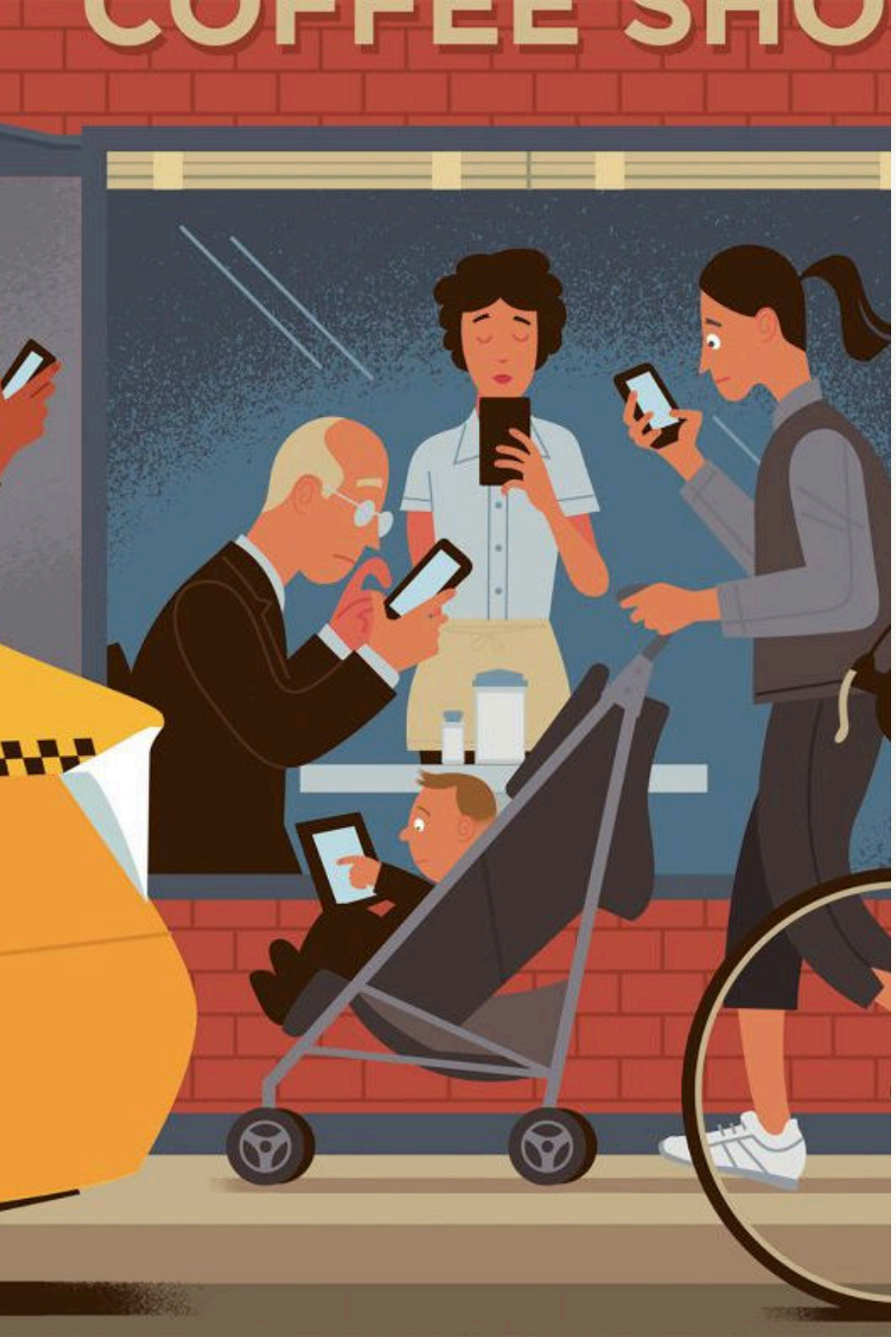

Conscious Click

Leverage the power of AI to beat addictive AI algorithms

Team: Joey Wang

Made with Gamma

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

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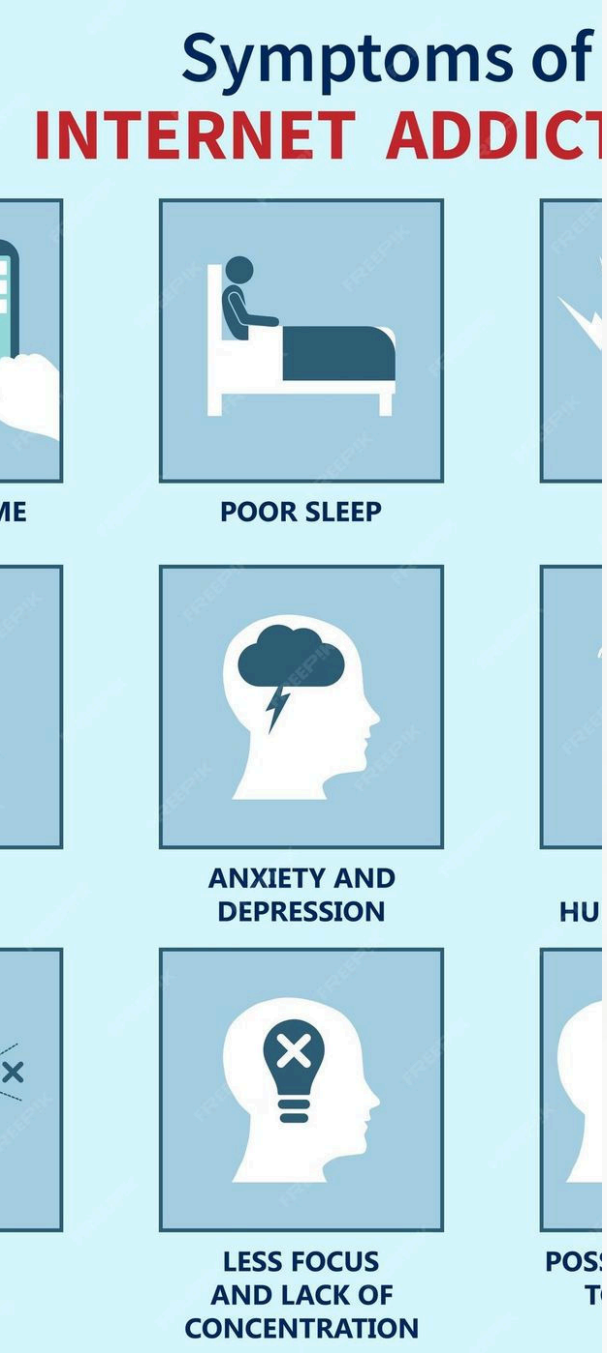

Solution Overview - focus on youtube addiction as initial target

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

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Demo

Github

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

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

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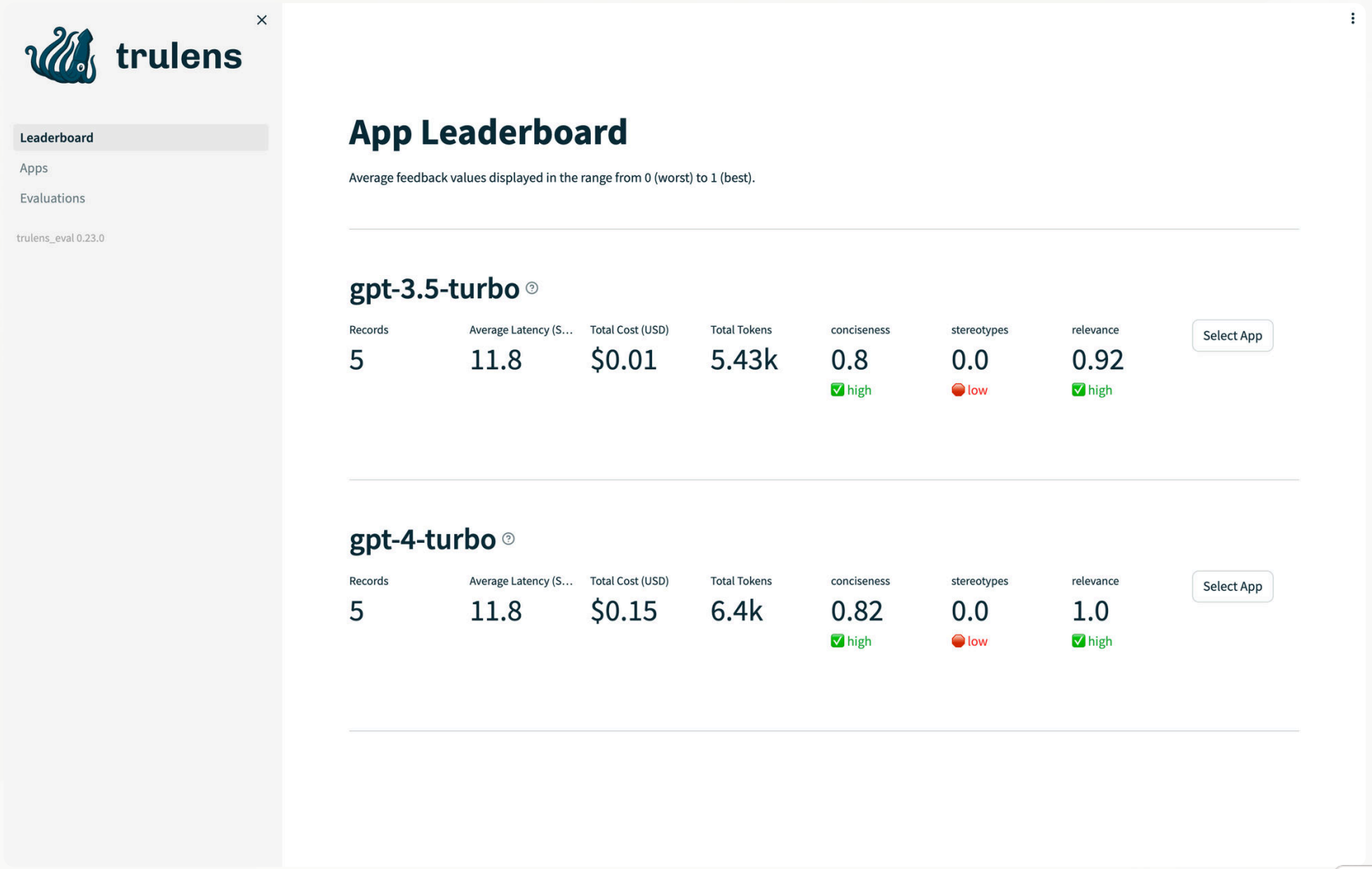
Trulens for model selection



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Target Market Analysis

Mental health app market

6.1 Billion (2023)→ 23.8 Billion (2032)

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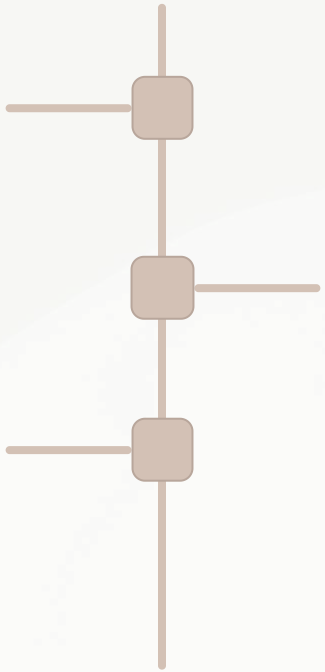
Next Steps



Native App

Desktop or mobile to get more access, and better understand user habit

Vision model

Get more accurate user behavior

Expert knowledge

Adding research and expert knowledge
RAG for planning

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Thank you!

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