The studies chosen for this review were chosen based on.

clearly defined inclusion and exclusion criteria to guarantee.

relevancy and excellence.

1) Inclusion requirements: In order for a study to be included, it must have met the following criteria:.

specifically looked at the use of text-based chatbots.

with the exception of chatbots that use audio or video, that are geared at.

providing early assistance or identification of anxiety or.

indications of depression. Research that is eligible must include an evaluation of.

measured the effectiveness of such bots by evaluating.

using quantitative data to track changes in symptoms, such as.

scores for pre- and post-interventions. Additionally, chosen pa.

The integration of artificial intelligence must be addressed by pers. .

methods like Natural Language Processing (NLP),.

Machine Learning (ML) or alternative AI-based approaches in.

backing up chatbot responses. Par-introducing studies.

Study settings (such as a university or other educational institution) and the demographics of the participants.

The online community and hospital were also taken into account. Ad.

Additionally, articles that specifically referred to the datasets.

used in the creation, training, or testing of chatbots.

included. Just research released between 2021 and 2025. .

were taken into account in order to guarantee alignment with the most recent advancements in artificial intelligence. .

changes.

2) Exclusion Criteria: Studies were excluded if they met any of the following criteria:.

included multimedia or voice-based chatbots that were focused on answering queries, providing help, or facilitating conversations. .

based on clinical diagnosis rather than early detection or.

awareness, or did not quantitatively assess the chatbot. .

efficiency. research that centered on bodily ailments.

independent of mental health, such as diabetes or cancer. .

or cardiovascular disorders, were omitted. Publications that.

did not discuss the utilization of AI technologies in chatbots.

systems or failed to list the origin of the datasets utilized.

was also left out. Lastly, research published before.

This evaluation did not take 2021 into account.