

**‘Specialization in ICTs and Special Education: Psychopedagogy  
of Integration’ Postgraduate Program**  
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Philology in collaboration with**  
**NCSR DEMOKRITOS Informatics and Telecommunications  
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**INFORMATION AND COMMUNICATION TECHNOLOGIES  
(ICTs), ANXIETY AND INCLUSION OF PEOPLE WITH  
DISABILITIES**

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POSTGRADUATE  
THESIS

Komotini/Athens  
2020

## **ABSTRACT**

Nowadays, people with disabilities are increasing and they need to be treated equally and their inclusion needs to be ensured. An important tool is Information and Communication Technologies (ICT), which can contribute positively to the development of their skills, to address their difficulties and to provide equal opportunities in the improvement of their personal and social life. In addition, due to the fact that we live in a fast-paced community, stress levels seem to be increased over time, thus it is important to adopt stress management strategies. Information and Communication Technologies (ICT) can help people with disabilities reduce stress levels in order to include into society. The present research is a bibliographic review in order to examine the role of Information and Communication Technologies (ICT) in stress management and the inclusion of people with disabilities. The results demonstrated that ICTs are a supportive tool by facing the deficits of people with disabilities and reducing their stress levels. In conclusion, people with disabilities increase their self-control, feel independent and equal members of society. The findings of this research can be used by those involved in special education.

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