Smart Phone Addiction

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overview

- **App Name:** (Break your Smartphone Addiction)

- **App Description:** (Symptoms, Effects and Treatment of Smart Phone Addiction)

- **Track:** (Youth Individual)

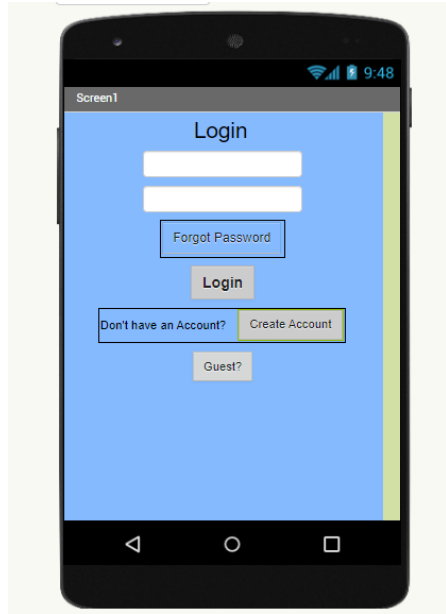- **Category:** (Mental health&Welbeing)

theme

In 100 words or less, describe the problem that you chose to address, and why you were interested in solving it. Please note that this portion of your submission will be published if you are selected as a finalist or winner.

Though smartphones have become an essential accessory for most people today, they also can be potentially dangerous tools, especially for children and young adults. Many smartphone users can regulate the amount of time they spend staring at their screens. They're still able to engage in social situations and pay attention to their surroundings without the urge to check their phone.
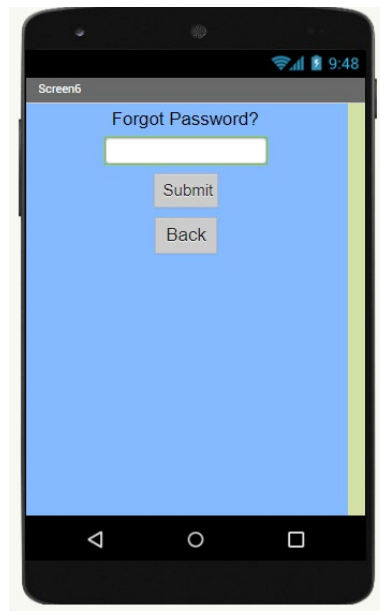
However, some users have become addicted to their smartphones. They find it hard to interact with the world around them and spend more time on their smartphones. With smartphones at the center of our world, it's important to know how to prevent and identify addiction so you can remain healthy and happy in your real life and in the digital world, which I'm trying to address through my application.
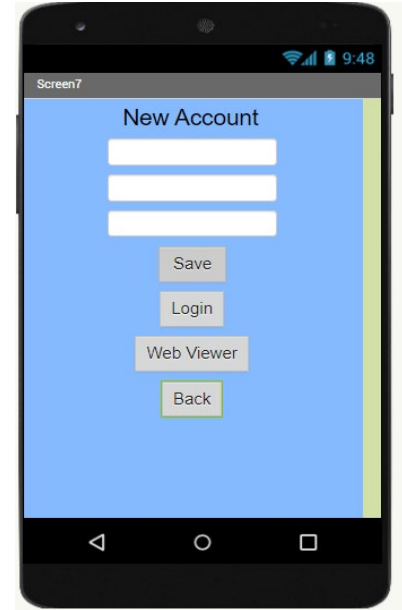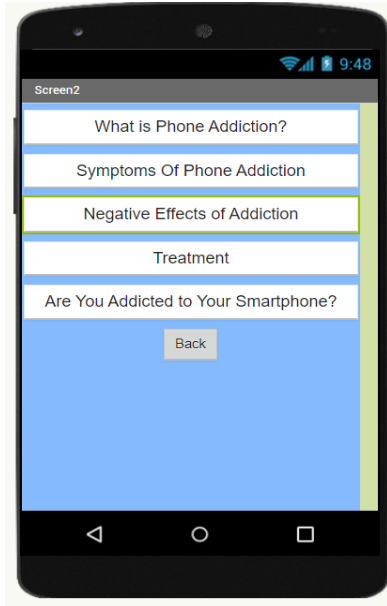
instructions

Step 1: Login
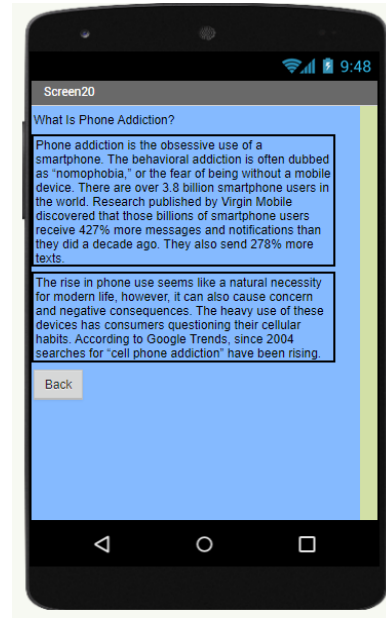

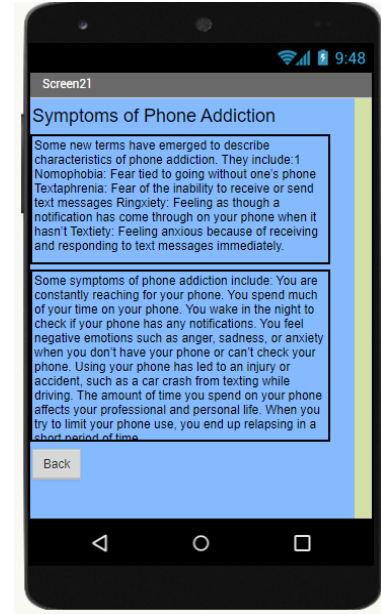Step 2: Forgot password

Step 3: New Account

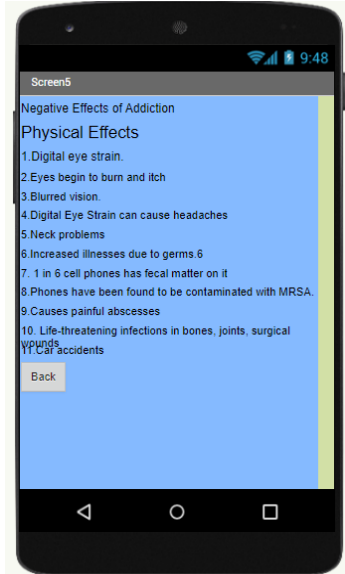# instructions

Step 4: Home
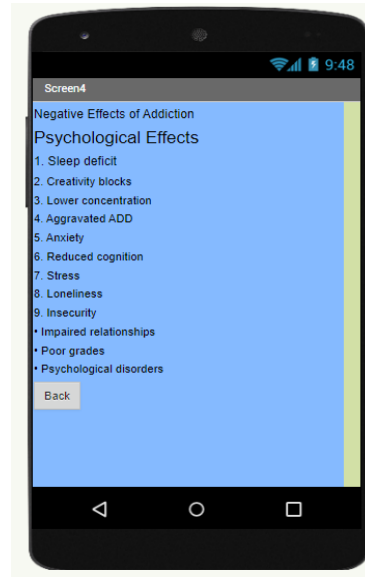

Step 5: What Is Phone Addiction
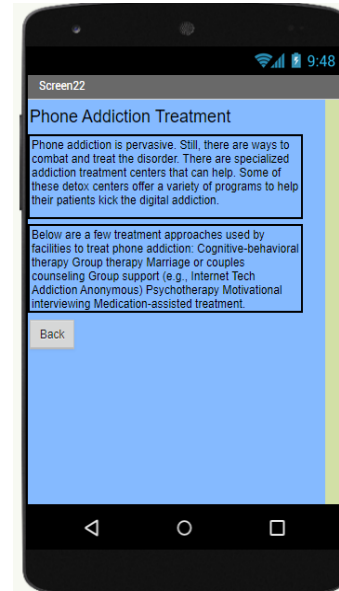

Step 6: Symptoms Of Phone Addiction

instructions

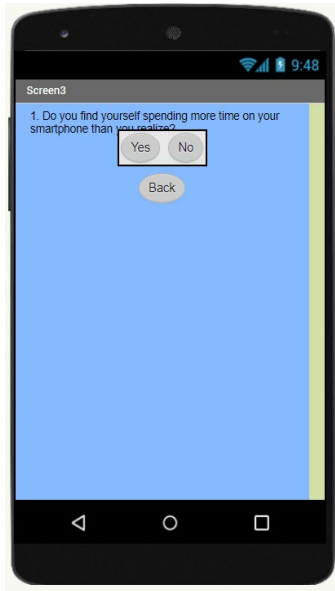

Step 7: Physical Effects of Addiction

Step 8: Psychological Effects of Addiction

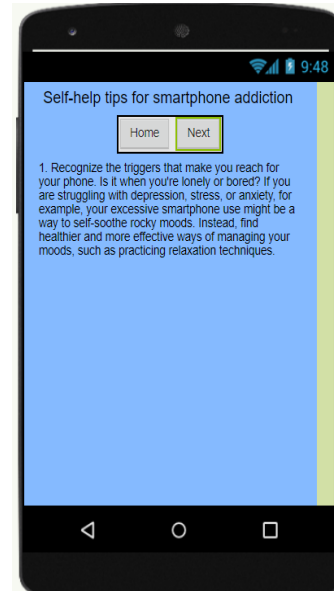Step 9: (Phone Addiction Treatment)

instructions

Step 10: Questions & answers (from 1 to 10 questions)

Step 11: 5 Self-help tips for smartphone addiction

LimitATIONS

In 100 words or less, describe the limitations of your app and what people should carefully consider when using it.

This App has no limitations. It is developed for everyone who feels that he/she is a smartphone addict.

acknowledgements

Please list the names of anyone who helped you with developing your app, and describe what type of help they provided.

- Eng. Esraa: She is my instructor and my main helper throughout the App development.
- My Mother: She helped me with her brilliant ideas.
- My Father: He helped with the content, language, and appearance of the App.

Appendix

If you have any supplementary information you wish to include, feel free to add it to the Appendix. **This section is entirely optional.**

It is recommended to add materials to the Appendix if you submitted a hardware project (e.g. with schematics, flow diagrams) or if your project included significant programming components outside of the MIT App Inventor platform.

Please be aware that judges reserve the right to exercise their discretion in reviewing materials within the Appendix, and they may not review its entirety if they consider it excessively lengthy.

SUMMER APPATHON

Title

Smart Phone Addiction Help, Treatment Options & Therapy…