

Crew Evaluation CBT Test Online on Cyber Wellness (CD-0140)

Use the search below to find question.

Amount of questions: **6**.

Right answers marked with this sign .

A serious consequence of spending too much time online use can include:

- Eye strain.
- Lack of social engagement with other crew members. ✓
- Strained hand muscles.

A serious consequence of spending too much time online use can include:

- Strained hand muscles.
- Feelings of isolation and homesickness. ✓
- Eye strain.

Your personal posting on social media will not be linked to the company's activities or reputation.

True or false?

True.

False. ✓

Spending more time around common spaces and engage with your crew mates is a simple way to reduce non-work related screen times. True or false?

False.

True. ✓

To ensure good health while you are at sea you need to have enough time for social activity and physical exercise. True or false?

False.

True. ✓

Use of apps and games online can become addictive because they are designed to create a rush of:

Testosterone.

Dopamine. ✓

Adrenaline.

Cortisone.

 Did you find mistake? Highlight and press CTRL+Enter

🕒 March, 26, 2025

👁 501

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