

# Reducing Screen Addiction Using Health-Tech Solutions

## SolveXBio Case Study Competition

Ingenium — IIT Indore

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### Competition Overview

Excessive screen time and mobile phone addiction contribute to mental health issues, sleep disorders, and reduced cognitive performance. While software tools exist to track usage, effective Health-Tech interventions that actively reduce addiction remain limited.

This competition challenges participants to propose innovative Health-Tech solutions that combine behavioural psychology with biomedical or physiological sensing to detect, monitor, and mitigate screen addiction.

### Problem Statement

Teams must propose a Health-Tech solution capable of detecting excessive mobile phone usage and actively influencing user behaviour to reduce screen addiction.

The solution may include wearable devices, bio-feedback systems, or smart applications that utilise physiological or behavioural indicators such as eye strain, stress levels, or posture.

### Key Requirements

- **Mechanism of Action:** Clear explanation of how addiction or excessive use is detected
- **Intervention Strategy:** Description of how the system intervenes (e.g., haptic feedback, gamification, locking mechanisms, blue-light modulation)
- **User Centricity:** Non-intrusive yet effective long-term behaviour modification

### Deliverables

- Concept note describing the technology stack (software/hardware)
- User workflow detailing interaction with the system
- Impact analysis on mental and physical health

## Eligibility & Team Structure

- Open to students from all backgrounds; no prior biology experience required
- Participation is in teams of at least two members
- Teams must register via the circulated Google Form before the deadline

## Competition Format

- All teams receive the same real-world problem statement
- **Preparation Phase:** Fixed time to analyse and develop the solution
- **Presentation Phase:** Teams present their solution to the jury
- **Q&A Phase:** Jury evaluates conceptual clarity

## Rules & Regulations

### Internet Policy

- Internet access is allowed during the Preparation Phase
- Internet access is prohibited during Presentation and Q&A
- Submissions must be finalised within the allotted preparation time
- Plagiarism or unfair means lead to immediate disqualification

## Judging & Evaluation (100 Marks)

Problem Understanding	20	Clarity of core issue and constraints
Innovation	25	Novelty and creativity of solution
Feasibility	25	Practical implementability
Presentation	15	Communication and clarity
Teamwork & Q&A	15	Collaboration and defence of ideas

## Awards

Best-performing team(s) will be recognised based on jury evaluation.

Rules are subject to change at the discretion of the organisers.  
Further instructions will be communicated to registered participants.