

LABLAB.AI HACKATHON

2024

# AlgoGuardian

v1.0

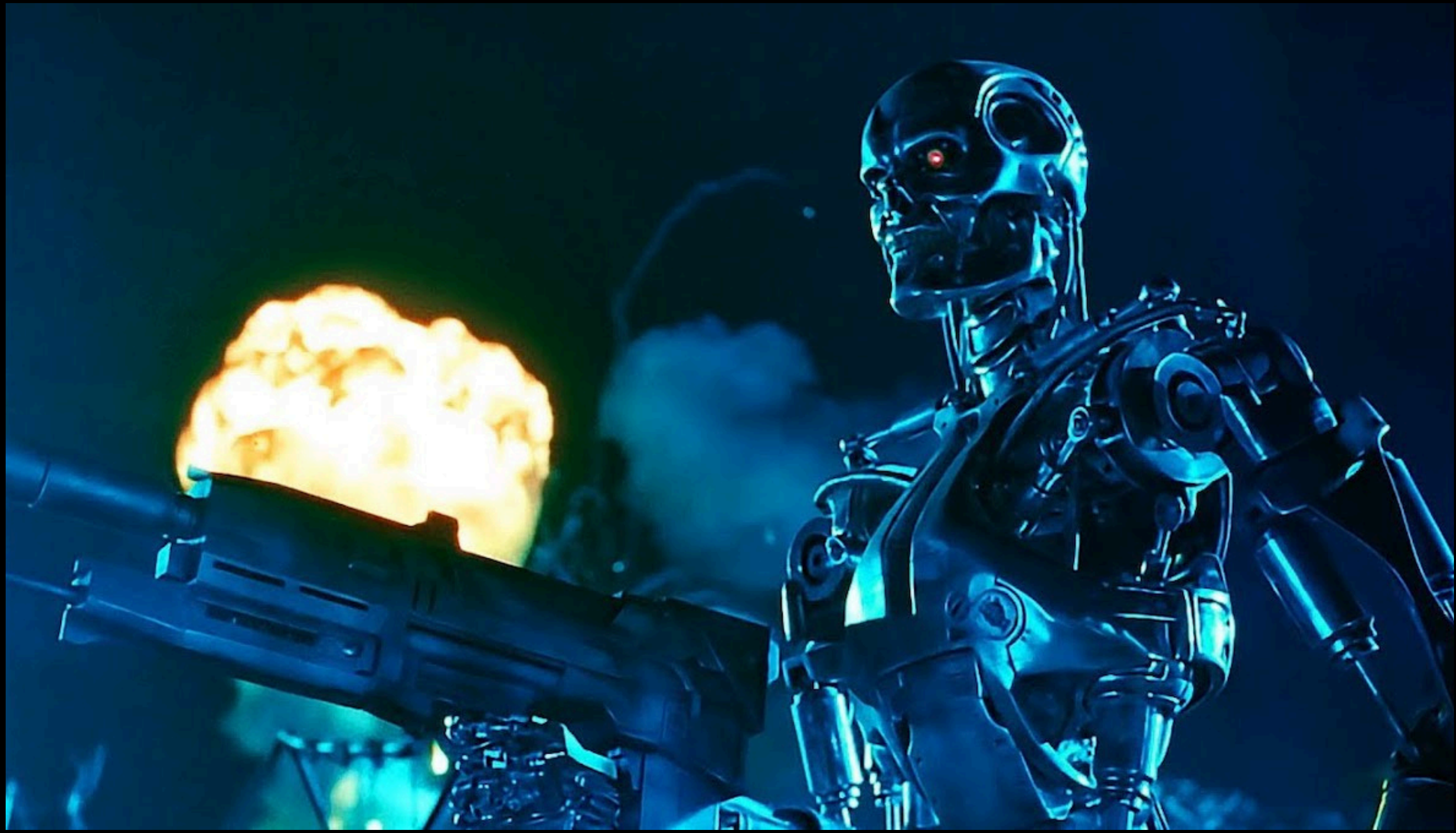


JOEY WANG

The image features the letters 'AI' in a large, bold, white sans-serif font, centered horizontally and vertically. The background is a solid black field filled with numerous bright, white, and light gray light trails. These trails are of varying lengths and thicknesses, creating a sense of rapid movement and energy. Some trails are straight and diagonal, while others are more complex, with multiple segments and sharp turns, resembling lightning or high-speed data paths. The overall effect is a high-contrast, futuristic, and dynamic visual representation of artificial intelligence.

AI





+ New chat

History is temporarily unavailable.  
We're working to restore this  
feature as soon as possible.

👤 Upgrade to Plus

NEW

🌙 Dark mode

🔗 Updates & FAQ

🚪 Log out

# ChatGPT



## Examples

"Explain quantum computing in  
simple terms" →

"Got any creative ideas for a 10  
year old's birthday?" →

"How do I make an HTTP  
request in Javascript?" →



## Capabilities

Remembers what user said  
earlier in the conversation

Allows user to provide follow-  
up corrections

Trained to decline inappropriate  
requests



## Limitations

May occasionally generate  
incorrect information

May occasionally produce  
harmful instructions or biased  
content

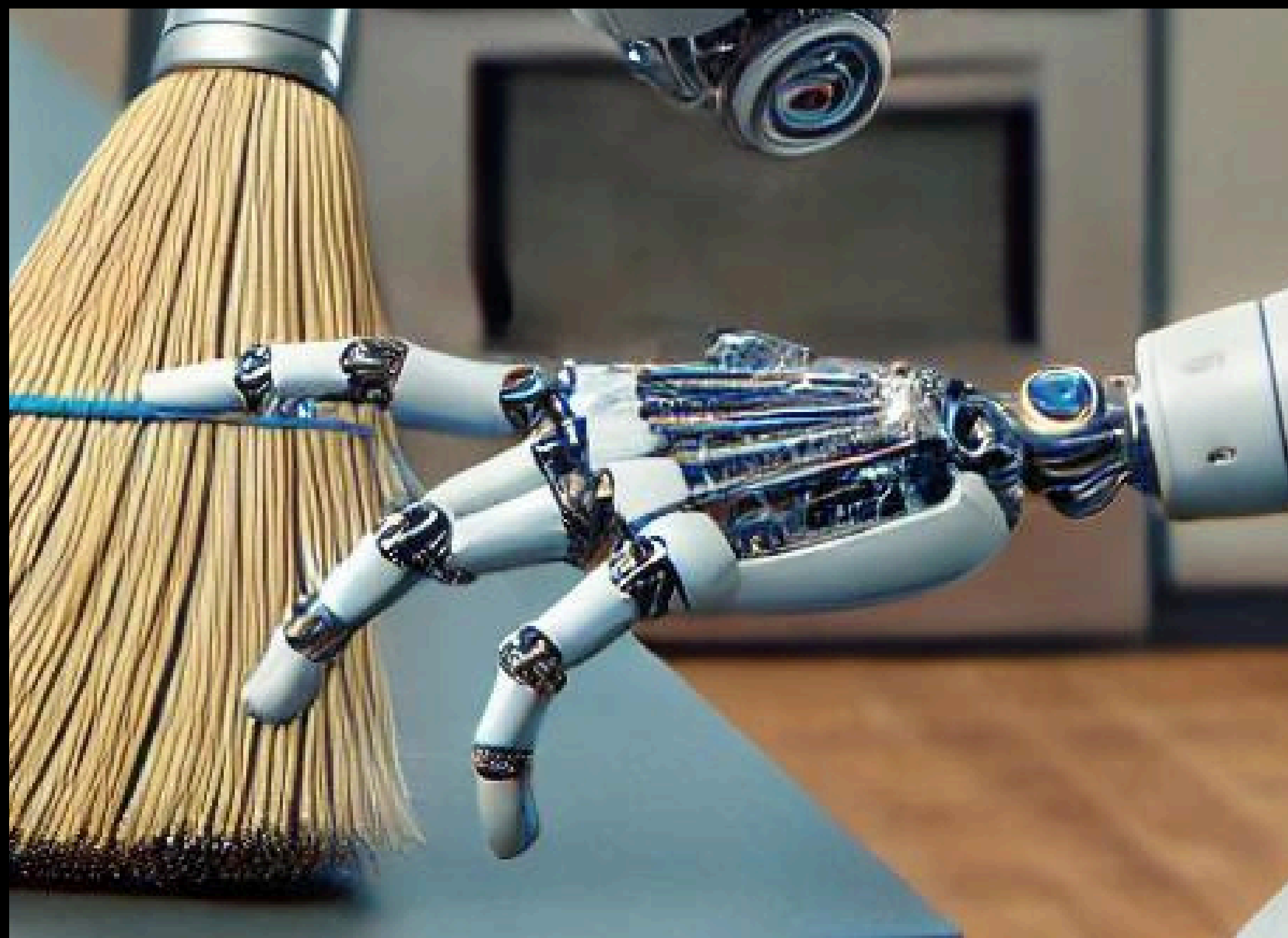
Limited knowledge of world and  
events after 2021



[ChatGPT Mar 14 Version](#). Free Research Preview. Our goal is to make AI systems more natural and safe to interact with. Your feedback will help us improve.





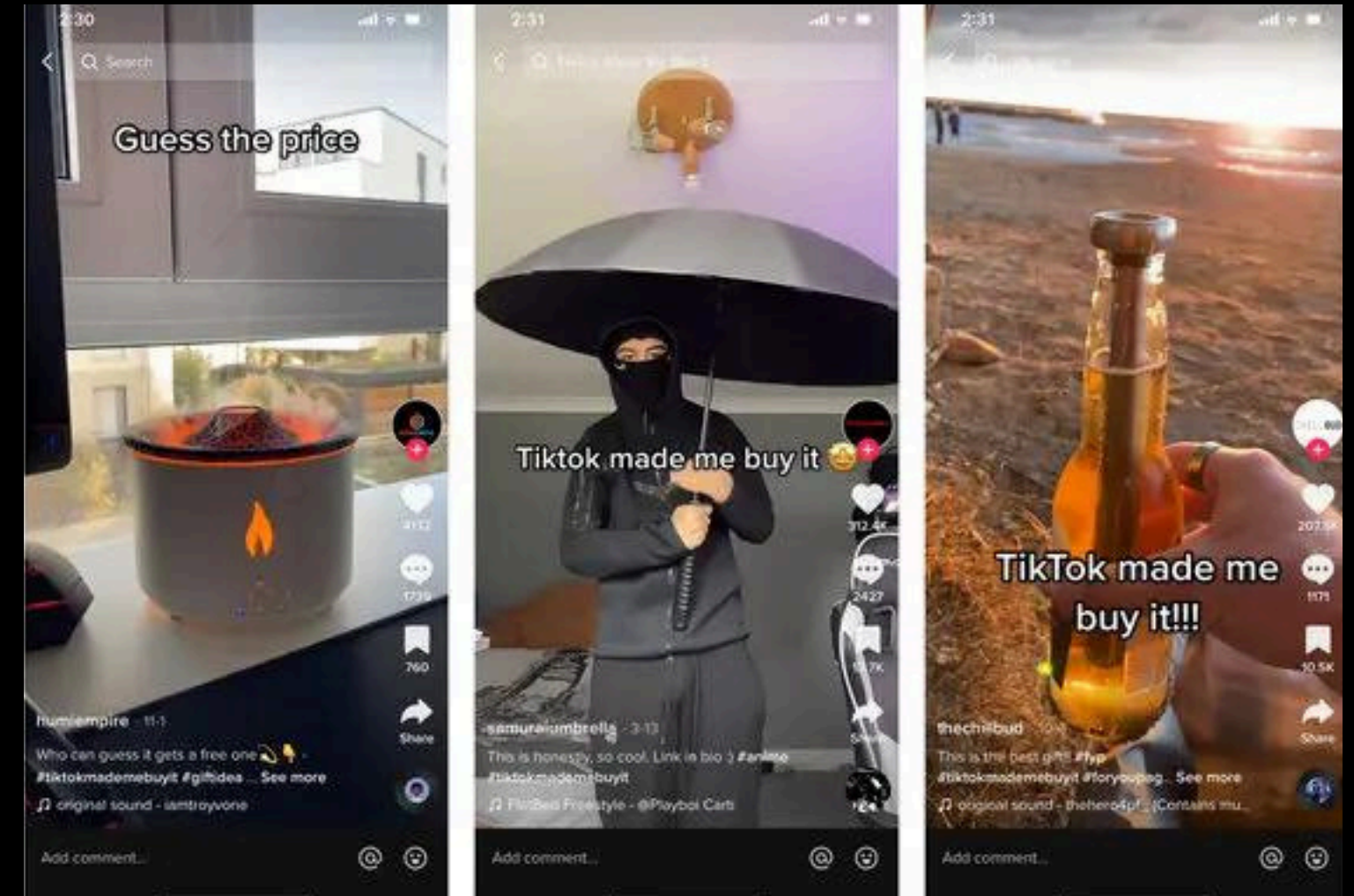
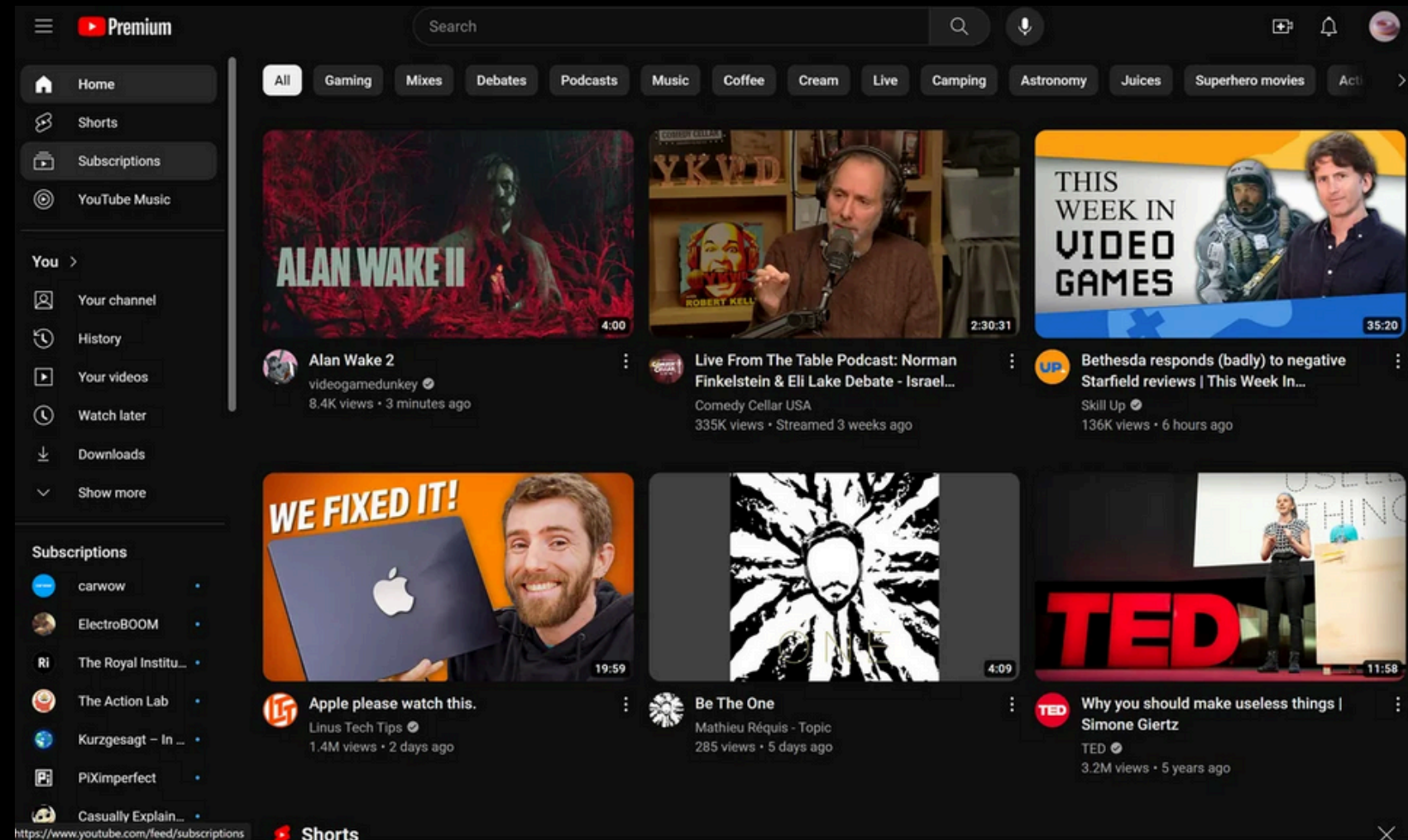






**AI is already  
dominating our lives**

# Data-driven recommendation algorithms are everywhere



# They are very addictive



Dopamine

Baseline



Dopamine

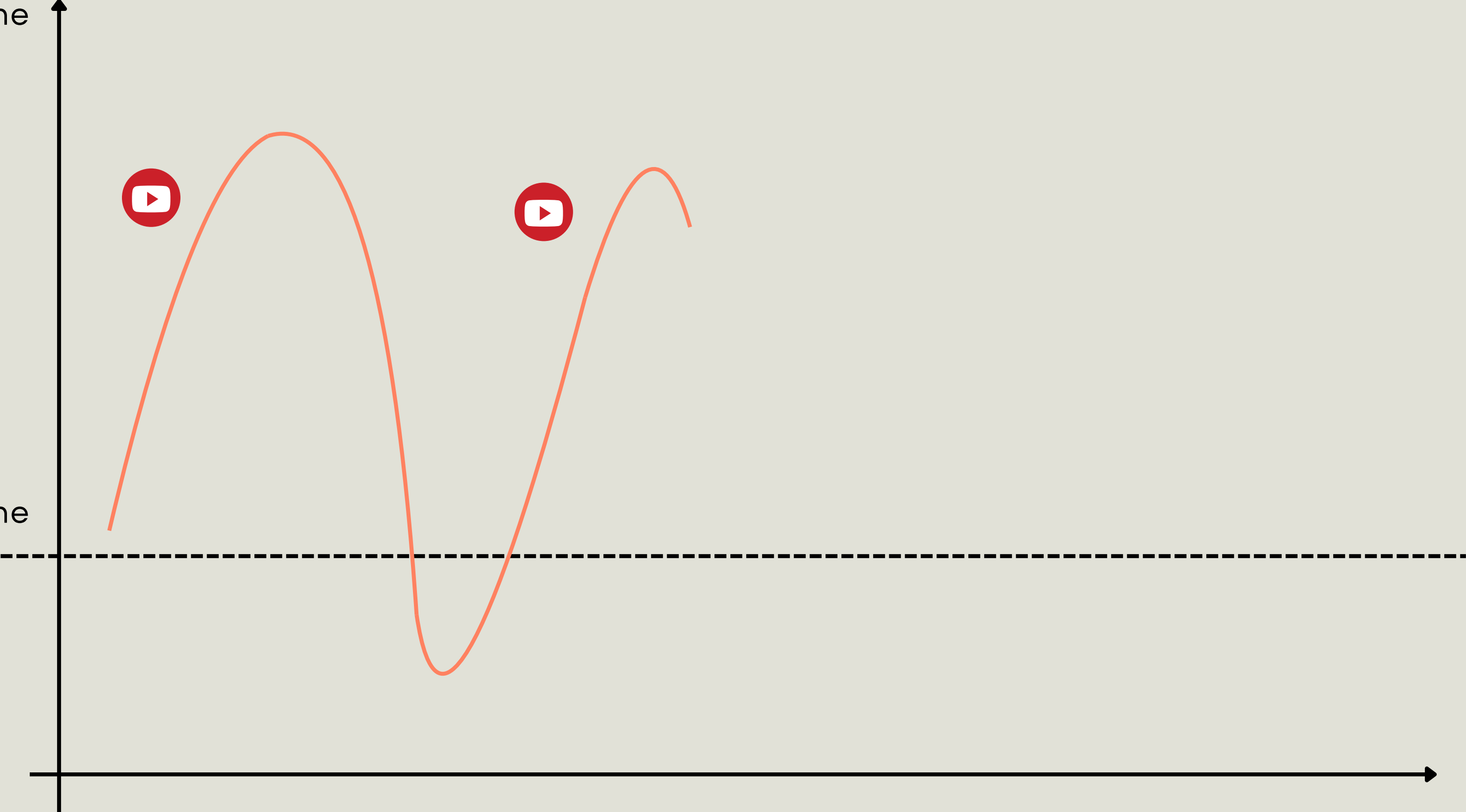
Baseline





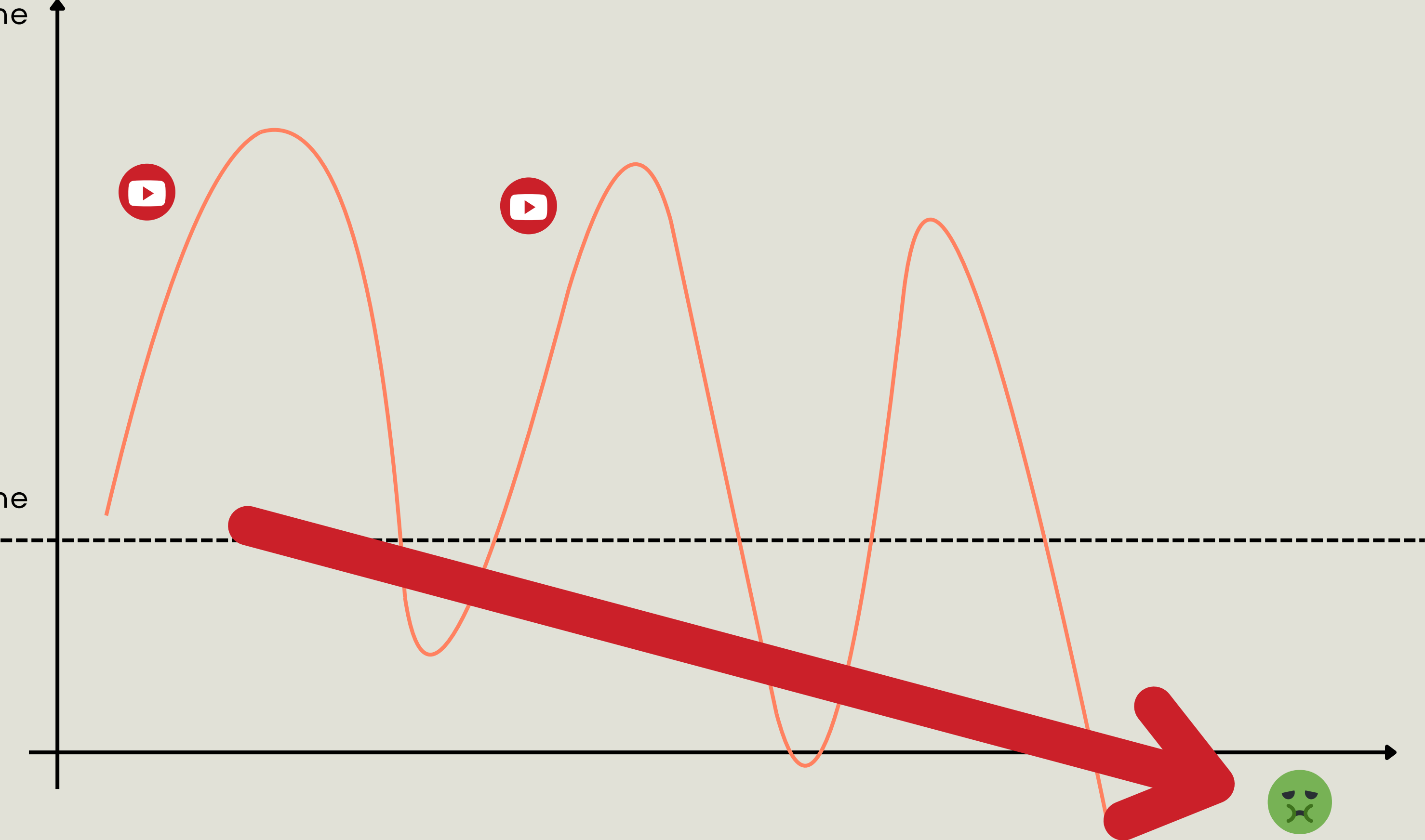
Dopamine

Baseline



Dopamine

Baseline





# We Have a Dopamine Problem

The neurochemical has become a boogeyman for people worried about addiction and indulgence. But the real story is a lot more complex.



Share full article



277



Simone Noronha



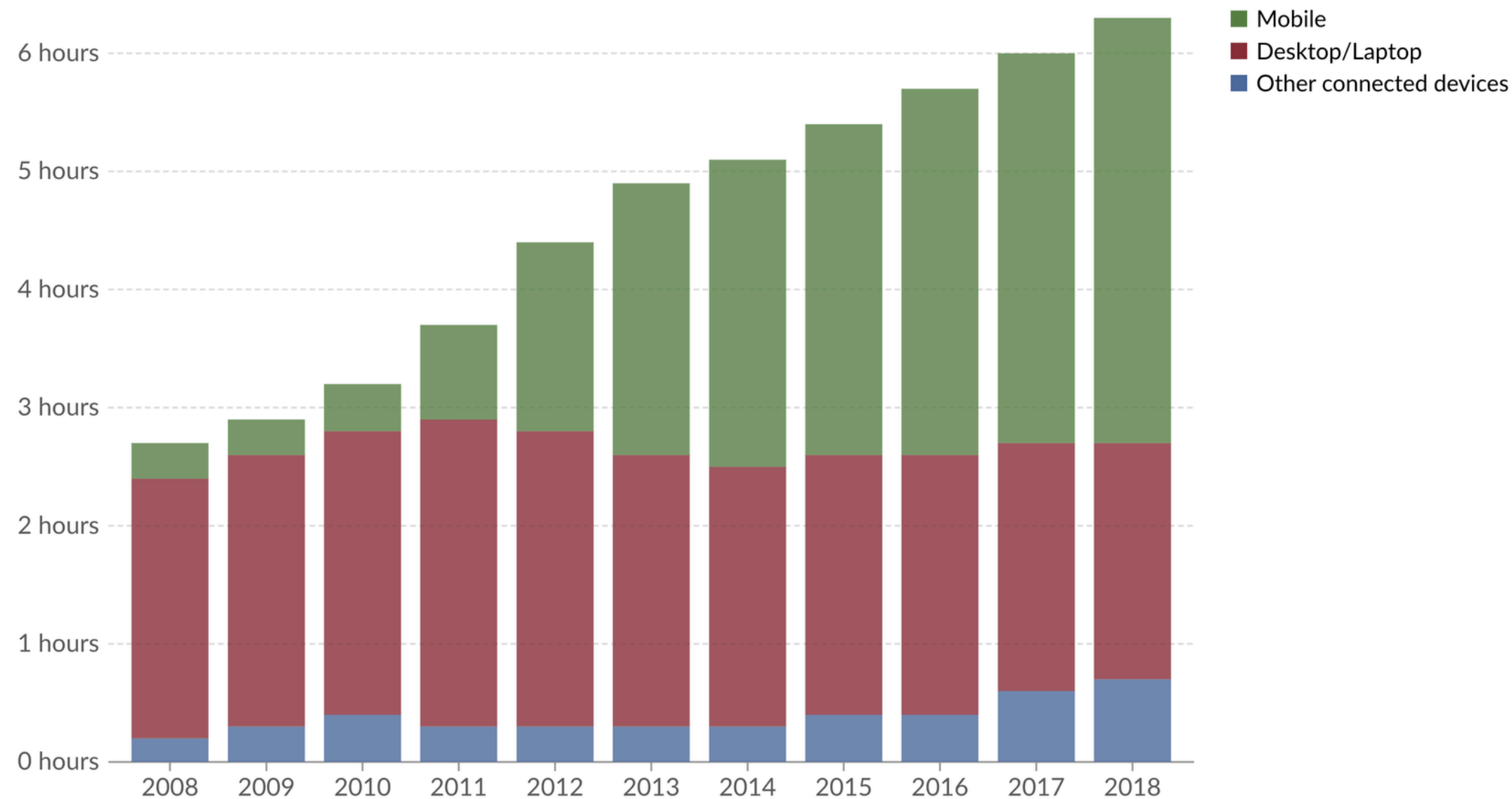
By **Dana G. Smith**

June 30, 2023

## Daily hours spent with digital media in the United States

Average daily hours spent engaging with digital media (e.g., images and videos, web pages, social media apps, etc.) The data for 'other connected devices' includes game consoles. Mobile includes smartphones & tablets. All data includes usage at home and work for people 18+.

Our World  
in Data



Data source: BOND Internet Trends (2019)

OurWorldInData.org/internet | CC BY

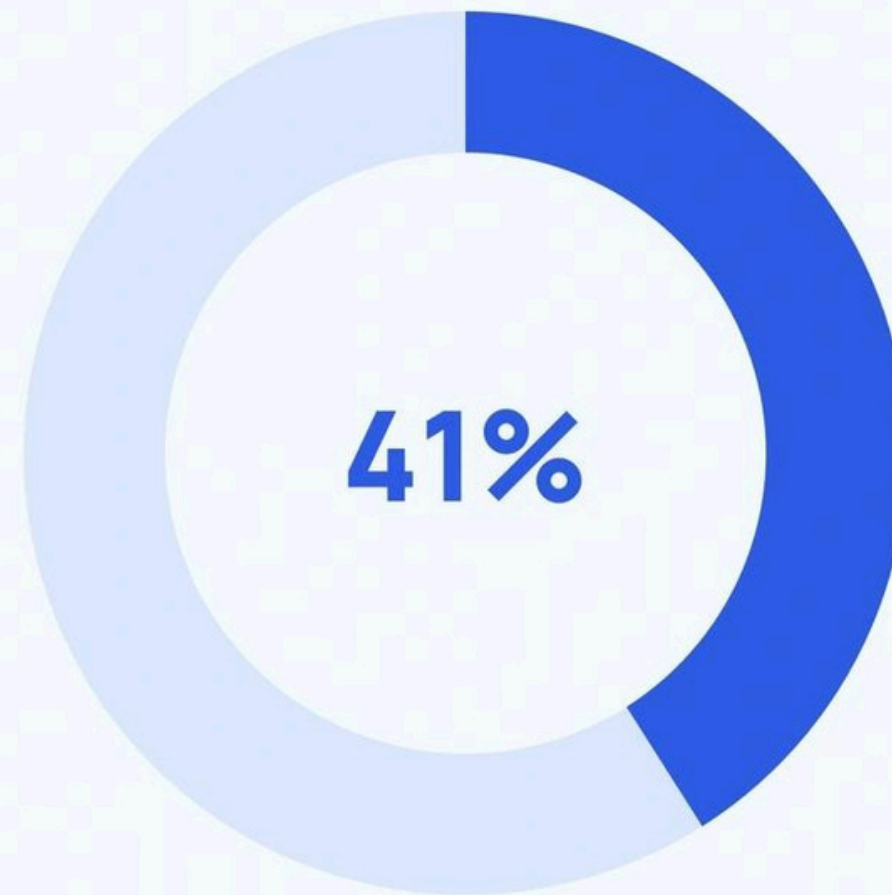
# Time Spent on Digital Media

# 2x

## from 2008 to 2018

## Today 6 hours 40 minutes

**41% of US adults admit to finding screen  
time management challenging**






Retention

Algorithms  
Will Improve


Data  
Model  
Content

A vertical black line with an upward-pointing arrowhead at the top, indicating a positive trend or improvement.

Manipulate  
Emotion

Hijack  
Attention

Lose  
Control

A vertical black line with a downward-pointing arrowhead at the bottom, indicating a negative trend or decline.

# Fight Addictive Algorithms

# Take Back Control

ALGOGUARDIAN



# YouTube Addiction Rehab

AI powered chrome extension,  
filter & block content based on personal goals



**1**  
**SETUP**  
**PERSONAL GOALS**

**2**  
**LLM MODEL**  
**CONTINUOUSLY**  
**EVALUATE**  
**CONTENT**

**3**  
**BLOCK**  
**AND**  
**FILTER**  
**DISTRACTIONS**

**4**  
**WATCH VIDEOS**  
**THAT BRINGS**  
**VALUE**

# LIVE

LIVE DEMO

# DEMO



# LLM Technology

Personalized guardian

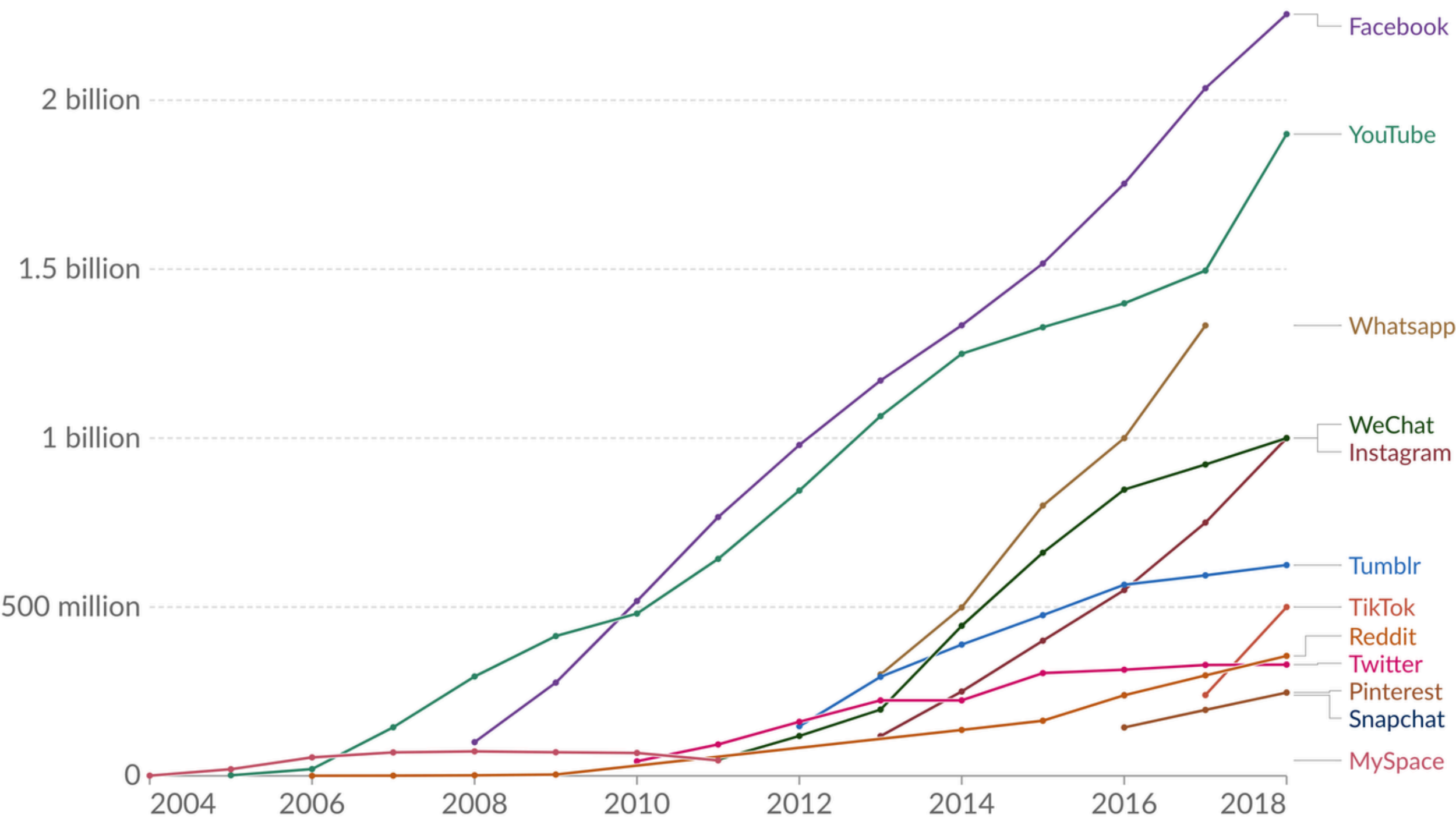
Regain Autonomy

Reform how we  
consume information

# Number of people using social media platforms, 2004 to 2018

Our World  
in Data

Estimates correspond to monthly active users (MAUs). Facebook, for example, measures MAUs as users that have logged in during the past 30 days. See source for more details.



Source: Statista and TNW (2019)

OurWorldInData.org/internet • CC BY





Avoid addictive algorithms  
Spend their time on meaningful things

**70B**  
Productivity  
Software Market

**375B**  
Mental Health Market



# Joey Wang

Founder

- Programming boardgame startup
- Research on tagible device for Alzheimer's patients
- Enterprise video software to connect remote teams

# Human Centric Tech Solutions

I have ADHD,  
I get distracted all the time



**Protect**

**~~Manipulate~~**

# AlgoGuardian

