

# ANNEX 5.2.

## Quiz about Abuse of ICT. Health and Wellbeing



### Questions

1. How long should you be on your mobile phone?

- a. Maximum 30 minutes a day
- b. More than 2 or 4 minutes a day
- c. 2 to 4 hours a day
- d. 5 to 7 hours a day

2. Which of these problems is caused by the abuse of ICTs?

- a. Going out with friends
- b. Mistreatment
- c. Discussions
- d. Good study performance

3. What is cyberbullying?

- a. Threats through networks
- b. Economic fraud
- c. Loss of privacy
- d. Access to inappropriate content

# ENDING

4. Why does child abuse happen?

- a. Because there are a lot of bad people
- b. Because of the time they use tics

5. Is it true that adults use tics more than young people?

- a. True
- b. False

6. Which of these is an ICT abuse syndrome?

- a. Isolation
- b. Anxiety
- c. Nomophobia
- d. Fatigue

7. Can tics have both physical and psychological consequences?

- a. True
- b. False

8. Which of these statements is true about the physical consequences of using tics?

- a. Perfect hearing
- b. Tired and red eyes
- c. Myopia
- d. Family problems

9. What do we need for there to be techno-addiction?

- a. Emotional dependency
- b. Lack of control
- c. Going out with Friends

10. Which of these guidelines are preventive?

- a. Isolation at home
- b. Setting a time limit on use
- c. Prioritise family tic times

## Solutions

1. A	6. All
2. B, C	7. A
3. A	8. B
4. B	9. A
5. A	10. C