| **Paper Title** | **Authors** | **Year** | **Methodology** | **Findings** | **Link** |
| --- | --- | --- | --- | --- | --- |
| **Time2Stop: Adaptive and Explainable Human‑AI Loop for Smartphone Overuse Intervention** | Adiba Orzikulova et al. | 2024 | Developed an adaptive, explainable JITAI system; field study with 71 users over 8 weeks | Improved intervention accuracy by >32.8%, receptivity by >8%, and reduced app visits by ~7–9%; explanations further boosted effectiveness ([arXiv](https://arxiv.org/abs/2403.05584?utm_source=chatgpt.com" \o "Time2Stop: Adaptive and Explainable Human-AI Loop for Smartphone Overuse Intervention)) | [arXiv] |
| **Algorithmic Addiction by Design: Big Tech’s Leverage of Dark Patterns to Maintain Market Dominance** | Michelle Nie | 2025 | Analytical study exploring design patterns in tech platforms | Social media platforms use addictive designs and dark patterns to foster compulsive use; policy-level solutions proposed ([arXiv](https://arxiv.org/abs/2505.00054?utm_source=chatgpt.com" \o "Algorithmic Addiction by Design: Big Tech's Leverage of Dark Patterns to Maintain Market Dominance and its Challenge for Content Moderation)) | [arXiv] |
| **Digital Detox Research: An Analysis of Applied Methods and Implications** | Nina Hager, Fabian Stangl, René Riedl | 2023 | Literature review across fields like education, well-being, tourism, health, work | Categorized methods and highlighted gaps in empirical studies for digital detox; suggests improved future methodology ([ResearchGate](https://www.researchgate.net/publication/373841406_Digital_Detox_Research_An_Analysis_of_Applied_Methods_and_Implications_for_Future_Studies?utm_source=chatgpt.com), [CORE](https://core.ac.uk/download/pdf/587843387.pdf?utm_source=chatgpt.com)) | [CORE PDF] |
| **Making Social Media Less Addictive with Digital Nudges** | — | (n.d.) | Design-oriented proposal for digital nudges | Showed potential of nudges in reducing addictive scrolling behavior ([ResearchGate](https://www.researchgate.net/publication/340903372_Designing_for_Digital_Detox_Making_Social_Media_Less_Addictive_with_Digital_Nudges?utm_source=chatgpt.com)) | [ResearchGate PDF] |
| **The Effects of Partaking in a Two-Week Social Media Digital Detox** | — | (recent) | Two-week detox intervention study with young adults (n = 31) | Reduced phone/social media addiction, improved sleep, life satisfaction, stress, wellness, and relationships ([PMC](https://pmc.ncbi.nlm.nih.gov/articles/PMC10740995/?utm_source=chatgpt.com)) | [PMC] |
| **Persuasive Designs Make Smartphones More Addictive? Study on Chinese Students** | Xiaowei Chen et al. | 2021 | Mixed methods: surveys (n = 183), interviews (n = 10) | Persuasive designs (e.g., short videos, notifications) significantly contribute to addictive smartphone behaviors ([arXiv](https://arxiv.org/abs/2106.02604?utm_source=chatgpt.com" \o "Do Persuasive Designs Make Smartphones More Addictive? -- A Mixed-Methods Study on Chinese University Students)) | [arXiv] |
| **Designing for Digital Wellbeing: From Theory to Practice** | — | 2023 | Scoping review of 87 digital wellbeing studies | Summarized frameworks and practical designs for promoting healthy tech use ([Wiley Online Library](https://onlinelibrary.wiley.com/doi/10.1155/2023/9924029?utm_source=chatgpt.com)) | [Wiley] |
| **A Digital Nudge-Based Intervention to Interrupt Instagram Usage** | — | Last year | Behavioral intervention via digital nudges | Showed that nudges can interrupt prolonged Instagram use effectively ([econtent.hogrefe.com](https://econtent.hogrefe.com/doi/10.1027/2512-8442/a000150?utm_source=chatgpt.com)) | [Hogrefe Journal] |
| **Digital Wellbeing Redefined: Toward User-Centric Positive Social Media Engagement** | Yixue Zhao, Tianyi Li, Michael Sobolev | 2024 | Proposed “PauseNow” intervention using digital nudging and intention-aware recommendations | Encouraged mindful use of social media rather than simple restriction ([arXiv](https://arxiv.org/abs/2403.05723?utm_source=chatgpt.com" \o "Digital Wellbeing Redefined: Toward User-Centric Approach for Positive Social Media Engagement)) | [arXiv] |