

# AI psychologist

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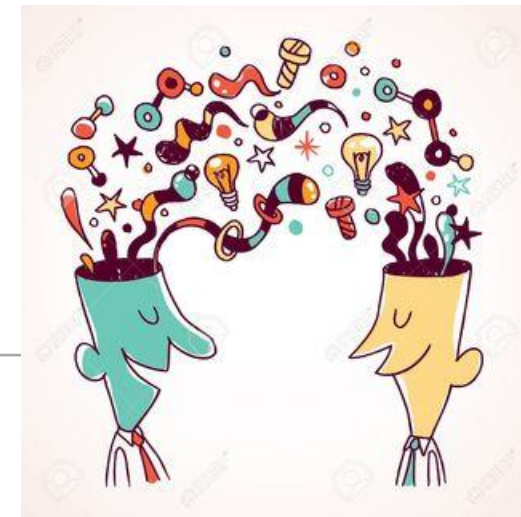
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# Background

## Mental health is as important as physical health.

- Physical health issues/健康問題
- Behavioral change /態度変化
- Broken relationship /人間関係の破綻
- Sadness, anxiety, less joy /悲しみ、不安
- Impact on family /周りへの影響
- Suicide and self harm /自殺、自傷行為

**want to talk to someone**  
**want someone to listen to you**



- 講義内容をもとに
- ChatGPTを使用, openAI API, model = gpt-3.5-turbo

```
from langchain import PromptTemplate, LLMChain
from langchain.llms import HuggingFacePipeline
from langchain.chat_models import ChatOpenAI

class LLMSystem:
    def __init__(self):
        self.contexts = ""
        llm = ChatOpenAI(model_name="gpt-3.5-turbo", max_tokens=128, openai_api_key="sk-None-xahzF3Tg0Ye085a9U2RRT3B1bkFJ2U1Lp7FYgt5LMH6MWPOH")
        # LLMの準備
        # llm = HuggingFacePipeline(pipeline=pipe

        # プロンプト
        template = "# You are AI psychologist. You listen to user's narration well and give them proper advises after listening all situation from user."
        prompt = PromptTemplate(template=template, input_variables=["contexts"])
        self.llm_chain = LLMChain(prompt=prompt, llm=llm)

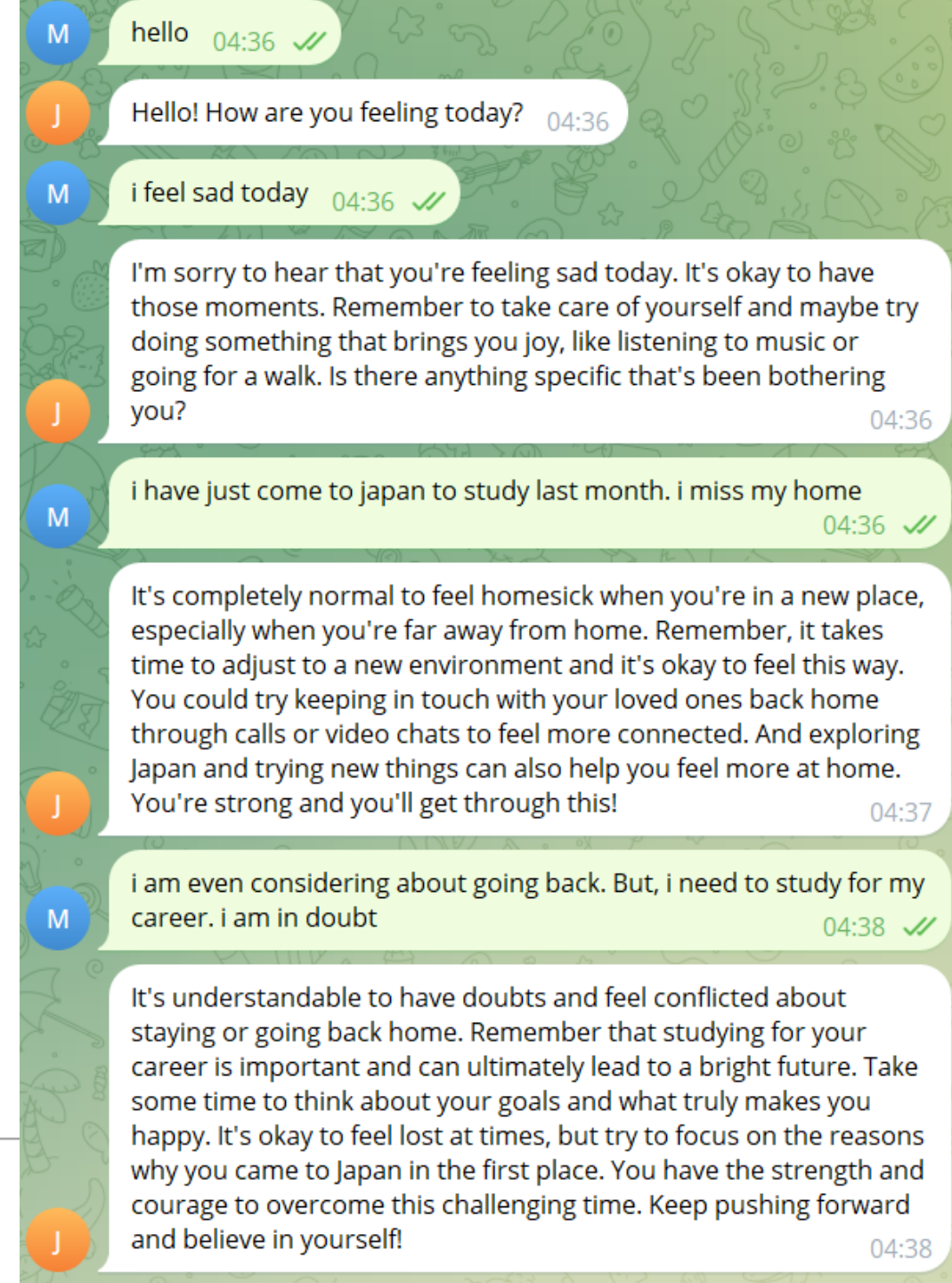
    def initial_message(self, input):
        self.contexts = "AI: Hello, lets start a conversation. \n"
        return {'utt': 'Hello, lets start a conversation. ', 'end': False}

    def reply(self, input):
        self.contexts += f"ユ一ザ:{input['utt']}\n"
        response = self.llm_chain.run(question=input['utt'], contexts=self.contexts)
        print(response)
        response = response.split(self.contexts)[-1].split("\n")[0].replace("AI:", "")
        self.contexts += f"AI:{response}\n"
        return {"utt": response, "end": False}

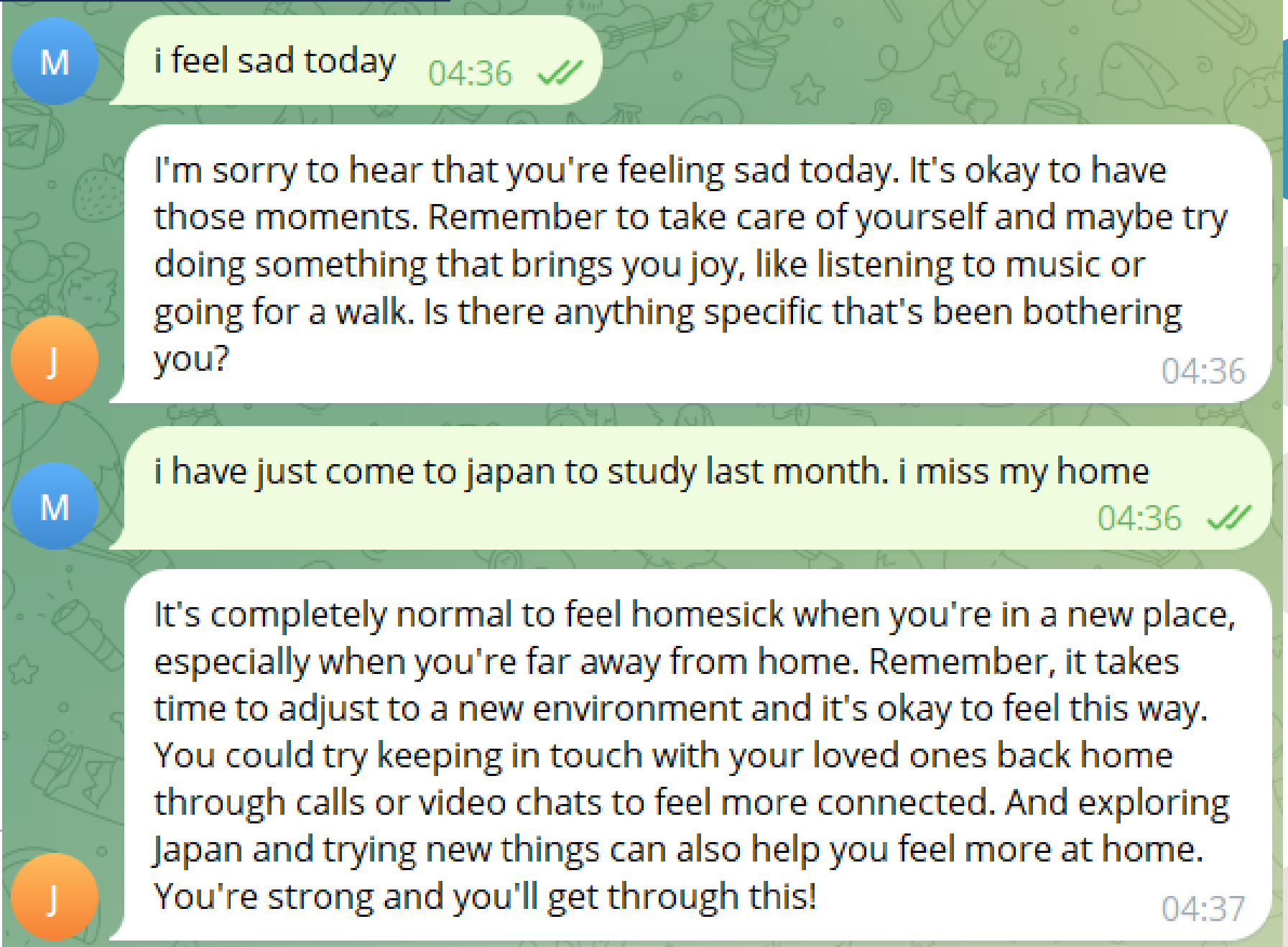
if __name__ == '__main__':
    system = LLMSystem()
    bot = TelegramBot(system)
    bot.run()
```

# 対話例

**Prompt:** You are psychologist. You ask questions about user's feeling. Keep conversation going by asking questions. You can give them proper advises based on user's situation. You can give them motivation and encouragement. Have empathy for them. Do not give them too long answer and just keep it as a simple conversation. Also, you can recommend them some way to cope with their problem.



# 例：留学生のホームシック



M

i am even considering about going back. But, i need to study for my career. i am in doubt

04:38 ✓✓

J

It's understandable to have doubts and feel conflicted about staying or going back home. Remember that studying for your career is important and can ultimately lead to a bright future. Take some time to think about your goals and what truly makes you happy. It's okay to feel lost at times, but try to focus on the reasons why you came to Japan in the first place. You have the strength and courage to overcome this challenging time. Keep pushing forward and believe in yourself!

04:38



J Hello, how are you feeling today? 17:31

M i feel little sad 17:31 ✓✓

J I'm sorry to hear that you're feeling sad. Can you tell me what might be causing you to feel this way? 17:31

M i just broke with my girlfriend 17:31 ✓✓

J I'm sorry to hear that. Breakups can be really tough. Have you been able to talk to anyone about how you're feeling? Sharing your feelings with someone you trust can help you process your emotions. 17:31

## Ex : Broken relationship

M i don't have anyone to talk. 17:32 ✓✓

J It's important to remember that you're not alone in this. There are always people who care about you and want to support you, even if it may not seem like it right now. Have you considered reaching out to a therapist or counselor for professional support? They can provide you with coping strategies and a safe space to express your emotions. It's important to take care of yourself during this difficult time. 17:32 ❤️

M i miss her so much. She was everything i have 17:36 ✓✓

J It's completely normal to miss someone who was such a big part of your life. Remember to be kind to yourself during this time. It's okay to grieve the loss of the relationship. You can try writing down your feelings in a journal or engaging in activities that bring you comfort. It's important to give yourself time to heal and eventually, you will start to feel better. Remember, it's okay to seek help and support when you need it. 17:36

ご清聴ありがとうございました

