

# Experiment No. 1

**Title -** Artificial Intelligence and Chatbots in Psychiatry

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**Technology –** AI chat and therapy bots specifically conversational applications that provides support for people with communication difficulties.

**Summary –**

The use of artificial intelligence (AI) in psychiatry has increased over the past several years in response to the expanding demand for better access to treatments for mental health issues. There are already AI programs available that can help with psychoeducation, symptom tracking, disease course prediction, and psychiatric diagnoses.

In order to simulate the conversational skills of a psychotherapist, ELIZA, a computer software, was created in the 1960s. Smartphone apps, such the mindLAMP (Learn, Assess, Manage, Prevent) and BiAfect projects, are now another way to use AI.

Woebot is a chatbot that can be accessed through Facebook Messenger or other mobile apps that offers tools to automate Cognitive Behavioural Treatment (CBT). This programme was created to keep track of signs and control anxiety and sadness using acquired abilities. Children with autism spectrum disorders (ASDs) may benefit from the education and therapy provided by robots with AI capabilities. Another application that is Apple's virtual assistant Siri, which can engage with children having disorders. Through engagements with AI assistants such as Siri, children can develop their skills necessary to socially interact with others.

**Advantages -**

- 1) Symptom tracking and disease prediction becomes easier.
- 2) AI assistants like Siri provides safe learning environment for children with mental disorders.

**Disadvantages -**

- 1) Lack of empathy, and natural emotions
- 2) Unable to handle problems