

# 14th International Workshop on Behavior Change Support Systems (BCSS 2026)

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## Introduction

For over a decade, the International Workshop on Behavior Change Support Systems (BCSS) has been organized as conference-style sessions in conjunction with the International Conference on Persuasive Technology. This conference-style workshop builds on information systems designed to support individuals' behavior and/or attitude change.

## The 14th International Workshop on BCSS

This year's workshop aimed to highlight different development and usage processes regarding these types of systems, focusing on understanding how human-computer interactions influence behavior and the risks and limitations of applications that act as social actors. Paper submissions were welcomed discussing different innovative approaches and related advanced technologies such as artificial intelligence (AI) and the metaverse for designing, developing, and implementing BCSS.

The submission deadline was originally January 15, 2026, and was later extended to January 26, 2026, with acceptance notifications sent to authors on February 5, 2026. Each paper was reviewed by at least two and up to four reviewers through a double-blind review process. Submissions were evaluated on scientific quality, originality, and relevance to the workshop. All acceptance decisions were based solely on these criteria. In this implementation, 14 submissions were received, and after the external review, 7 submissions were accepted as full papers and 3 submissions were accepted as short papers for presentation at the workshop in Hakodate, Japan. The deadline for submitting the accepted papers was February 20, 2026. Topics among the selected papers included sustainability and eco-friendly digital behavior, academic procrastination, frameworks for BCSS research, weight management, learning support through serious games, VR meditation, and theoretical perspectives.

The program committee consisted of distinguished international scholars from 13 countries, with recognized expertise in behavior change support systems, human-computer interaction, persuasive technology, and related fields. We wish to thank the program committee members for their contribution to the workshop.

## General and Program Chair

Oinas-Kukkonen Harri, University of Oulu, Finland

## Organizing Chair

Nabwire Sharon, University of Oulu, Finland

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*BCSS 2026: The 14th International Workshop on Behavior Change Support Systems, March 10, 2026, Hakodate, Japan*



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## **Program Committee**

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