

NIKESH LAGUN

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Independent Researcher
 Budhanilkantha, Kathmandu
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Research Interests

Cognitive science, effort and motivation, behavioural initiation, Cognitive Drive Architecture (CDA), structural readiness, digital mental health, ADHD and depression, human-centred AI.

Cognitive Drive Architecture (CDA)

Cognitive Drive Architecture (CDA) is a proposed field of study in cognitive science that treats effort, motivation, and behavioural initiation as structurally governed phenomena rather than as traits or subjective states. CDA serves as the conceptual substrate that distinguishes this line of inquiry from existing motivational and behavioural frameworks. Its core theoretical basis is Lagunian Dynamics, which formalises the system variables and interactions governing action ignition and resistance. Within this framework, Lagun's Law specifies ignition thresholds for effort. At the same time, Cognitive Thermostat Theory (CTT) and Latent Task Architecture (LTA) represent interrelated expansions of Lagunian Dynamics, addressing regulation dynamics and the effects of unresolved intentions on readiness, respectively. This structure has been applied to explain motivated non-initiation in depression, effort dysregulation in ADHD, and engagement failure in digital mental health interventions.

Education

Plus Two, Science (Biology), St. Xavier's College, Maitighar, 2022-2024
 Secondary Education Examination (SEE), Southwestern School, 2020-2022

Current Positions

2025-Present Independent researcher, Budhanilkantha, Kathmandu, 44600, Bagmati, Nepal

- *Proposed **Cognitive Drive Architecture (CDA)** as a new field explaining effort and behavioural initiation as emergent system states rather than motivational traits.*
- *Derived **Lagun's Law** as a first-principles theory governing effort ignition, readiness, and internal resistance.*
- *Introduced **Cognitive Thermostat Theory (CTT)** and **Latent Task Architecture (LTA)** to model drive regulation, initiation thresholds, and the effects of unresolved intentions on cognitive readiness.*
- *Applied CDA-based models to explain motivated non-initiation in depression, effort dysregulation in ADHD, and history-dependent resistance in disengagement.*
- *Established empirical tractability for CDA by deriving measurable variables and proposing validation pathways across behavioural and computational contexts.*
- *Translated theoretical constructs into applied and public-facing tools through **Switch ON** and related explanatory works.*

Previous Positions

2023-2024 Student Researcher, St. Xavier's College, Maitighar

- *Conducted statistical analysis on rural education outcomes, culminating in the peer-reviewed study *Evaluating variation in school dropout rates in rural Nepal*.*
- *Applied quantitative methods to demographic and educational data to examine structural and socioeconomic predictors of student dropout.*

Professional Activities

2026-Present Editor, *International Journal of Psychology (IJP)*; *IPRJB*
 2025-Present Peer Reviewer, *International Journals and Academic Book Publishers*
 2024-Present Editor, *Lagunian Dispatch (Research Newsletter)*

Honors, Scholarships, and Fellowships

2022 Outstanding Award (SEE-2078), PABSON

Publications

Papers are listed in reverse chronological order (newest to oldest by year of publication).

Lagun, N. (2026). Lagun's Law as a Structural Constraint on Volitional Drive: Straight Validation Across Independent Secondary Datasets. *Preprints*. <https://doi.org/10.20944/preprints202603.0728.v1>

Lagun, N. (2026). Social media use frequency and adolescent mental health: context-dependent associations by school connectedness and parental monitoring in the 2023 YRBS. *Research Square*. <https://doi.org/10.21203/rs.3.rs-9007537/v1>

Lagun, N. (2026). Why incentives fail to motivate action: Evidence from educational deadlines on the threshold nature of initiative. *Informatics. Economics. Management*. 5 (1), 5001–5022. <https://doi.org/10.47813/2782-5280-2026-5-1-5001-5022>

Lagun, N. (2026). Health misinformation exposure and psychological distress among women using social media: The roles of credibility uncertainty and loneliness. *Research Square*. <https://doi.org/10.21203/rs.3.rs-9157969/v1>

Lagun, N. (2026). Motivated Non-Use in AI-Based Mental Health Interventions: A Structural Readiness Account of Engagement Failure. *International Journal of Global Mental Health, Innovation, Policy, Action, Culture & Transformation*, 2(1). <https://doi.org/10.61113/impact.V2I1.1246>

Lagun, N. (2025). The Weight of the Past: History-Dependent Resistance in Effort Disengagement. *Research Square*. <https://doi.org/10.21203/rs.3.rs-8376762/v1> (Under 3rd Revision at Chronobiology in Medicine).

Lagun, N., & Gautam, A. (2025). Modeling the Impact of Screen Time on Mental Wellness Through Computational Analysis. *Preprints*. <https://doi.org/10.20944/preprints202512.0983.v1>

Lagun, N. (2025). Why Activation Fails in Motivated Depression: A Lagun's Law Reanalysis of the Karen Case. *Preprints*. <https://doi.org/10.20944/preprints202512.0881.v1>

Lagun, N. (2025). Symmetria: Ternary Symmetry, Trions, and the Geometry of Neutrality and Polarity. *Preprints*. <https://doi.org/10.20944/preprints202509.2288.v1>

Lagun, N. (2025). The ADHD Effort Paradox: Lagun's Law Models Structural Effort Regulation. *Research Square*. <https://doi.org/10.21203/rs.3.rs-7162397/v1>

Lagun, N. (2025). Why Do I Feel Stuck Even When I'm Motivated?. *Preprints*. <https://doi.org/10.20944/preprints202507.1573.v1>

Lagun, N. (2025). Derivation and Empirical Tractability of Lagun's Law Within the Proposed Field of Cognitive Drive Architecture. *Preprints*. <https://doi.org/10.20944/preprints202507.0996.v2>

Lagun, N. (2025). Switch ON: A user's guide to your mind's drive engine. *Nikesh Lagun*.

Lagun, N. (2025). Latent task architecture: Modeling cognitive readiness under unresolved intentions. *Research Square*. <https://doi.org/10.21203/rs.3.rs-6896824/v1>

Lagun, N. (2025). Cognitive thermostat theory (CTT): The control-theoretic ignition engine of cognitive drive architecture (CDA). *Figshare*. <https://doi.org/10.6084/m9.figshare.30920054>

Lagun, N. (2025). A review of social media's psychological effects on young adults' mental health. *International Journal of Emerging Multidisciplinaries: Biomedical and Clinical Research*, 3(1), 6. <https://doi.org/10.54938/ijemdbmcr.2025.03.1.403>

- Lagun, N. (2025). Lagun's law and the foundations of cognitive drive architecture: A first principles theory of effort and performance. *International Journal of Science and Research Archive*, 15(02), 831–861. <https://doi.org/10.30574/ijusra.2025.15.2.1425>
- Lagun, N. (2024). Study of the effects of different mechanical mishaps or traumatic brain injury (TBI) on brain region: A review. *International Journal of Emerging Multidisciplinaries: Biomedical and Clinical Research*, 2(1), 9. <https://doi.org/10.54938/ijemdbmcr.2024.02.1.311>
- Lagun, N. (2024). Evaluating variation in school dropout rates in rural Nepal: A statistical study. *International Journal of Science and Research Archive*, 12(01), 1063–1073. <https://doi.org/10.30574/ijusra.2024.12.1.0899>
- Lagun, N. (2023). Observation of dominant and recessive character in humans. *ResearchGate*. <https://doi.org/10.13140/RG.2.2.32730.72642>

Other Publications

Lagun, Nikesh. 2025. "Unspoken Goodbye". [Amazon](#)

Theoretical Contributions

- Cognitive Drive Architecture (proposed field)
- Lagunian Dynamics (Lagun's Law)
- Cognitive Thermostat Theory (CTT)
- Latent Task Architecture (LTA)

Presentations in Brief:

2026 Psychopedia Journals One-Day Research Symposium on Artificial Intelligence in Psychology & Mental Health

Society and Organizations:

Jan 2025-Dec 2025 International Society for Research on Aggression

- *Student Member*

Jul 2025-Dec 2025 Society for the Improvement of Psychological Science

- *Student and postdoc members*

Invited reviewer for Asian Journal of Case Reports in Surgery, Journal of Advances in Medicine and Medical Research, Asian Research Journal of Gynaecology and Obstetrics, Asian Journal of Case Reports in Medicine and Health, International Journal of Medical and Pharmaceutical Case Reports, Journal of Pharmaceutical Research International, International Journal of Research and Innovation in Social Science (IJRISS), PREreview, International Journal of Psychology and Education Studies, and academic book publishers including BP International (multiple Certificates of Excellence and Appreciation in Reviewing).