iControl iWin

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This Project is a partnership between ARSLVT-DICAD and Tomar Polytechnic Institute, attending to the increasing of the Problematic Internet Use (PIU).

A questionnaire was constructed and applied to 334 subjects aged up to 15 years (students and teachers of Tomar Polytechnique Institute and Templários HighSchool, located in Tomar) about the perceived risks of the internet, as well as self-regulation strategies considered effective by the participants.

Main Results:

n= 297 (88,92%) 15-24 Years Old
n= 80 (23,95%) Highschool
n= 275 (82,34%) Students

n=333 (99,70%) uses internet daily:
n= 260 (77,84%) – Social apps
n= 305 (91,32%) – Leisure use
n= 90 (26,95%) – Professional use
n= 218 (65,27%) – Academic use

Do you think it would be usefull to have an app with a set of self-control strategies help you regulate the time spent online?

YES n= 222 (66,47%)

NO n= 86 (25,75%)

For those wich answered YES, what strategies?

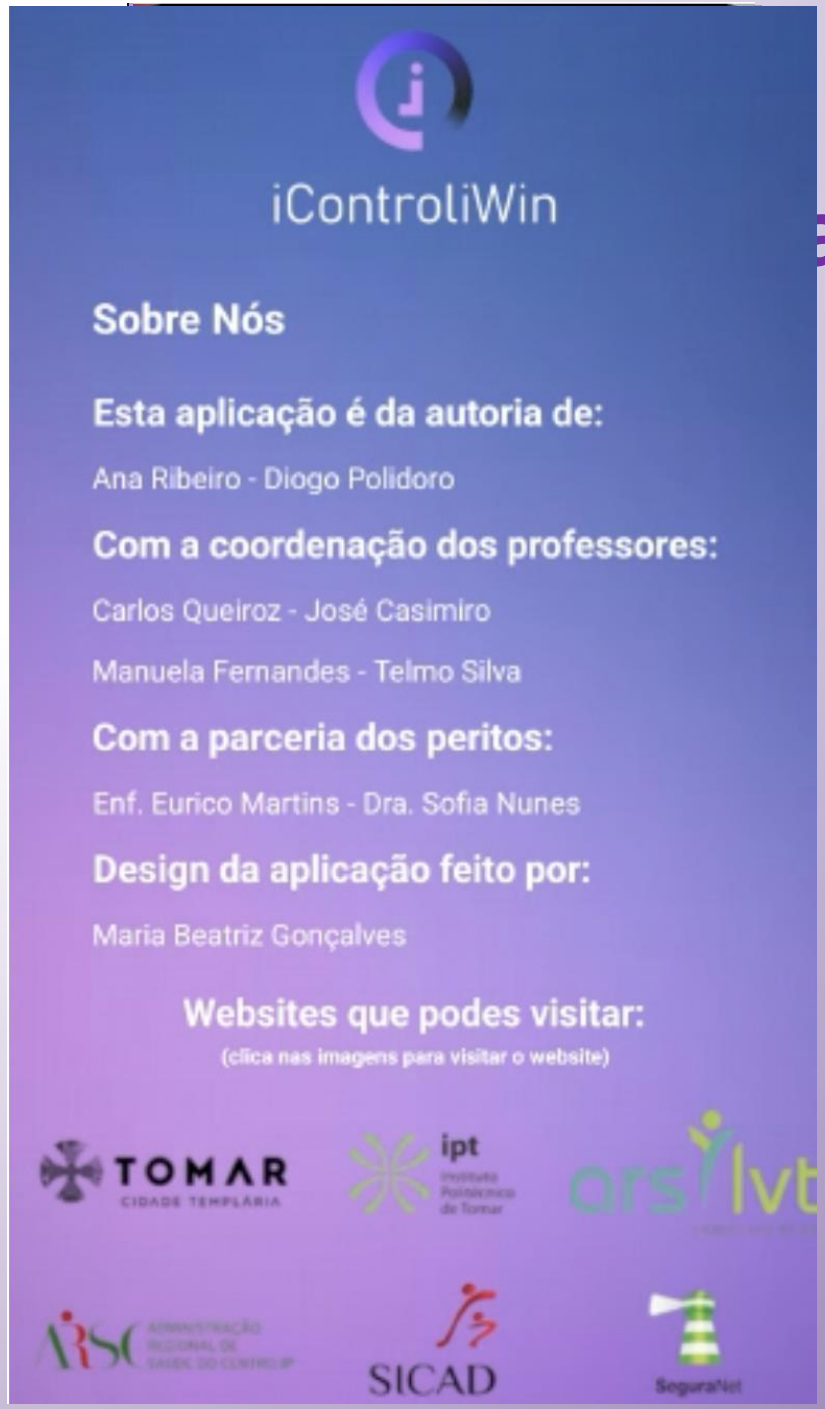
Practice physical activities n= 153 (68,92%)

Have hobbies in non online subjects n= 164 (73,87%)

iControl iWin is an app of Mental Heath and Self-regulation
(Android, in the future iOS, WIP)

- **Combines health literacy**
  - Providing information about problematic internet use in the app, support site and links to useful sites;
- **Self-regulation of internet use**
  - Reports time spent online, evolution in a time lapse (week,…);
  - Alerts of significant changes in the pattern of use;:
  - Suggests pauses and creates a list of alternative activities according to the user interests;
  - Never shutdown (empowerment, not 3rd party regulation);
- **Promotion of non-online activities diversification**
  - Tips and suggestions about cultural and leisure entertainment according to the user profile;
  - Rewarding healthy evolution using bonus points, to get discounts and bonus in cultural and leisure events.

app ...


iControliWin
Sobre Nós
Esta aplicação é da autoria de:
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Thanks for your time

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