

**What is considered a technoadic person?**

- A) A person who likes music "Tecno"
- B) A person who uses and likes new technologies
- C) A person to whom the excessive use of technology limits his freedom by having a great dependence that causes him.

**Which of these symptoms is not related to addictions to new technologies?**

- A) The acquisition of technological knowledge.
- B) Low school performance.
- C) Disorders of sleep, mood, anxiety, stress, etc.

**Being tech-addicted. Does it cause health problems?**

- A) No.
- B) Yes. Your health gets worse and worse.
- C) Sometimes, only if you are not a strong person.

**Alarm signals indicating techno-addiction.**

- A) Isolation deterioration of social and family relationships.
- B) Use internet computer to play, chat, consult doubts...
- C) There are no alarm signals.

**Technological devices that cause techno-addiction.**

- A) There are no devices that cause the technoadicción.
- B) Occasional use of the computer, tablet, etc.
- C) The excessive use and continued for a long time of any technological device and also creates dependency.