# AI, Social Media, and Mental Health

## research presentation

*Hello everyone! We are group 3 and for the past 2 months we have been exploring mental health in the digital era.*

## Problem

*For the past couple of years a topic that has been trending is AI chatbots such as ChatGPT, and Gemini, which not only brings great benefits, but there are hidden dangers as well.*

*People nowadays are spending more time chatting with AI than they do with real people. With the increasing use of social media, and AI tools, people are becoming more vulnerable to digital addiction. That's why we decided to explore how relying on AI may affect people's mental health.*

*Currently, open data about the influence of AI on mental health is unavailable, so we've chosen to initially focus on social media's influence. We believe the findings on social media's impact may offer valuable insights into the potential effects of AI.*

## Audience

*The target audience is primarily aged between 20 and 40, possessing basic computer literacy and using social media and chatbots regularly. We assume they may face constraints such as busy schedules, limited emotional vocabulary, and potential lack of support from their social circles.*
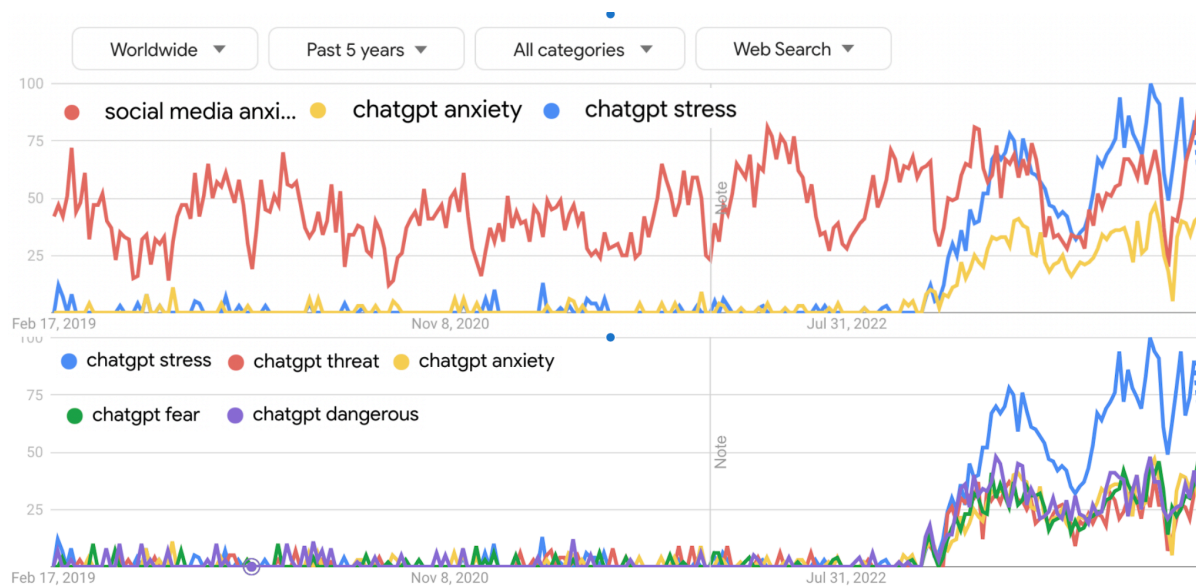
## Artifact

*As a first step, we created an instagram meme page dedicated to bringing attention to this topic. (pause 3-5 sec)*
*Each post has a meme about AI or Social Media, and a conclusion. We also consider short videos and infographics as an excellent next step to reach our audience as well.*

# Process

*We explore the following datasets.*

1. ## Google trends



> *The analysis of Google Trends data shows that people are concerned about the emergent realm of AI, particularly ChatGPT. We noticed increasing search queries about negative perceptions of ChatGPT, such as stress and anxiety. This emerging trend confirms the necessity for further research and dialogue on how AI influences mental health, privacy, and societal norms.*

2. ## Social media impact

> *We explored the relationship between social media and mental health, we found positive correlation between the amount of time online and the impact on mental health, but it's relatively weak.*

3. ## ChatGPT simulation

> *Based on a psychology dataset we ran a trial of asking ChatGPT requests from people seeking mental support, and compared its answers to a real human mental counselor's answers. ChatGPT shows an average of 73% similarity. We also differentiate requests by topics and find that ChatGPT shows different results on different topics. These results show that using ChatGPT or similar tools for mental health support should be done with caution.*

## Conclusion

*During our research we have realized the changes we wish to contribute to:*
- *Encourage setting boundaries and mindful use of AI and social media*
- *Recognize their limits, be aware of the possible consequences, and prioritize seeking professional help.*
- *Realize the importance of real human connection and having balance.*

## Retrospective

*Working on our project we got hands-on experience on how to organize the project on different stages. How to seek and explore datasets.*
*Sometimes the results didn't satisfy us but we didn't give up. Instead it inspired us to explore new paths.*
*We believe we were able to reach the results because we had learned how to interact with one another and built effective communication.*

*Thank you!*