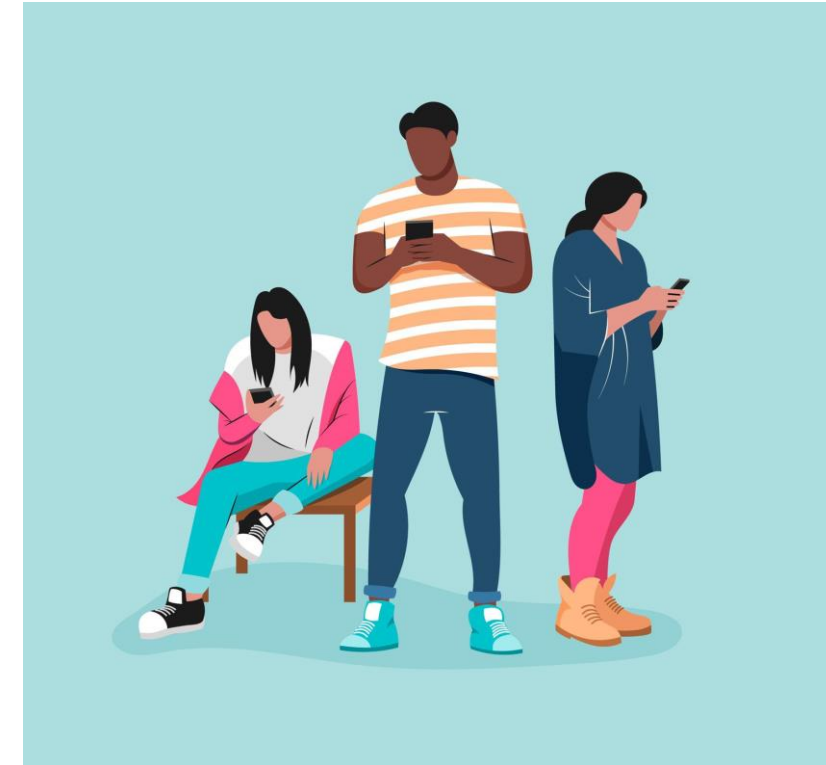
- Raise awareness of the impact of screen addiction
- Provide Tools to Identify Addictive Behaviours
- Develop Strategies for Managing Screen Use



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Introduction : screen addiction

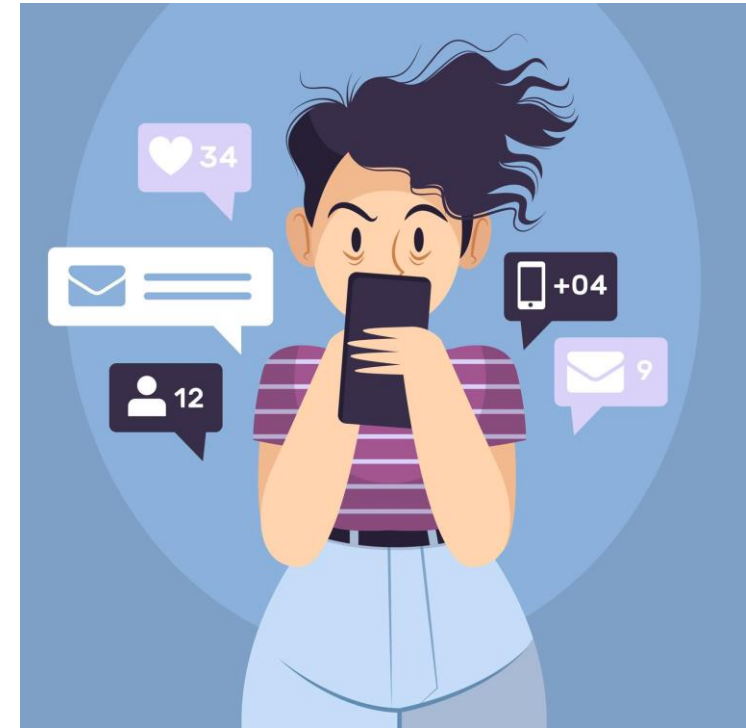
- Screen addiction, a growing concern in today's digital age, represents an excessive and uncontrollable attachment to digital devices.
- The consequences are far-reaching: they affect mental health, physical well-being and the quality of interpersonal relationships.
- The more time we spend in front of a screen, the more urgent it is to become aware of it and develop strategies to reduce its impact.



Identification of screen dependency

A few guidelines for identifying screen addiction :

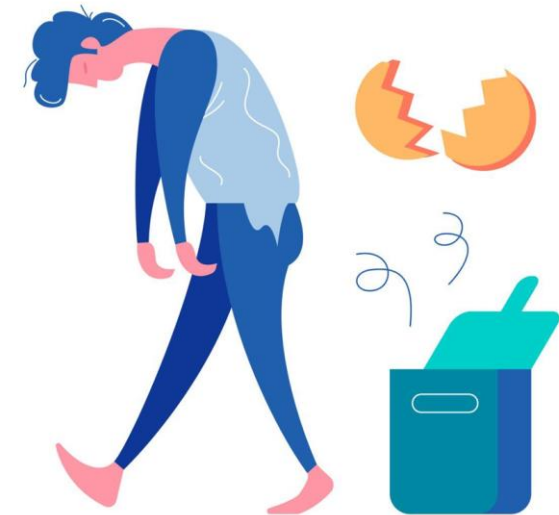
- Inability to control the amount of time spent in front of the screen, with the urge to spend more and more because it's where they feel most comfortable
- An attitude of denial when someone close to them points out that they spend a lot of time doing this;
- Feeling empty or depressed away from screens;



Identification of screen dependency

A few guidelines for identifying screen addiction :

- Aggressiveness when unable to access screens or the network;
- A lack of interest in any other activity, including those they normally enjoy (e.g. school, work, spending time with family or friends). This can lead to difficulties at school or work;
- Avoidance of relationships and responsibilities.



The effects of screen addiction (1)

On the health of children and adolescents

- Vision
- Emotional, affective and wellbeing problems
- Effects of exposure to and use of screens on sleep
- Increase in acts of violence and aggression, whether or not associated with violence in video games
- Pornography, cyber-harassment and sexting



The effects of screen addiction (2)

On adult health

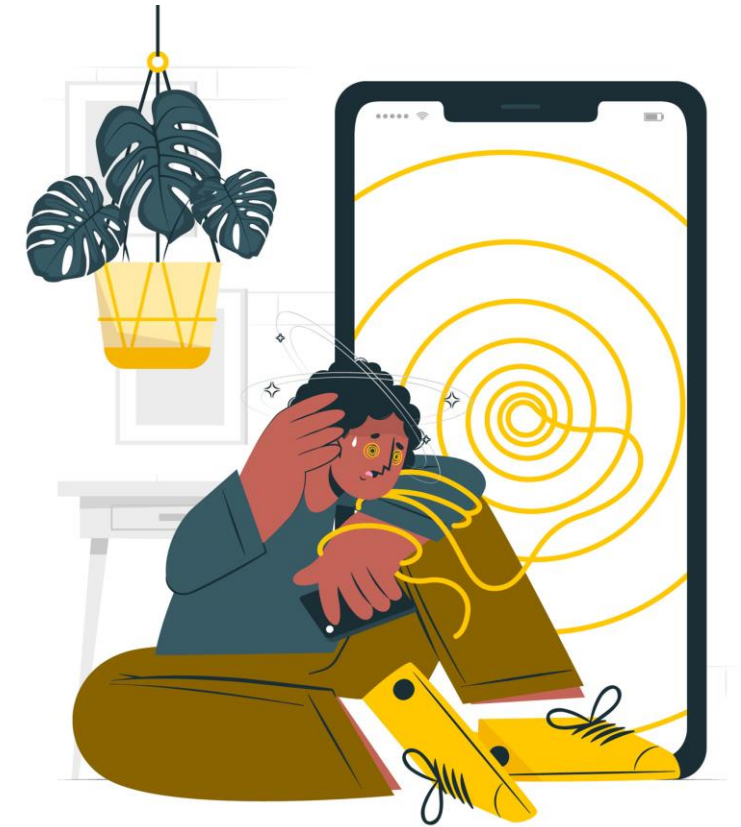
- Sleep disorders
- Psychological and social impact
- MSDs mainly affecting the lumbar region, neck, shoulders, elbows and wrists.
- Sedentary lifestyle, lack of physical activity.



The effects of screen addiction (3)

On adult health

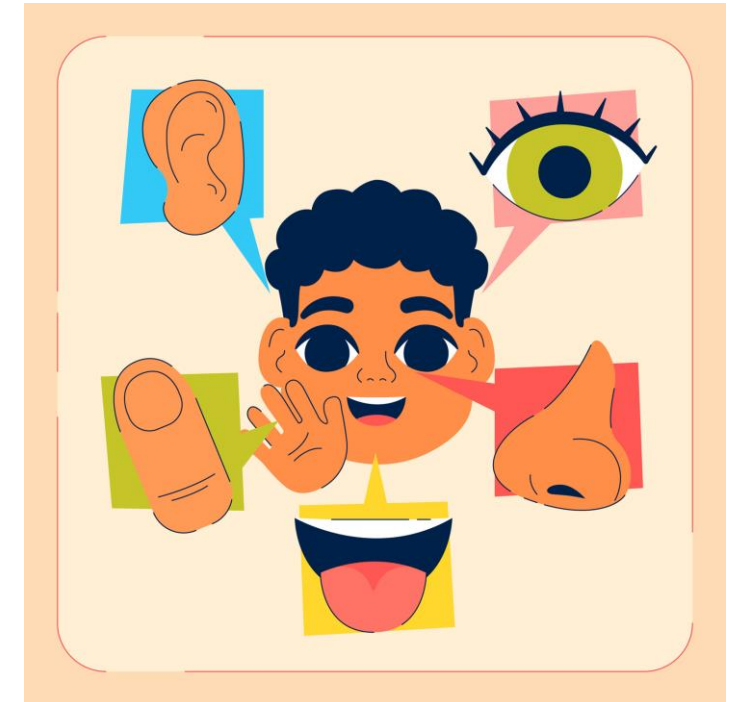
- Dietary imbalances that can lead to weight gain and obesity, and the risk of type 2 diabetes.
- Vision problems
- Headaches, asthenia
- Increased loss of autonomy in senior citizens spending more than 5 hours a day in front of a screen.



Recommendations on screen time (1)

The 3-6-9-12 rule by Serge Tisseron :

- **Before the age of 3**, children need to discover their senses and landmarks with you. ***Stop, talk, stop the TV***
- **Between the ages of 3 and 6**, children need to discover their sensory and manual gifts. ***Limit screens, share them, talk about them as a family***
- **Between the ages of 6 and 9**, children need to discover the rules of the social game. ***Create with screens, explain the internet to them.***



Recommendations on screen time (2)

- **Between the ages of 9 and 12**, Children need to explore the complexity of the world. ***Teach them to protect themselves and their exchanges.***
- **After 12 years**, It is becoming more and more independent of family ties. ***Remain available. He still needs you.***
- Adults should aim to limit non-work-related screen time to less than two hours a day.

Take regular breaks from the screen every hour to reduce eyestrain and sedentary behaviour.



Recommendations on screen time (3)

- **For adults**, they should aim to limit non-work-related screen time to less than two hours a day.

Take regular breaks from the screen every hour to reduce eyestrain and sedentary behaviour.

- **For All**, establish screen-free periods before bedtime to promote quality sleep.

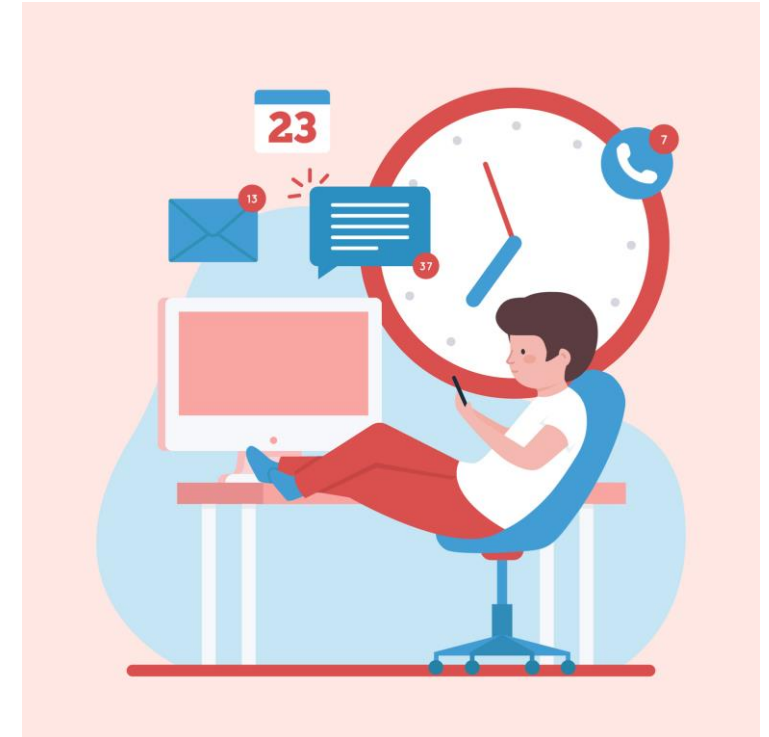
Use screen time tracking applications to become aware of your habits and adjust accordingly.

Favour offline activities such as reading, creative hobbies, sport and face-to-face social interaction.



Recommendations on screen time (4)

- **For Parents**, model healthy screen use behaviour to encourage good habits in children.
Set up family rules on screen use, such as screen time limits and screen-free zones in the home.
- **For Work Environments**, encourage regular breaks away from screens to reduce fatigue and eye strain.
Encourage face-to-face meetings whenever possible rather than exclusively virtual communications.



Education in the sensible use of screen (1)

Here are a few tips for using screens rationally:

- **Establish Time Limits:** Set clear limits for the amount of time spent in front of screens each day, taking into account age-appropriate recommendations.
- **Plan Screen-Free Periods:** Build screen-free periods into your daily schedule to promote a balance between online and offline life.
- **Prioritise Offline Activities:** Encourage activities away from screens, such as sport, creative hobbies, reading and face-to-face social interaction.



Education in the sensible use of screen (2)

Here are a few tips for using screens rationally:

- **Use Screen Time Management Tools:** Use applications or built-in features on devices to monitor and limit screen time.
- **Choose Quality Content:** Carefully select the content you consume online, favouring credible and educational sources.
- **Practice Moderation:** Avoid engaging in excessive use of social networks, video games or other online activities.
- **Take regular breaks:** Take regular breaks every hour to rest your eyes and mind, by engaging in physical activity or simply getting some fresh air.



Education in the sensible use of screen (1)

Here are a few tips for using screens rationally:

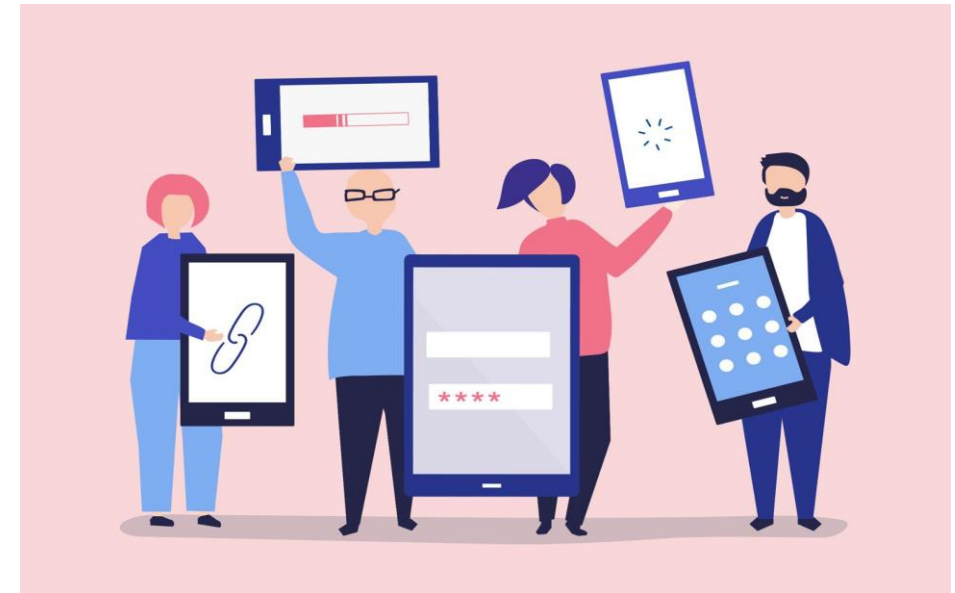
- **Avoid screens before bedtime:** Limit your exposure to screens at least one hour before bedtime to promote quality sleep.
- **Be a Positive Role Model:** Be a positive role model for family and friends by adopting healthy screen habits.
- **Stay Active:** Use screens in an intentional and engaging way, avoiding passivity and favouring activities that stimulate creativity and learning.



Education in the sensible use of screen (2)

Recognising the signs of screen addiction is the first step towards adopting healthier digital habits, ensuring that technology is a tool for improvement rather than an obstacle to a fulfilling life.

By following these tips, you can promote a balanced and healthy use of screens in your daily life.





5.1.4

Interactive use of health apps for tobacco consumption and sensible use of screens

Objectives

- Choose as a group one application and download it
- Explore it's features
- Discuss the advantages and disadvantages





Stop smoking apps

Applications	Description	Download link
Kwit	This application uses gamification to help you stop smoking. It allows you to earn points and badges for your abstinence, and also offers advice and support.	Android - IOS
Smoke Free	This application is provided by the US National Cancer Institute and offers information and support to people who want to stop smoking. It includes progress tracking, personalised advice and a community forum.	Android - IOS
QuitNow!	This application is simple and easy to use. It offers progress monitoring, advice and support.	Android - IOS
My Quit Coach	This application is provided by Truth Initiative, an American non-profit organisation that tackles smoking. It offers progress monitoring, personalised advice and a community forum.	Android - IOS
Smokerstop	Smokerstop is a free application available on iOS.	IOS
Stop-tabac	Developed by experts at the University of Geneva. Specific day-to-day advice. A timetable for planning ahead.	Android - IOS
Tabac Info Service	This application is provided by the French government and offers information and support to people who want to stop smoking.	Android - IOS

***Some of these applications are completely free, while others have paid features.

*Some of these applications are completely free, while others have paid features.

Apps for screen addiction

Applications	Description	Download link
	Available in English, French, German, Spanish, Chinese, Japanese, Korean, Portuguese, Russian and Italian.	Android - IOS
	Available on Android in English, French, German, Spanish, Chinese, Japanese, Korean, Portuguese, Russian and Italian.	Android
	Available in English, French, German, Spanish, Chinese, Japanese, Korean, Portuguese, Russian, Italian, Dutch, Polish, Turkish and Arabic.	Android - IOS
	Available in English, French, German, Spanish, Chinese, Japanese, Korean, Portuguese, Russian, Italian, Dutch, Polish, Turkish and Arabic.	Android - IOS
	This application allows parents to manage their children's screen time on Android devices. It is available in over 40 languages.	Android - IOS
	This application lets you block applications and websites, set screen time limits and track your child's activity on their device. It is available in over 20 languages.	Android - IOS
	This application offers features similar to Kidslox, as well as the ability to track your child's location and freeze their device. It is available in over 15 languages.	Android - IOS
	Available in English, French, German, Spanish, Chinese, Japanese, Korean, Portuguese and Russian.	IOS



5.1.5

Discussion and Evaluation

Objectives

- To address and clarify any misunderstandings that have arisen from all prior theoretical information.
- To ensure in depth comprehension of the module's contents.
- To evaluate the module.



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Evaluation Questionnaire

The content of the module was stimulating and interesting *(1 minimum, 5 maximum)*

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The content of the module was clear, understandable and easy to follow *(1 minimum, 5 maximum)*

1

2

3

4

5

The trainer was well prepared *(1 minimum, 5 maximum)*

1

2

3

4

5

Evaluation Questionnaire

The module enhanced my knowledge of the subject matter *(1 minimum, 5 maximum)*

1

2

3

4

5

I would recommend this module to others *(1 minimum, 5 maximum)*

1

2

3

4

5

I am satisfied with the module overall *(1 minimum, 5 maximum)*

1

2

3

4

5

References, further Readings and Closure

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10632550/>
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- <https://www.hypnose-therapie32.fr/sevrage-tabagique/>
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- <https://cmb-sante.fr/temps-ecrans-adultes/>
- <https://www.quora.com/What-are-some-rational-tips-to-reduce-screen-time-in-the-long-run>
- <https://www.3-6-9-12.org/>





MIG-HEALTH APPS

Mobile Health Apps for Migrants

Congratulations!
You have completed the teaching
session of this module!

