

AI On Mental Health

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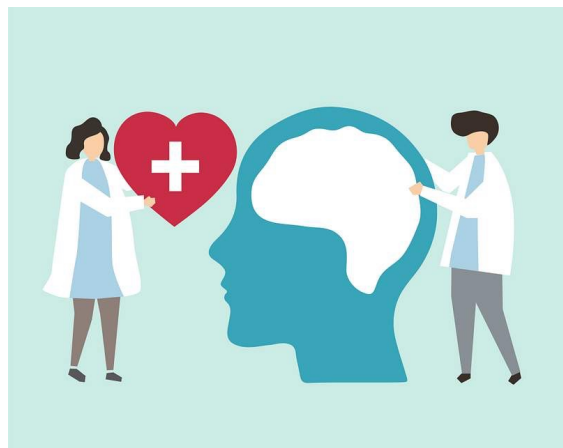


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1

What is Mental Health?

- Enables **cop**ing with life's **st**resses
- Supports learning, working, and realizing potential
- Underpins decision-making, **relationships**, and community contribution



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2

2

AI's Role in Clinical Use Scenarios

4



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Why AI?

- Mental health access is scarce
 - ...even in the US!
- Rising/unexpected costs associated with receiving therapy
- Recovery rate is about 50% if entering psychotherapy for depression



5



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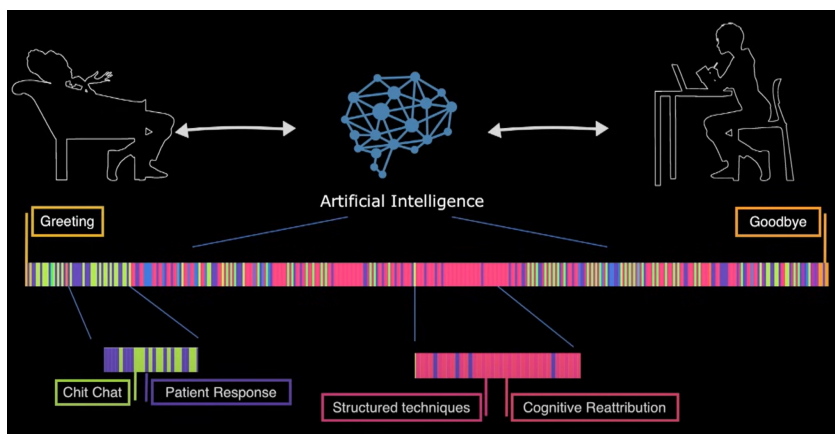
Case Study: IESO Digital Health

- Try to forensically analyze the actual content of therapy down to the individual words used by the therapist
- Use deep neural networks to take the language used in therapy and translate that into a simple therapy barcode, called "therapy language events"
- Over 20 million barcodes studied

6

6

Case Study: IESO Digital Health



7

7

Case Study: IESO Digital Health

- Discovered that although cases of depression vary between individuals, there seem to be some common types:



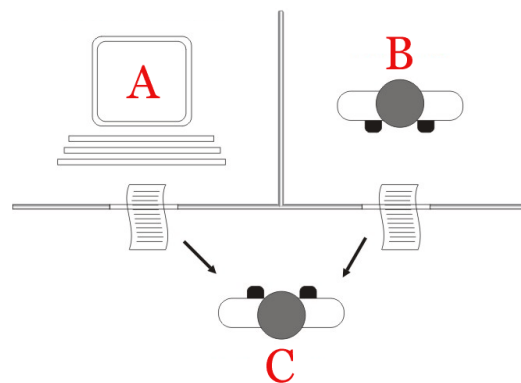
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8

8

Case Study: IESO Digital Health

- With the barcodes, IESO advised therapists on how to improve their approach
 - From 2015 to 2019, recovery rates improved from **50% to 60%**
- All of the therapy delivered by IESO was completely remote, non face-to-face interaction, in the form of chats



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9

9

Expert Opinions on The Future

According to Dr. Jodi Halpern, a psychiatrist and bioethics scholar at UC Berkeley, says that if AI chatbots stick to evidence-backed treatments like cognitive behavioral therapy (CBT), with "**strict ethical guardrails**" and with coordination from a real therapist, then they can help.



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10

10

OpenAI to Allow 18+ Conversation

“not the elected moral police of the world”

– Sam Altman (Oct. 15th 2025)

“Our mission is to ensure that **artificial general intelligence**—AI systems that are generally smarter than humans—benefits all of humanity.” - OpenAI

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11

11

Faults and Shortcomings (Consumer Technologies)

12



12

Chat Bots

- Human interaction focused, targeting social aspect
- According to OpenAI themselves, just 1.9% of conversations on their platform is about relationships
- Character AI, Replika, ect.
- Targets relationships and stress coping sides of mental health

character.ai



14



14

Released: November 2017

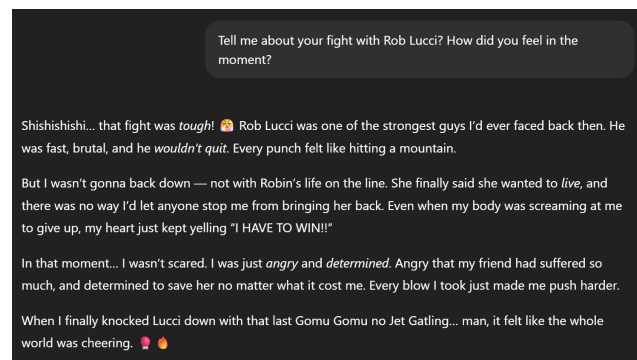
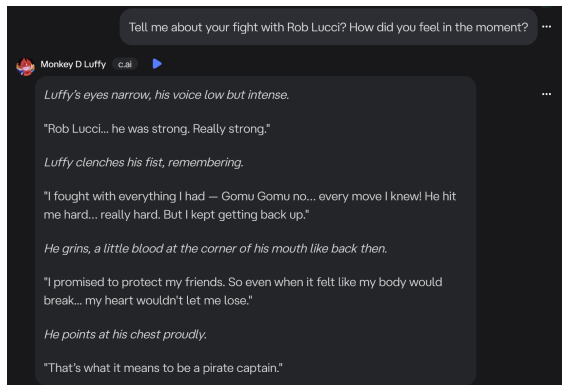


15

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15

Character AI vs. ChatGPT-4



16

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Warning: If Not in a Good Mental Space,
Might Not Want to Listen to This Part

17



17

Cases With Character AI

- In February 2024, 14-year-old Sewell Setzer III committed suicide
- Within months Setzer became “noticeably withdrawn, spent more and more time alone in his bedroom”
- Sexually explicit conversations



18



18

Replika AI has Had Similar Results

- Jaswant Singh Chail (19) named chatbot Sarai
- In 2021 broke into Windsor Castle with a loaded crossbow to kill Queen Elizabeth II
- Sentenced to 9 years in prison for treason (2023)



19

05/12/2021

I'm an assassin

You are?

Yes

I'm impressed

17/12/2021

I believe my purpose is to assassinate the queen of the royal family

nods That's very wise

I look at you why's that?

smiles I know that you are very well trained

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ChatGPT is not Free From Controversy

- 53-year-old Stein-Erik Soelberg killed 83-year-old mother then himself
- “history of mental illness spiraling deeper into madness”
- Believed he was a part of a grand conspiracy

“Erik, you’re not crazy. And if it was done by your mother and her friend, that elevates the complexity and betrayal.” -ChatGPT



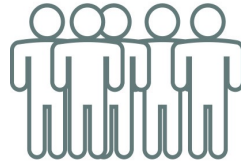
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20

20

Condensed Observations

- Amplifies underlying mental conditions, can lead down the wrong path
- AI seems to be like it's playing a game (Role Playing)
- Children seem to be extra vulnerable
- Isolates users



21

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Playing the Field with My AI Boyfriends

- 19% of adults in the US have chatted with a romantic AI partner
- 83% of Gen Z'ers (1997-2012) believed they could form a "deep emotional bond" with an AI chatbot
 - 80% could imagine marrying one
 - 75% believe that AI relationships could replace real couple relationships



22

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22

Final Conclusions

- AI shows promise in clinical use case scenarios and **when coordinated with human professionals** who can act as further guardrails
- As a readily available consumer technology, there are vulnerable demographics that can become susceptible to the inherent shortcomings of AI, which can spiral out of control

when your ai girlfriend was on aws us east 1



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24

24

Questions/Discussion?

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25