

AI, Social Media, and Mental Health

CDSP Group 3



Emerging
Talent

Problem

AI and Mental Health

Digital era and AI **offers not only wonders** but hidden risks to consider





+ Research Questions

Do people who overuse Social media and AI chatbots have a **higher risk of depression**, anxiety and other conditions?

What factors have the **most** impact?

Can AI chatbots provide **information that will be harmful** to the user?

Research Assumption

We assume that **Social Media** and **AI usage** impact on Mental Health may have similar patterns



Audience

Who do we talk to?

People from 20 to 40 who **use internet and AI tools** regularly

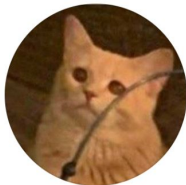


Artifact

Series of social media posts

Visit our [Instagram account](#)





chatgptismybestfriend3

Following ▾

Message



6 posts

2 followers

0 following

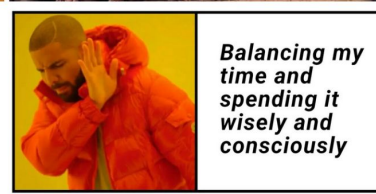
Life is all about balance ¹⁰⁰

POSTS

TAGGED



When your phone battery runs out and you realize you won't be able to open ChatGPT



Process

Asking the data

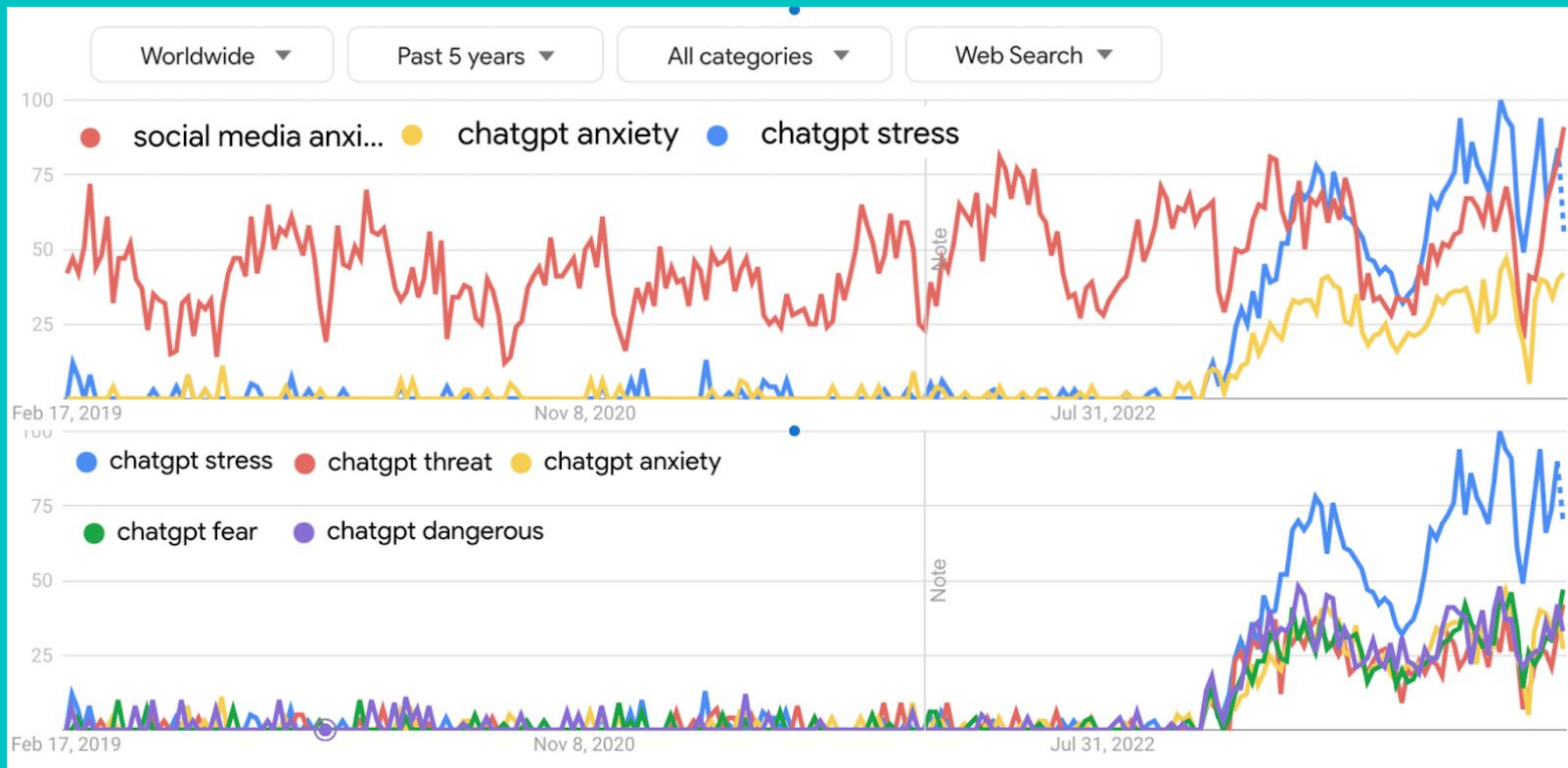
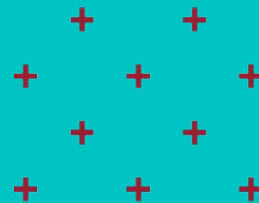
We explored the following datasets:

- Google Trends
- Global Trends in Mental Health
- Social Media Impact

we ran a ChatGPT simulation



Google Trends



Social Media Impact



Time spent online leads to increase procrastination, anxiety, depression and poor self-esteem

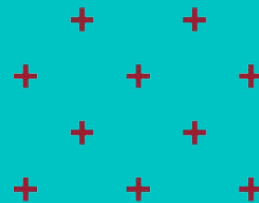


How much time do you spend in real life?

People aged between 20 and 40
spend more time online



ChatGPT Simulation



We ask ChatGPT 3.5 for mental support



Topics with highest score (to 85%)

Job Loss, Emotional Numbness,
Developmental Delay, Identity,
PTSD, Control Issues, ...



Topics with lowest score (to 42%)

Manipulation, Sleep Disorder, Moral
Dilemma, Bullying, Bipolar Disorder,
Schizophrenia, ...



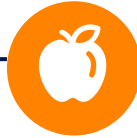
Average 73 % similarity score to Human Mental Counselor answers

Conclusions



Know how AI works

Consider risks



Don't forget real life

Use AI constructively

[See our full research](#)

Visit our [Instagram account](#)



Retrospective



The answers we found **through our journey** were not all we question for

We learned how to **ask right questions**

We learned how to **seek** and **work with data**

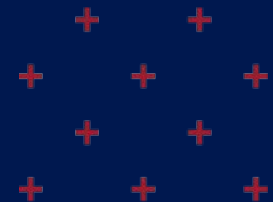
Sometimes **results** didn't satisfy us

We **never give up**

We learned how to **work together**

[See our full research](#)

Visit our [Instagram account](#)



Thank You!



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