



# Conscious Click

Leverage the power of AI to beat addictive AI algorithms

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## Understanding the Problem - Internet Addiction

### 1 Rising Cases

2010, 8.2% US

During Covid

2019, 36.7% China

### 2 User interview

From 6 user interviews

Some positive, but mostly causing negative results.

Harming personal goal.

### 3 Dopamine Level

From "Dopamine Nation", we need 30 days to adjust our dopamine level when we are addicted

# Symptoms of INTERNET ADDICT



POOR SLEEP



ANXIETY AND  
DEPRESSION



LESS FOCUS  
AND LACK OF  
CONCENTRATION

## Solution Overview - focus on youtube addiction as initial target

### Coaching & Planning

LLM assistant that ask for user goal and provide a customized 30 day plan.

### Accountability buddy

Extension that Executes the plan and hold user accountable

# Demo

Github

Endpoint - <https://github.com/JoeyWangTW/addiction-planning-endpoint>

Extension - <https://github.com/JoeyWangTW/youtube-addiction-rehab>

# Trulens for model selection

The screenshot displays the Trulens interface for an 'App Leaderboard'. The left sidebar contains the Trulens logo, a close button, and navigation links for 'Leaderboard', 'Apps', 'Evaluations', and a version identifier 'trulens\_eval 0.23.0'. The main content area is titled 'App Leaderboard' and includes a subtitle: 'Average feedback values displayed in the range from 0 (worst) to 1 (best)'. Two model entries are shown, each with a table of metrics and a 'Select App' button.

gpt-3.5-turbo ⓘ							
Records	Average Latency (S...	Total Cost (USD)	Total Tokens	conciseness	stereotypes	relevance	
5	11.8	\$0.01	5.43k	0.8 ✓ high	0.0 ● low	0.92 ✓ high	Select App

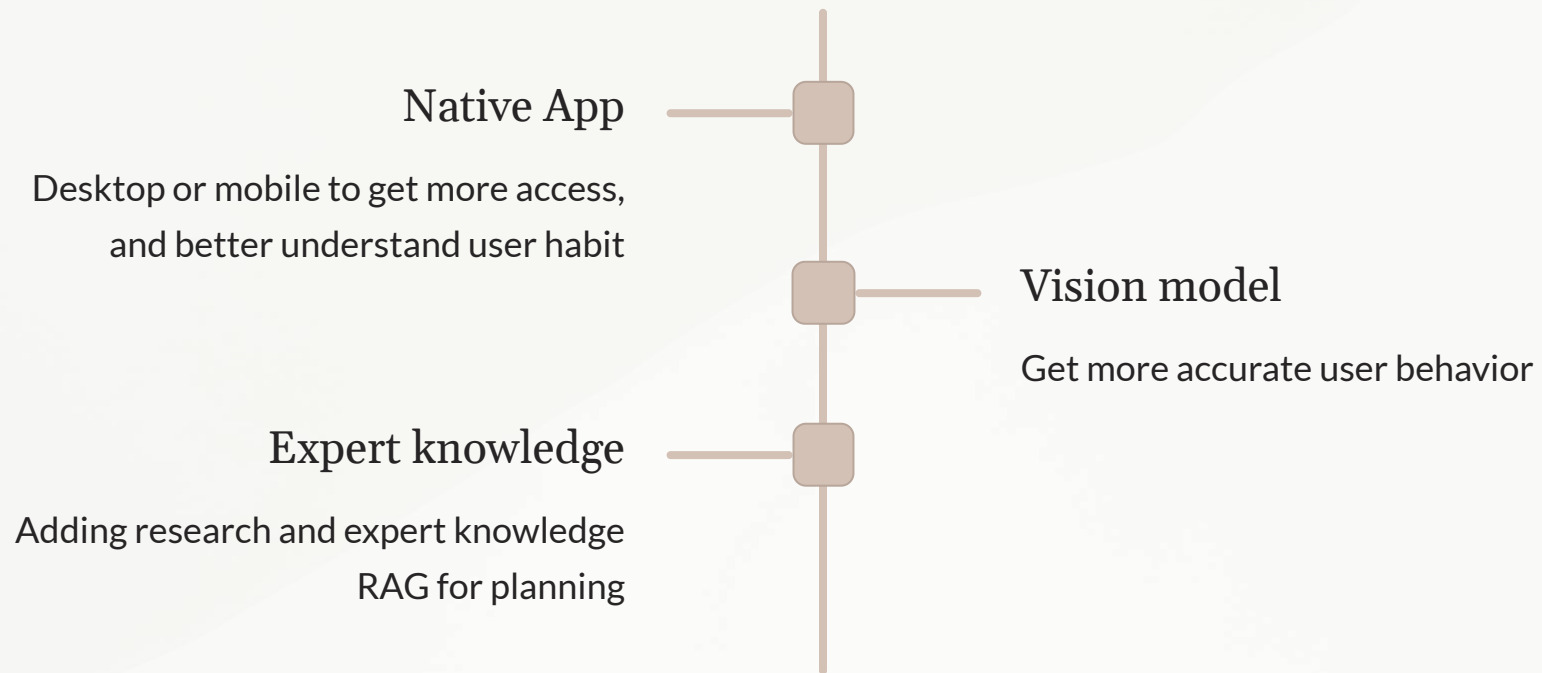
gpt-4-turbo ⓘ							
Records	Average Latency (S...	Total Cost (USD)	Total Tokens	conciseness	stereotypes	relevance	
5	11.8	\$0.15	6.4k	0.82 ✓ high	0.0 ● low	1.0 ✓ high	Select App

# Target Market Analysis

## Mental health app market

6.1 Billion (2023) → 23.8 Billion (2032)

# Next Steps



Thank you!