

Annotated Bibliography

Saidamir Osimov

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References

- [1] Campbell W Massachi T Heinz MV Kunwar A Choi ES Xu X Kuc J Huckins JF Holden J Preum SM Depp C Jacobson N Czerwinski MP Granholm E Campbell AT Nepal S, Pillai A. Mindscape study: Integrating LLM and behavioral sensing for personalized AI-driven journaling experiences. *proc acm interact mob wearable ubiquitous technol.* In *Proceedings of the 2025 CHI Conference on Human Factors in Computing Systems*, 2024.

This article examines the emerging use of large language models in mental health support systems, focusing on both their potential benefits and inherent risks. The authors analyze how LLMs can assist with journaling, self-reflection, emotional regulation, and psychoeducation by responding empathetically to user-generated text. At the same time, the paper critically addresses concerns such as hallucinated advice, lack of clinical grounding, privacy risks, and emotional dependency. The source is highly credible, drawing on interdisciplinary research from psychology, AI ethics, and computational linguistics. It is peer-reviewed and extensively cited, situating its argument within current debates about responsible AI deployment. Rather than promoting LLMs uncritically, the authors offer a balanced evaluation and propose design guidelines for safe and effective use, including transparency, user agency, and clear system boundaries. This paper is strongly connected to my research interests in AI agents for reflective productivity and emotional insight. The paper helps frame my project within responsible AI practices and reinforces the importance of positioning AI as a tool for reflection and pattern recognition, not as a substitute for human judgment or professional help.

- [2] Xiaotong (Tone) Xu, Arina Konnova, Bianca Gao, Cindy Peng, Dave Vo, and Steven P. Dow. Productive vs. reflective: How different ways of integrating AI into design workflows affect cognition and motivation. In *Proceedings of the 2025 CHI Conference on Human Factors in Computing Systems*, CHI '25, New York, NY, USA, 2025. Association for Computing Machinery.

This paper discusses integrating AI into workflows to improve productivity and provides guidance on how much AI usage is optimal to gain benefits. It is well

cited. The authors conducted an experiment with 47 participants, dividing them into three groups and assigning them creative problem-solving tasks. One group used no AI, another worked in a co-led setting with AI, and the third relied primarily on AI. The results showed that participants who used AI generated more ideas and demonstrated higher levels of creativity when solving the problems. They also spent more time reading and synthesizing information. In this study, the authors aim to understand how different approaches to integrating AI into a creative workflow affect an individual's ability to reflect and iterate. Their central research question is how the positioning of AI within a creative workflow influences creative outcomes. Overall, the paper demonstrates that the use of AI can enhance creativity during problem solving. It is directly relevant to my project idea: a productivity-focused platform where users write reflections and receive AI-generated suggestions to improve productivity and efficiency.

- [3] HaeJi Yang, Jin Gyeong Park, JinKwon Lee, and Hayoung Oh. Pocket-mind: Personalized LLM-based journaling to support emotional awareness and goal pursuit. In *Companion of the 2025 ACM International Joint Conference on Pervasive and Ubiquitous Computing*, UbiComp Companion '25, page 1652–1657, New York, NY, USA, 2026. Association for Computing Machinery.

This paper presents PocketMind, an AI-driven mental health support system designed to provide personalized emotional assistance through natural language interaction. The authors describe the system's architecture, which combines large language models with user journaling inputs to deliver reflective feedback, emotional validation, and coping suggestions. The primary goal of the study is to explore whether conversational AI can support mental well-being at scale while remaining accessible and non-judgmental. The source is credible and relevant. It is published in a peer-reviewed venue and written by researchers with backgrounds in human-computer interaction and mental health technologies. The methodology includes system design, user interaction scenarios, and an evaluation of ethical considerations such as overreliance on AI and emotional safety. While the paper does not claim that AI replaces professional therapy, it responsibly positions the system as a supplementary reflective tool. PocketMind demonstrates how structured reflection paired with AI feedback can help users articulate emotions, recognize patterns, and feel supported. Its emphasis on personalization and ethical boundaries is especially useful for designing an AI agent that gives suggestions without becoming intrusive or prescriptive. The paper supports the feasibility of using AI as a reflective companion rather than an authority.