

OITO — Portugal's Eight-Workshop Smartphone Course for Adults 55+, Tested With a Pre/Post Design

Digital Inclusion · Good practice · Portugal

Quality score: 48/100

Evidence strength: Moderate

Summary

Eight 1.5-hour guided smartphone workshops for adults 55+ in three northern Portuguese municipalities. In a 81-person pre/post study, digital proficiency rose about 2.5 points on a 40-point scale, but health literacy did not change.

Key dimensions

Dimension	Score
Innovation level	2/5
Sustainability (ongoing)	0/1
Evaluation evidence	1/1
Demonstrated reach	0/1
Documented learning	1/1

Evaluated by C-NAPSE

Data sources

[C-NAPSE web research](#) — accessed 2026-09-29

[University of Minho School of Medicine with the municipalities of Paredes de Coura, Guimarães and Barcelos](#) — accessed 2026-09-29

[JMIR Formative Research study \(OITO\)](#) — accessed 2026-09-29

[Alto Minho TV — OITO in Paredes de Coura](#) — accessed 2026-09-29

[University of Minho repository — OITO manual](#) — accessed 2026-09-29

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