

JUNIOR LEVEL

Multiple choice

Pick the correct answer to the following questions.

1. Students from which university are warning against smartphone overuse?

- A. Chinese University of Hong Kong
- B. University of Hong Kong
- C. Hong Kong Polytechnic University

2. Which university conducted a study on musculoskeletal problems?

- A. Chinese University of Hong Kong
- B. University of Hong Kong
- C. Hong Kong Polytechnic University

3. How many exercises did the medical students demonstrate?

- A. two
- B. three
- C. four

ADVANCED LEVEL

A. Fill in the blanks

Please complete the table below:

Event	HKU medical students launched their 1. _____ campaign.
Where	Outside the MTR exit near the Sogo department store in 2. _____.
Content	They put up 3. _____ showing major health symptoms relating to overuse of smartphones.
Purpose	To raise public 4. _____ regarding musculoskeletal problems related to smartphone overuse.
Study	An earlier study found 70 percent of local adults reported musculoskeletal 5. _____ when using 6. _____.

B. CRITICAL THINKING

1. How much time do you spend using your smartphone each day?
2. What is the longest duration you used the smartphone without stopping?
3. Which part of your body feels tired after you use the smartphone for an extended period of time? Do you know why?
4. What are some of the ill effects on your health when you overuse your smartphone?
5. Do you know how to avoid those bad effects?

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[Answers]

Junior level

1.B; 2.C; 3.C

Advanced level

A. Fill in the blanks

1.SOS! Smartphone Overuse Syndrome; 2.Causeway Bay; 3.banners; 4.awareness; 5.symptoms;
6.electronic devices