

# DHTA 8

## SESSIONS 1 & 2

### 4.8 Digital Health Tools for monitoring my mental health condition

## **SELF ASSESSMENT**

### *Printable version*



# Partners


stift tilbeck  
WILLKOMMEN.



# SELF ASSESSMENT TEST



## Introduction:

- This questionnaire helps you see what you have learned today about using Apps for your wellbeing.
- Use a pen to mark the best answer  for each question. Write your name or ID at the top.

1. I know what my body feels like when I have an emotion (like joy, anger, or calm)	
I can recognize how my body feels.	
I don't know what is happening to my body.	

2. Who is in control of the App?	
The App tells me what to do all the time.	
I decide what the App does and how to use it.	

**3. If I want to improve my mental health, where should I look?**

In the specific catalogue of wellbeing Apps.	
In any random game app on the store.	

**4. How do I choose the best App for me?**

I pick the one that helps me feel better and fits my needs.	
I pick any app, even if I don't like it.	

**5. What is the healthy sleep goal for your mind to rest well?**

2 to 4 hours.	
7 to 9 hours.	

**6. Why is it useful to log your mood or steps in an App?**

To see if the App and my habits are actually helping me.

Just to waste time.

**7. What should you do if an emotion is too strong and overwhelming?**

Keep it to myself and stay silent.

Talk to a person I trust for support.

**8. When am I ready to use a wellbeing App?**

When I have found one that I feel confident using.

Never, because apps are too difficult.

## Answer key

<b>QUESTION 1</b>	I can recognize how my body feels.
<b>QUESTION 2</b>	I decide what the App does and how to use it.
<b>QUESTION 3</b>	In the specific catalogue of wellbeing Apps.
<b>QUESTION 4</b>	I pick the one that helps me feel better and fits my needs.
<b>QUESTION 5</b>	7 to 9 hours.
<b>QUESTION 6</b>	To see if the App and my habits are actually helping me.
<b>QUESTION 7</b>	Talk to a person I trust for support.
<b>QUESTION 8</b>	When I have found one that I feel confident using.