Claims

What is claimed is:

1. A method for managing substance usage, the method comprising:

receiving, at a mobile computing device, a session length from a user;

selecting, by the mobile computing device, a first boost game that provides a first cognitive load;

displaying, to the user via a graphical user interface of the mobile computing device, the first boost game for a first time duration;

selecting, by the mobile computing device, a second boost game that provides a second cognitive load, wherein the second cognitive load is greater than the first cognitive load, wherein the second boost game includes a self-control training exercise; and

displaying, to the user via the graphical user interface, the second boost game for a second time duration,

wherein the first time duration and the second time duration are determined based on the session length.

2. The method of claim 1, wherein the second boost game is configured to target one or more cognitive processes selected from the group consisting of working memory, procedural memory, ecological assessment, cognitive flexibility, and choice-making.

3. The method of claim 1, wherein the first boost game is configured to target a cognitive process of selective attention.

4. The method of claim 1, wherein the self-control training exercise is a first self-control training exercise, wherein the method further comprises:

selecting, by the mobile computing device, a third boost game that provides a third cognitive load, wherein the third cognitive load is greater than the second cognitive load, wherein the third boost game includes a second self-control training exercise; and

displaying, to the user via the graphical user interface, the third boost game for a third time duration,

wherein the third time duration is determined based on the session length.

5. The method of claim 4, wherein the third boost game is configured to target one or more cognitive processes selected from the group consisting of time perception, timing accuracy, and delay tolerance.

6. The method of claim 1, further comprising:

prior to selecting the second boost game

selecting, by the mobile computing device, a third boost game that provides the first cognitive load, and

displaying, to the user via the graphical user interface, the third boost game for a third time duration,

wherein the third time duration is determined based on the session length.

7. The method of claim 1, further comprising adjusting one or more parameters of the first boost game or the second boost game based on one or more attributes of the user.

8. The method of claim 1, further comprising adjusting one or more parameters of the second boost game based on a performance of the user during the first boost game.

9. The method of claim 1, further comprising adjusting one or more parameters of the first boost game or the second boost game based on a performance of the user during a third boost game that is played before the session length is received.

10. The method of claim 1, wherein the session length includes a substance craving duration.

11. The method of claim 1, further comprising:

determining a user state before the session length is received; and

adjusting one or more parameters of the first boost game or the second boost game based on the user state.

12. The method of claim 11, wherein the user state includes at least one selected from the group consisting of a psychometric profile of the user, biometric information of the user, a chronotype of the user, and a circadian rhythm phase of the user.

13. The method of claim 1, further comprising:

collecting information associated with the user during the first boost game or the second boost game;

determining a predicted time of a future substance craving of the user based on the information associated with the user; and

displaying, via the graphical user interface, a recommendation to the user based on the predicted time of the future substance craving of the user.

14. The method of claim 1, further comprising:

collecting information associated with the user during the first boost game or the second boost game;

determining a recommendation on how to adjust a future substance dose based on the information associated with the user; and

displaying, via the graphical user interface, the recommendation to the user at or before the future substance dose.

15. The method of claim 1, wherein the first boost game or the second boost game is selected by an artificial intelligence engine using one or more machine learning models.