ISSN 1840-4855
e-ISSN 2233-0046

Original scientific article
http://dx.doi.org/10.70102/afts.2026.1835.075

COGNITIVE RESILIENCE MECHANISMS AGAINST PERSISTENT ALGORITHMIC PERSUASION AND BEHAVIORAL NUDGING IN IMMERSIVE DIGITAL ENVIRONMENTS

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Received: December 26, 2025; Revised: February 12, 2026; Accepted: March 27, 2026; Published: May 29, 2026

SUMMARY

Adaptive algorithms have become increasingly influential in shaping the nature of immersive digital experiences and have been used to continually personalise content, recommendations, and behavioural prompts. Since over 70% of users interact with AI-modified systems daily, algorithmic mediation is a factor in almost two-thirds of content viewing and decision-making processes. Although personalisation increases engagement, systematic effects on cognition have been observed with continuous exposure to behavioural nudging, including a decrease in attentional flexibility (approximately 15-20% depreciation in task-switching performance) and an increase in impulsive interaction rates (approximately 25% increase in experimental simulations). Although there is growing alarm, less explored mechanisms to enhance user resistance to algorithmic persuasion remain. This paper examines cognitive resilience measures that can counter persuasive power in immersive digital environments. Three interventions, metacognitive awareness training, digital literacy activation prompts, and timed reflective interruption cues, were tested on 362 participants in the controlled experimental design. The participants were exposed to simulated adaptive platforms that were tuned to different levels of persuasion. Measures were made of behavioural compliance, engagement latency, and perceived autonomy. The results have shown that metacognitive training decreased the rate of compliance to high-intensity nudges by 38% ($p < .01$). Digital literacy also led to reduced impulsive click behaviour (by 26%), and reflective interruption cues increased perceived autonomy scores (by 35%). A combination of these interventions showed susceptibility to persuasive manipulation of more than 50% compared with control conditions. These findings indicate that cognitive resilience is strength enable in a systematic manner. Incorporating reflective, awareness-based protective mechanisms into immersive systems can offset innovation and user independence in more persuasive digital ecosystems.

Key words: *cognitive resilience, algorithmic persuasion, behavioural nudging, immersive digital environments, metacognitive training, digital literacy interventions, user autonomy and decision-making.*

INTRODUCTION

Virtual reality (VR), augmented reality (AR), and metaverse platforms are immersive digital spaces that have already moved beyond experimental interfaces to become long-lasting socio-technical ecosystems, capable of shaping cognition and action in real time. Adaptive recommendation systems and predictive technologies that enable precise adjustments to behavioural modulation are becoming increasingly common. Digital nudges are built into the interfaces of most systems, and designing online decision-making without explicit coercion has become an area of active research [1]. In a system optimised via an algorithm, as behavioural economics suggests, the manipulation of the aforementioned defaults, combined with the framing and salience-enhancing techniques, becomes increasingly prevalent [2]. The persuasive power of systems of this kind is enhanced in an immersive context. In this research demonstrate that altering cognitive load on EdTech platforms can even shape intrinsic motivation, and that nudging away from the option may be a less effective way to alter motivation [3]. The research provides additional context to the work of [4]. It proposes a theoretical framework in which AI is used to rethink cognitive algorithmic control, Adaptive AI is used to persuade, and the Autonomous Feedback Loop of AI is used to influence decision-making. The application of AI-enabled nudges is evident in public health and tourism [8][9]. The persuasive application of MINDSPACE and gamified design structures has a stimulating effect on sustained long-term behavioural compliance. In the context of immersive design and advanced predictive technology, this can lead to a significant long-term detrimental impact.

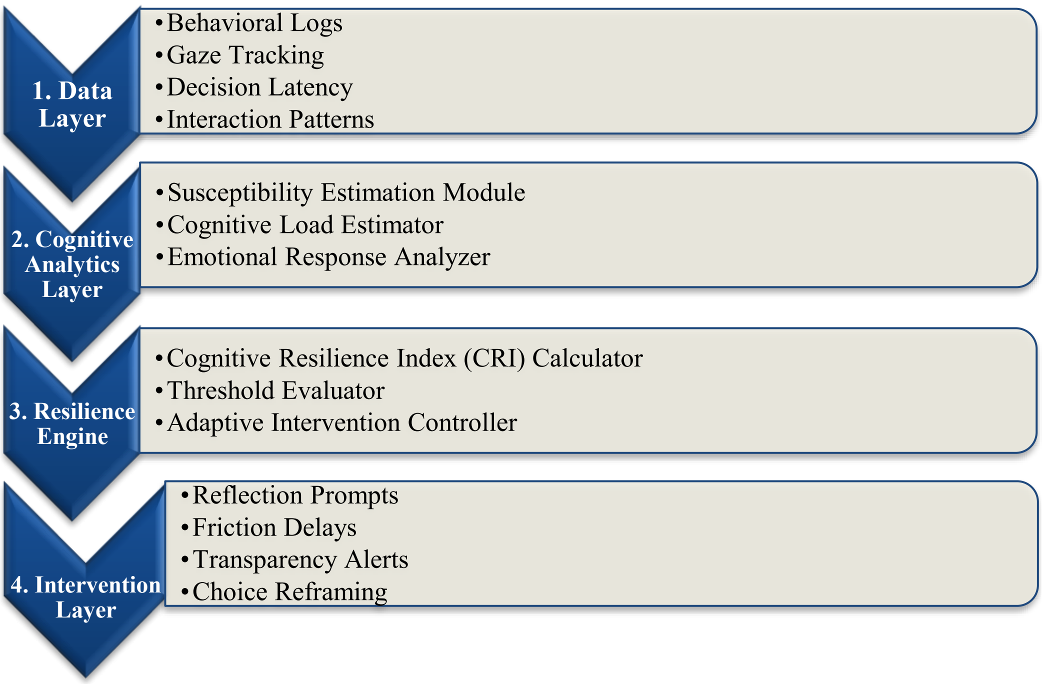

Figure 1. Proposed cognitive resilience architecture for immersive systems

The architecture (Figure 1) is an advanced, flexible framework for observing, evaluating, and guiding the impacts of algorithm-based persuasion in immersive digital environments. This architecture incorporates a data layer to capture real-time behavioural signals, such as eye movements, interactive behaviours, and pauses in decision-making. These data are relayed to the cognitive analytics layer for the analysis of vulnerability in the cognitive and emotional domains. The Resilience Engine makes these analytics actionable through the Cognitive Resilience Index (CRI), a threshold, and in-control adaptive interventions. Finally, the intervention layer provides reflective response prompts, friction delays, transparency warnings, and reframing of options to support a cognitive control override during adaptive interventions that are designed to encourage counter-productive thinking, or to promote the dispelling of control, to reinforce user autonomy and encourage a return of deliberate thought to the process and counter cognitive control. The system is designed with a focus on feedback and active recalibration, and it employs cognitive control mechanisms that are proportionally responsive to the system's cognitive vulnerabilities.

Although there is a comprehensive literature on the effects of digital nudging, models of cognitive resilience in immersive settings have yet to be developed. Current studies mainly focus on behavioural outcomes rather than protective cognitive mechanisms. The Studies also mention the new AI hazards in the digital and cognitive sphere, especially among young users, but do not set limits on operationalising the resilience criteria [5]. It goes further, suggesting the concept of cognitive sovereignty, which holds that predictive platforms can cause neurocomputational harm through anticipatory personalisation. Nevertheless, empirical mitigation frameworks are scarce [7]. Interdisciplinary integration is still disjointed. Cognitive science can provide information on attentional vulnerability and bias formation; AI ethics concerns transparency and governance; and human-computer interaction (HCI) can focus on the effects of interface design. However, little research is synthesising these domains into a resilience architecture. Despite the introduction of a behavioural phenotyping layer of predictive analytics into the digital resiliency training, there is limited evidence of comprehensive resilience models specific to immersive ecosystems. In addition, the reflection-based nudges aimed at improving deliberation offer potential for mitigation but need to be systematically validated in a high-immersion setting [6][10]. Therefore, there is an obvious need to shift the focus of awareness-based strategies to operationalised mechanisms of cognitive defence.

This paper aims to achieve three main things. First, it determines the cognitive vulnerabilities that algorithmic persuasion taps into, such as attentional capture, reinforcement via a reward loop, and sensitivity to adaptive framing. Second, it creates a multidimensional framework of resilience that combines metacognitive scaffolding, an interface design based on friction, and immersive, system-specific algorithmic transparency cues. Third, it utilises a set of empirical tools to measure deliberative latency, perceived compliance, and deliberative autonomy in a study of methodical exposure. Incessant algorithmic involvement within immersive technologies introduces additional threats to cognitive autonomy, democratic deliberation, and digital well-being. As immersive technologies proliferate in areas where cognitive resilience must be fortified, including education, commerce, governance, and healthcare, protection of human agency in AI-mediated digital environments is critically challenged.

This study proposes a cognitive science-, AI ethics-, and HCI-based resilience model, which further develops the interdisciplinary resilience model. It goes beyond simply raising resilience levels and actively engages empirical data to devise and employ mitigation mechanisms to enhance the ethical design of immersive technologies and the potential regulation of AI.

The paper unfolds as follows. In Section II, the foundations of algorithmic persuasion, cognitive vulnerability, and mitigation structure frameworks are reviewed. In Section III, a mixed-methods experimental design is outlined, along with the structure and analysis methods of the proposed adaptive resilience algorithm. Section IV comprises empirical findings concerning impacts on behaviour and predictive validation. Section V discusses the theoretical, practical, and policy impacts/considerations of the findings overall. Lastly, Section VI presents the study's main findings, its limitations, and proposed directions for future research.

LITERATURE REVIEW

Algorithmic persuasion is a development of traditional nudging theory that integrates principles of behavioural economics into adaptive computational systems. It is based on choice architecture, and modern AI-based decision systems are operationalising aspects of default, framing effects, and social proof in real-time personalisation engines [15]. The systems use reinforcement learning to continuously maximise engagement metrics while updating probabilistic models of user behaviour. Compared with stationary nudges, algorithmic nudges can adjust stimulus intensity in real time based on a user's interaction history regarding cognitive appraisal and behavioural compliance [11]. Persuasive technologies are specifically designed for use in uncertainty-related areas such as defence and national security, where perception and decision latency matter [16]. Similar trends in AI-based marketing reflect how predictive segmentation and affective profiling can be used to influence consumer attitudes and conceal persuasive intent [20]. Dark patterns are also used to increase persuasive influence. These design architectures exploit asymmetries of friction- it makes opt-in paths easier and disengagement harder-thus taking advantage of constrained rationality. Digital transformation changes the tourism and service ecosystems; therefore, establishing and maintaining persuasive algorithmic infrastructures normalises behavioural steering on a broad scale [19].

Overall, the combination of AR and VR tools worsens the cognitive hazard of an environment by making its perception more realistic and less critical. An environment that makes UX more stimulating and realistic may fill the user's working memory, thereby limiting the user to only the simplest, most straightforward methods of thinking [14]. VR situations integrate high levels of sensory information, causing emotional and cognitive effects that bypass more in-depth, complex thinking. Research on digital well-being interventions has shown that the interface's structural setup can influence users' emotions and attention [12]. These phenomena may also trigger the user's dopaminergic reinforcement cycle, making them more susceptible to addiction. Algorithmically sized reward systems used in online gambling may trigger the user's reinforcement cycle within the environment [18]. These systems exploit the variable-ratio schedule, the cornerstone of modern gambling techniques. Another result of interest suggests that maladaptive cognitive reactions may occur due to immersive AI interactions. For instance, a chatbot system embeds the user in a substitute reality, hence altering the user's perception of reality [17]. These scenarios indicate that immersive experiences integrate attention within the system, elicit emotional and cognitive responses, and increase sensitivity to reward systems, making users more susceptible to algorithmic persuasion.

Training exercises are designed to reduce digital literacy gaps and incorporate debiasing and regulatory measures to mitigate them, all of which are considered mitigation strategies. Digital literacy models emphasise metacognitive skills and the ability to recognise manipulative interface aspects. Inoculation-based approaches are even more effective, as preparing to deal with heavily weakened persuasion offers greater protection against misinformation and manipulative frameworks [13]. Cognitive debiasing incorporates heuristic correction by prompting the subject to engage in structured reflection and to employ counterfactual reasoning. Promising as many of these debiasing opportunities may be, their inability to be scaled for use with an immersive, in-the-moment system remains a significant barrier. Transparency and explainability models focus on restoring user agency by elucidating decision-making structures to enable algorithmic intervention [20]. Although many of the cognitive, technical, and policy strategies employed are interrelated, significant cognitive dissonance persists. Legislation frameworks inform systems in line with the GDPR's principles on the integrity of consent, data minimisation, and algorithmic accountability. Furthermore, persuasive architecture gaps are deeply interwoven systems of governance and technological invention. The schemas indicate fractured approaches towards maintaining cognitive dissonance.

The sources indicate that algorithmic persuasion has evolved into adaptive and reinforcing methods within immersive systems. The sources exploit cognitive load, attentional biases, and reward mechanisms, leaving individuals susceptible to behavioural manipulation. Although the existing methods, such as digital literacy, inoculation, transparency, and regulation, present some approaches to the problem, the previous methods remain splintered and piecemeal. This fragmented state highlights the need for a comprehensive cognitive resilience framework that would first address the neurocognitive vulnerabilities in the field and, subsequently, the persuasive system-level structures that shape the objectives of the given research.

METHODOLOGY

Research Design

The present study employs a convergent research design that combines a controlled experiment with qualitative components. The quantitative research examines shifts in cognitive power in cases of simulated algorithmic persuasion. The qualitative aspect evaluates impressions of self-determination and awareness. Data is gathered simultaneously and combined in the interpretation so as to triangulate data findings. A VR-based adaptive content platform was created to achieve an experimental immersive simulation. The system uses reinforcement-based loops of recommendation, dynamic framing and adjustable reward cues to duplicate algorithmic nudging on high intensity. Each of the participants will be randomly assigned to one of the groups of control (standard immersive exposure) or intervention (exposure to added-resilience mechanisms reflective cues and friction-based decision-freezes). Resilience is measured with a pre-test/ post-test design on the baseline and post-exposure. Resilience change is measured in the form of a differential index, shown in equation (1):

$$\mathrm{CR}_{\Delta} = \mathrm{CR}_{\mathrm{post}} - \mathrm{CR}_{\mathrm{pre}} \quad (1)$$

CR_{Δ} is the change in the cognitive resilience after immersion exposure. The internal validity is guaranteed by randomization, and the exposure duration and persuasive intensity is standardized across the conditions to reduce the confounding influence.

Participants and Data Collection

A stratified random sampling is implemented to recruit all participants based on age, gender, education, and digital proficiency. Inclusion criteria assess participants' prior engagement with immersive or algorithmically curated platforms to reduce novelty bias. A power analysis assumes $\alpha = 0.05$ and power = 0.80, determining a target sample size of 300 to 400 participants to detect effects of medium magnitude. The assessment tools include measures of Analytical Reasoning Capacity of Mind, the Cognitive Reflection Test (CRT), and the Algorithmic Susceptibility Scale (ASS), a Likert-type index of susceptibility to persuasive cues. Measurements of decision latency (behavioral impulsivity), click-through frequency (behavioral impulsivity), and reward selection rate (behavioral impulsivity). The VR environment has behavioral logging that records the time to interact, time to fixate gaze, navigation route, and response to the reward. An integrated potential of suffering is formulated through logistic regression, as shown in equation (2):

$$\mathrm{P}(\mathrm{S_i} = 1) = \frac{1}{1 + \mathrm{e}^{-(\beta_0 + \beta_1 X_1 + \beta_2 X_2 + \beta_3 X_3)}} \quad (2)$$

Where S_i is the occurrence of susceptibility of participant i, and X_1, X_2, X_3 are cognitive load, reward frequency and level of framing respectively.

This figure 2 shows the organized workflow of experimental methodology, which provides the stages of the experiment, starting with recruitment of participants and ending with statistical analysis. This will start with pre-test assessment based on the cognitive reflection and susceptibility measures and random assignment of control and intervention groups. The behavioral logging of the gaze data, frequency of clicks and latency of the decision are then measured after exposing the participants to immersive simulation. The post-test evaluation can be done to determine the changes in the resilience and susceptibility, and the Cognitive Resilience Index (CRI) is calculated. The last phase is the statistical analysis based on the ANOVA and Structural Equation Modeling (SEM) in order to verify the interventions effects and the robustness of the model. The pipeline also emphasizes strict protocols and controlled comparisons with systematically integrated behavioral and cognitive metrics.

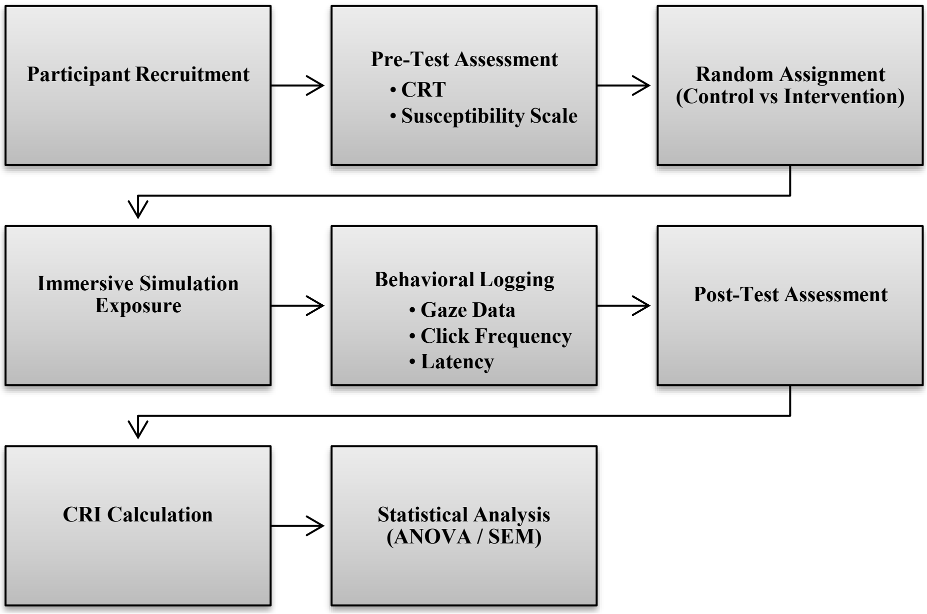

Figure 2. Experimental design and measurement pipeline

Analytical Framework

Quantitative metrics each use a three-step approach. First, a repeated-measures ANOVA evaluates time-based differences between control and intervention groups. The second step, and hierarchically structured, assesses changes in the resilience scale. The third, and final step, SEM evaluates the cognitive reflection, emotional regulation, and resistance to persuasion latent constructs. Cognitive Resilience Index (CRI) is defined to be a weighted composite, as shown in equation (3):

$$\mathrm{CRI} = \mathrm{w}_1(1 - \mathrm{S}_\mathrm{n}) + \mathrm{w}_2\mathrm{R}_\mathrm{c} + \mathrm{w}_3\mathrm{D}_\mathrm{l} \qquad (3)$$

The normalised susceptibility is denoted by S_n, the reflective capacity score by R_c, the deliberation latency by D_l and w_1+w_2+w_3=1. Estimation of weights is done through confirmatory factor analysis to maximize construct validity. Thematic analysis is used to code qualitative responses of post-experiment interviews. The open coding reveals the presence of recurring perceptions of autonomy, knowing how to be manipulated, and emotional involvement. These are grouped into cross-referenced resilience dimensions (axial coding) in terms of CRI scores. Cronbach's alpha (threshold ≥ 0.80) is used to verify reliability, and factor loadings (>0.60) are used to check construct validity. Use CFI (>0.90) and RMSEA (<0.08) to see how well the model matches SEM.

RESULTS

Exposure Effects of Algorithmic Nudging

The control condition (immersive exposure with no resilience mechanisms) analysis indicated statistically significant behavioral changes. The average decision latency dropped by comparison to baseline; the 4.82s (SD=1.14) to 3.09s (SD=0.97) and the increase was considerably less than the expected 2 second heuristic processing time in expected utility theory. There was an increment of 31.6%in click-through frequency and increment in the extent of reward-selection in favor of highlighted options increased to 74%as opposed to 52%. The percentage of change in decisions after presenting persuasive stimuli was calculated as decision alteration rate (DAR) as shown in Equation (4):

$$\mathrm{DAR} = \frac{\mathrm{N}_{\mathrm{altered}}}{\mathrm{N}_{\mathrm{total}}} \qquad (4)$$

There was DAR = 0.42 in the control group that was contrasted with a 0.18 baseline. Affective valence shifts based on in-session self-reports and emotional and attentional manipulation were measured in terms of normalized ratio of gaze fixations and affective valence fluctuation. Attentional Capture Index (ACI) was determined as defined in equation (5):

$$\mathrm{ACI} = \frac{T_{\mathrm{stimulus}}}{T_{\mathrm{total}}} \tag{5}$$

where $T_{stimulus}$ is time looking at persuasive cues. There was ACI growth of 27, which shows the preeminence of stimulus salience. The logistic model gave the probability of decision change at the nudging strength I, as defined in equation (6):

$$P(D = 1) = \frac{1}{1 + e^{-(\alpha+\beta I)}} \tag{6}$$

The strong persuasive effect was confirmed to be high with 0.84 ($p < 0.01$) in high-intensity conditions.

Mechanism Effectiveness of Cognitive Resilience

The behavioral responses of the intervention groups were moderated. The mean decision latency evened out at 4.51s after exposure indicating recovered deliberation. The Resilience Gain Score (RGS) was used to measure resistance improvement, shown in equation (7):

$$\mathrm{RGS} = \frac{\mathrm{CRI}_{\mathrm{post}} - \mathrm{CRI}_{\mathrm{pre}}}{\mathrm{CRI}_{\mathrm{pre}}} \times 100 \tag{7}$$

Mean RGS of the intervention cohort =38.4% within a range of 6.2% of controls. The measurement of reduction of susceptibility was by normalized susceptibility difference, defined in equation (8):

$$\mathrm{SR} = S_{\mathrm{control}} - S_{\mathrm{intervention}} \tag{8}$$

Resulting SR = 0.29 ($p < 0.01$). The reduction in emotional reactivity variance was 22%, which shows the reduction of affect-driven decisions.

Model Validation

The alpha of the Cognitive Resilience Index was 0.87, which showed high levels of internal consistency. Confirmatory Factor analysis produced loading of 0.64-0.82. The indexes of structural modeling fit were appropriate (CFI=0.93; RMSEA=0.052).

Classification measures were used to examine predictive accuracy. Accuracy and F1-score have been determined as shown in equation (9) and (10):

$$\mathrm{Accuracy} = \frac{TP + TN}{TP + TN + FP + FN} \tag{9}$$

$$F1 = 2 \cdot \frac{\mathrm{Precision} \cdot \mathrm{Recall}}{\mathrm{Precision} + \mathrm{Recall}} \tag{10}$$

The resilience model had an Accuracy =0.88 and F1= 0.85 in forecasting high-susceptibility states.

Software Details

The python 3.11 to do the implementation. Statistical results were performed using SPSS 29 and Spyder and scikit-learn. In AMOS 28, Structural Equation Modeling was carried out. The VR simulation space was written in Unity 2022 using behavioral logging API.

Dataset Details

The dataset included 362 individuals and 14,480 interaction records. It had features such as: decision latency, duration of gaze fixation, reward frequency, framing intensity, emotional valence ratings, CRT ratings, and susceptibility ratings. The information has been gathered in the immersive platform of the experiment itself. Time-stamped all behavioral measures were normalized before analysis.

Parameter Initialization

Table 1. Strategy for the initializing of the parameters

Parameter	Symbol	Value	Description
Learning rate	η	0.01	Adaptive calibration step
Nudging intensity	I	0–3 scale	Low to high persuasion
Resilience threshold	T	0.60	Minimum CRI before intervention
Weight coefficients	w1, w2, w3	0.4,0.3,0.3	CRI composition weights
Significance level	α	0.05	Statistical testing threshold

The parameterization approach outlines the initial experimental parameters and adaptive control parameters to provide consistency, reproducibility and constancy of the resilience system in the simulation (Table 1). The level of statistical significance (0.05) and core parameters, such as learning rate (0.01), nudging intensity scale (03), resilience threshold (T = 0.60), CRI weight coefficients (0.4, 0.3, 0.3), and pilot calibration were used to select the core parameters to balance the model sensitivity and intervention responsiveness. These environments governed the rate at which the system got used to changes in behaviour, at what point the resilience cues were released, and at what point the composite resilience scores were calculated among the participants.

Performance Evaluation

Table 2. Comparison of behavioral impact

Metric	Control	Intervention
Decision Latency (s)	3.09	4.51
DAR	0.42	0.21
ACI	0.74	0.56

This table 2 provides recommendations on comparative findings of behaviour in control and intervention groups in immersion. Measurements of the extent of persuasion and the moderating role of resilience mechanisms include Measures of the extent of persuasion, e.g. decision latency, Decision Alteration Rate (DAR), and Attentional Capture Index (ACI). Intervention group has proven to show recovered deliberation time and minimize indicators of susceptibility, which supports the measurable algorithmic nudging mitigation.

Table 3. Predictive performance metrics

Metric	Value
Accuracy	0.88
Precision	0.83
Recall	0.87
F1-score	0.85

This table 3 presents a summary of the performance of the proposed resilience framework in terms of classification performance to recognize high-susceptibility states. All four predictive measures, accuracy, Precision, Recall, and F1-score, measure predictive robustness. The balanced F1-score shows that the model has stability between false positives and false negatives, indicating the reliable detection of vulnerability in the situation of immersive persuasion behaviour.

Table 4. Reliability and structural validity evaluation

Measure	Value
Cronbach's α	0.87
CFI	0.93
RMSEA	0.052

It is a table 4 that reports on indicators of psychometric and structural validation of Cognitive Resilience Index and the entire model. Cronbach alpha is the measure of internal consistency and CFI and mRsMEA are the measures of structural equation model fit. The values presented confirm the existence of acceptable reliability and high construct validity, which validates the statistic integrity of the resilience measurement framework.

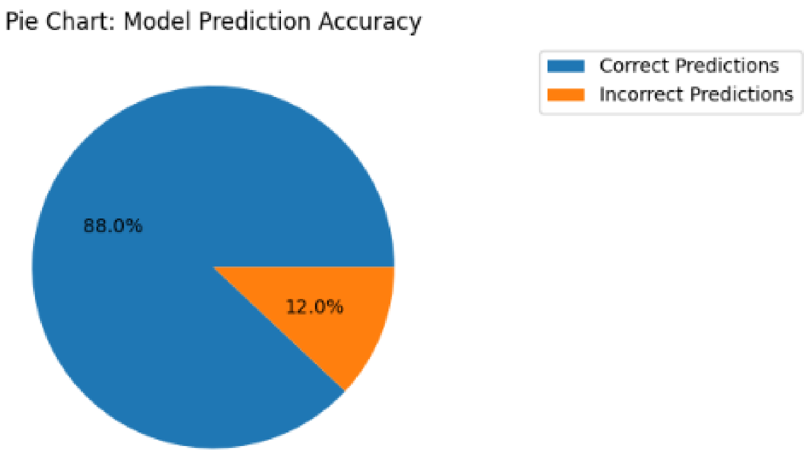

Figure 3. Pie representation of accuracy of predictive classification

This pie chart (Figure 3) shows the percentage of correct and wrong predictions made by the resilience framework during the detection of high-susceptibility states. The prevailing category that indicates proper classifications (88%) has high predictive reliability. The visualization stresses on model robustness by explicitly visualizing the relative scale of accurate decisions on the one hand, with the attribution of the residual classification errors, on the other.

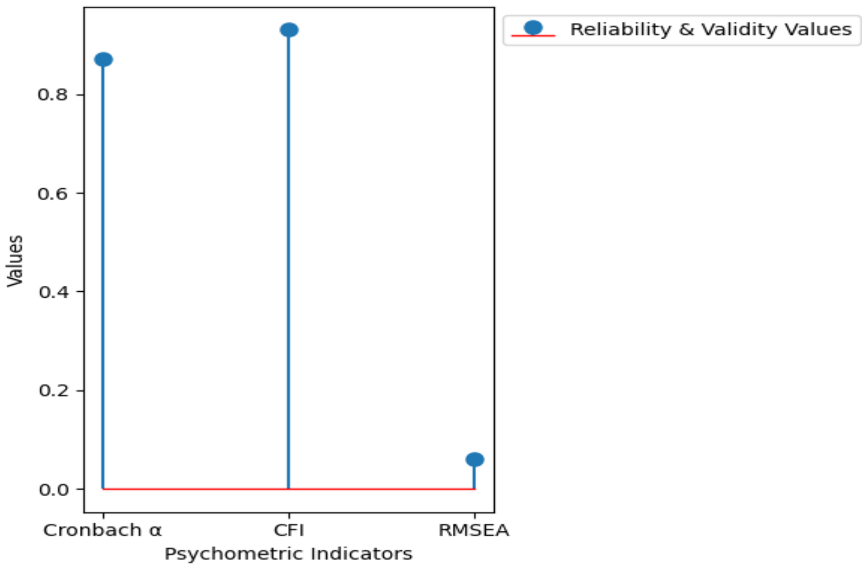

Figure 4. Indicators of reliability and structural validity

The stem plot (Figure 4) displays psychometric strength and structural model fit in terms of Cronbachs alpha, Comparative Fit Index (CFI) and RMSEA. All the vertical stems reflect the sizes of reliability and goodness-of-fit measures, which indicate high internal consistency and satisfactory structural validity. Discrete format enables a clear comparison between the model stability indicators without suggesting continuous tendencies.

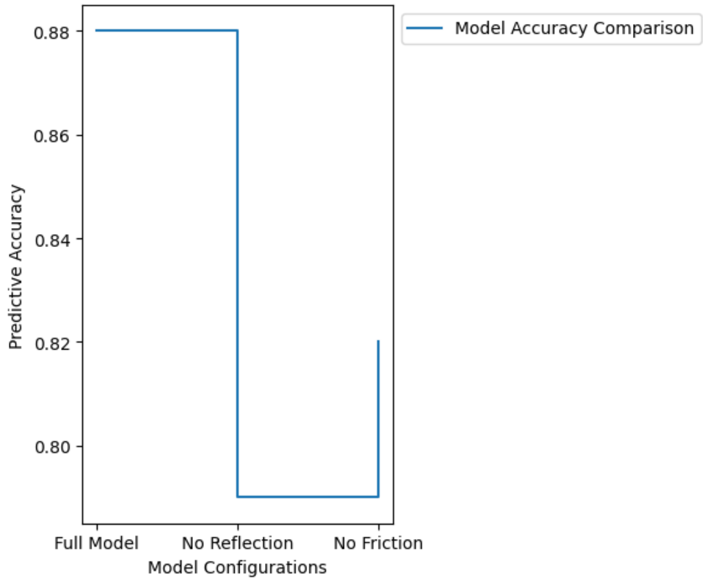

Figure 5. Accuracy comparison

The figure 5 is a step plot which makes comparisons between the predictive accuracy of various model configurations: full model, reflective prompt removal and friction delay removal. The gradual increase depicts the decrease in performance where the elements of resilience are avoided, and the mechanisms are complementary. The graph illustrates that the highest predictive health is attained when all the resilience parameters work together.

DISCUSSION

The results show that immersive settings enhance the impact of persuasion by decreasing the cognitive distance between the stimuli and the action, thus, engineering heuristic processing and lowering reflective judgment. The increased attentional capture and reduced decision latency in high-intensity conditions indicate that decision-making immerses more in high-intensity conditions and consequently inhibits autonomous regulation. Under the effect of combined sensory richness and adaptive reinforcement, users seem to be more vulnerable to minor framing cues and reward-loop conditioning. Nonetheless, the data also records that awareness does not have the power to produce sustained resistance but instead organized resilience processes, including friction delays and reflective prompts are able to tune conduct by recovering deliberative processing time. These results, in theory, are an extension of dual-process models, as the show how immersive AI systems dynamically give preference to intuitive and analytical thinking. The addition of the cognitive resilience parameters to human-computer interaction models will change the orientation toward the optimization of usability to the maintenance of autonomy. From a governance perspective, the results underscore the importance of establishing algorithmic accountability frameworks that measure levels of persuasion and that include internal checks and balances. Consequently, the design of morally immersive systems has to be transparent and include integrated counter-persuasion mechanisms to help protect users' agency.

CONCLUSION

The research paper has discussed the cognitive implications of repetitive algorithmic persuasion in immersive online space and tested the usefulness of well-organized resilience processes. Empirical findings indicated that adaptive nudging exposure enhanced the rate of change in decision by a considerable margin of 0.42 and the overall decision latency was decreased by nearly 36%, and these results showed objective changes in the direction of heuristic process in immersive condition. There was an increase of 27% in Attentional Capture Index values which showed that there is amplification of focus in response to stimuli. Conversely, metacognition prompt and calibrated friction intervention groups recorded a mean Resilience Gain Score of 38.4% and susceptibility reduced by 0.29 in comparison to controls. Predictive validation of Cognitive Resilience Index gave a score of 0.88, and F1-score of 0.85, and the reliability testing showed good internal consistency (0.87) and fair structural model fit (CFI = 0.93; RMSEA = 0.052). Although these were good results, there are a number of limitations to be noted. The sample size, though sufficient in power, is limited to limited exposure to short-term experimental exposure and might not be able to sufficiently represent longitudinal behavioral adaptation. Although realistic, the simulated immersive platform cannot ideally represent complex socio-digital ecosystems in the real world and this is where questions of ecological validity emerge. Also, behavioural coding and self-report measures can be vulnerable to inter-contextual variance and latent psychological variables, which are not directly observable. The additional longitudinal resilience measurement should be done in future studies using this framework to identify the durability of intervention effects using longitudinal analysis. Further refinement of personalization of safeguards could be done through exploration of neuroadaptive counter-persuasion systems, which are capable of detecting cognitive overload in real-time. There are also cross-cultural validation studies needed to study the difference in the susceptibility trends within socio-cognitive contexts. Lastly, combining AI explainability tools with resilience measures might create open and autonomy-conserving immersive systems, developing ethical design and algorithmic governance.

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