

## 1. Title

Clear, concise, and specific.

**Example:** *“Evaluating the Psychological Effects of Artificial Intelligence Exposure: A Risk Assessment Based on Survey Data”*

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## 2. Abstract

A short summary (150–250 words) of:

- Background
- Objective
- Methods
- Key findings
- Conclusion

This should be the **last thing you write**, even though it's at the top.

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## 3. Introduction

- **Context & Importance:** Briefly introduce AI's integration into society.
  - **Problem:** Why its psychological impact is a concern.
  - **Gap:** Mention the lack of data-driven, mental health-focused AI studies.
  - **Objective:** Explain what your study aims to discover — e.g., identify psychological risk indicators based on perceptions of AI.
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## 4. Methods

This section should be detailed enough to replicate the study.

- **Study Design:** Cross-sectional survey study.
- **Participants:** Demographics, how participants were recruited (e.g., LinkedIn).

- **Survey Tool:** Describe the form — number of questions, type (Likert scale, open-ended, etc.), grouped categories.
  - **Ethics:** If needed, mention anonymity, informed consent, and data protection.
  - **Risk Assessment Approach:**
    - Explain how responses were scored.
    - Describe statistical or ML techniques used (e.g., clustering, risk scoring model).
    - Tools used (Python, R, SPSS, etc.).
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## 5. Results

- **Descriptive statistics:** Age, gender, professions, etc.
  - **Key findings:**
    - % of people who showed signs of concern.
    - Risk category distribution (low, medium, high).
    - Any patterns (e.g., younger people more anxious, etc.).
  - **Graphs and tables:** Use visual aids like pie charts, risk distributions, heatmaps.
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## 6. Discussion

- **Interpret the results:** What does the data suggest about AI and mental health?
- **Comparison with other studies** (if any).
- **Implications:** Should we raise awareness? Provide mental health resources?
- **Limitations:**
  - Self-reporting bias.
  - Sample size and diversity.

- Non-clinical diagnosis (your tool is not a replacement for a real psychologist).
  - **Future work:** Could include a clinical study, refining the tool, applying it to specific populations.
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## 7. Conclusion

- Summarize key insights in 2–3 lines.
  - Mention the value of your approach and why it's a step toward responsible AI integration.
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## 8. References

- Any existing papers, mental health scales (like PHQ-9), ethical standards, AI ethics research, etc.
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## 9. Appendix (optional)

- Full version of the survey.
- Technical details (code snippets, scoring rubric).