

Lecture Proposal: Congress Albatros 2026

Proposal for oral presentation

Speakers:

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A proposal to oral presentation

Artificial Inelegance Supported Digital Intervention for Addiction: A positive CBT approach to prevention and Behavioral Change

Key words: Addiction, Digital Intervention, Artificial Intelligence, Positive CBT, Prevention, Risk Reduction

Abstract

Addictive behaviors are characterized by maladaptive reinforcement loops, impaired self-regulation, and high relapse rates, posing a significant challenge for prevention and treatment. Despite the availability of evidence-based interventions, accessibility, engagement, and long-term adherence remain limited. These gaps highlight the need for scalable, digital, and personalized approaches in addiction.

This study presents BuzzLife, a digital platform offers intervention programs based on Positive CBT, integrating cognitive-behavioral principles, positive psychology, and learning theory into a structured skill-acquisition process. The intervention is designed to transform “addiction loops” into “positive change loops” through stages: Identifying maladaptive patterns, practicing adaptive coping skills, applying in real-life contexts.

A key innovation is the integration of a generative AI agent, which provides real-time, personalized guidance and adaptive micro-interventions. The AI component supports self-monitoring, enhances engagement, and delivers tailored feedback.

The program targets both reduction of addictive behaviors (e.g., substance use, maladaptive habits) and the strengthening of protective psychological resources, including self-efficacy, emotional regulation, and resilience.

Preliminary implementation across digital wellbeing programs suggests high user engagement and improvements in adaptive functioning and emotional regulation.

These findings highlight the potential of digital interventions, AI-supported as scalable tool for prevention, health risk reduction, and treatment in addiction. The model offers an innovative framework for integrating technology and evidence-based psychological approaches to promote sustainable behavioral change.

Deceleration: No company nor organization has been involved in the study. The research and development was self-financed. There are no conflict of interests.