

# **A Psychologist Explains How AI and Algorithms Are Changing Our Lives**

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In an age of ChatGPT, computer algorithms and artificial intelligence are increasingly embedded in our lives, choosing the content we're shown online, suggesting the music we hear and answering our questions.

These algorithms may be changing our world and behavior in ways we don't fully understand, says psychologist and behavioral scientist Gerd Gigerenzer, the director of the Harding Center for Risk Literacy at the University of Potsdam in Germany. Previously director of the Center for Adaptive Behavior and Cognition at the Max Planck Institute for Human Development, he has conducted research over decades that has helped shape understanding of how people make choices when faced with uncertainty.