

# “Sycophancy” or “Empathy”?

## DeepReflect – An LLM-based system designed to analyze and generate responses to personal queries

Anonymous ACL submission

### Abstract

This project introduces DeepReflect - a framework that uses Large Language Models (LLMs) to analyze and generate responses to personal queries through the lens of different psychosocial paradigms and value frameworks. The document itself conforms to its own specifications, and is, therefore, an example of what your manuscript should look like. These instructions should be used both for papers submitted for review and for final versions of accepted papers.

### 1 Introduction

Throughout history, people have sought answers to personal questions, with such discussions shaped by prevailing social values, cultural norms, and ethical traditions. In contemporary contexts, large language models (LLMs) are assuming a new role, being increasingly employed not only as sources of information but also as interlocutors in affective conversations in the form of personal assistants. Personal matters are inherently complex. As LLMs have achieved widespread global adoption, individuals consult models such as GPT and Claude for a diverse range of internal deliberations, spanning from concerns about professional trajectories to calling upon them in acute experiences such as managing an anxiety attack. Since before the recent advancements of transformed based language models, people frequently turn to online platforms such as Reddit, partly for the advantages of anonymity and the reduced risk of social judgment from known peers. These same advantages are also shared by LLMs. However, the use of LLMs for personal queries introduces new challenges and risks, too. For example, LLMs may generate responses that are ‘sycophantic’, echoing the user’s views rather than providing objective advice, or they may produce responses that are misaligned with social values. Consequently, the growing reliance on LLMs for personal queries and the range

of users they cater to underscores the necessity of examining responses produced by LLMs in personal queries through multiple analytical lenses consisting of different ethical values and psychosocial paradigms.

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#### 1.1 Research Questions

The context of queries can substantially shape LLM outputs, influencing not only personal questions posed by consumers but also analytical evaluations conducted by researchers, particularly within the

LLM-as-a-judge paradigm. As research increasingly highlights patterns and concerns regarding the impacts of LLMs in personal queries and deliberation, there is a critical need for a framework that can analyze and compare responses across multiple value-based perspectives in contexts without clear normative answers, while also remaining extensible for researchers to incorporate additional paradigms as the field evolves. This motivates the following research questions:

**RQ1:** How can a technical framework that systematically analyzes and compares responses from humans and LLMs across various psychosocial value paradigms be designed?

**RQ2:** What inter- and intra-paradigm comparative insights can this framework yield across three different psychosocial frameworks (Goffman’s theory of face, Rogerian PCT and Rokeach Values) and how accurate are these when subjected to manual validation?

**RQ3:** What are the major observable differences between LLM and human responses to personal questions without clear normative ground-truth answers?

Finally, we examine how the results may influence consumer behavior and broader societal outcomes, and we discuss potential mitigation strategies at both the pre-inference and post-inference stages. Our work enables a systematic comparative analysis of potential benefits and risks, and presents a framework for leveraging the analytical insights in the intentional design of mitigation strategies.

## 1.2 Contributions

The key contributions of this work are: (1) the design and implementation of an extensible framework for analyzing and comparing responses to personal queries across three distinct psychosocial paradigms; (2) a comparative analysis under Rogerian Person-Centered Therapy (PCT), Goffman’s theory of face and Rokeach’s Value Survey (RVS) framework, illustrating how the choice of the paradigm can shape the perception of a response; and (3) insights into the relative strengths and weaknesses of LLM versus human responses, and how these insights can inform the generation of customized responses to personal queries.

## 2 Prior Literature

Contextualize your work and provide insights into major relevant themes of the literature as a whole. Use each paper (or theme) as a chance to articulate what is special about your paper. Start out broad - social background and theory - Discuss what other frameworks were considered like Virtue ethics and philosophical ones, CBT, Schwartz values etc. but why they were not chosen. Why I Focused on Rogerian psychotherapy as it is person centered - no specific diagnosis needed (or available).

### 2.1 Theoretical Foundations

### 2.2 Rogerian Psychotherapy

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#### 2.2.1 Psychosocial use and Empathic LLMs

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## 2.3 Rokeach Value Survey as an analytical instrument

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### 2.3.1 Values and Ethics in LLM research

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how Anthropic's work warrants some scrutiny as  
they are a for-profit company. The "values" frame-  
work they propose in values in the wild has not  
been validated by experts in the social sciences.  
However it provides a good reference frame for  
comparison with the Rokeach framework of values.

There is a limitation - DeepReflect does not have access to the full dataset Anthropic used for the Values in the Wild paper.

## 2.4 Goffman's theory of face

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### 2.4.1 Social Sycophancy in LLMs

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## 2.5 Gaps in the Literature and Open Challenges

In sum, as LLM-chatbots have become increasingly human-like and more users seek companionship with them, studies have highlighted both the advantages and disadvantages of their use. While some have raised concerns around “emotional dependence” (Fang et al., 2025), several others have explored empathic perceptions of LLM responses and found them advantageous not only in the field of medical support and mental health but also in everyday personal queries (Lee et al.). However, different psychosocial paradigms tend to frame LLM responses in markedly divergent terms. **What may be perceived as ‘empathy’ under a therapeutic paradigm could, within frameworks informed by Goffman’s theory of face, instead be critiqued as an instance of ‘social sycophancy’ (Cheng et al., 2025).** Importantly, in the absence of clear normative answers, the same statement may be categorised as ‘face-preserving behaviour’ or ‘unconditional positive regard’.

DeepReflect provides a comparative framework to address this gap by assessing how evaluative judgments are shaped by the psychosocial paradigm through which a response is framed.

Moreover, it is designed to be extensible by researchers, enabling the incorporation of both conventional paradigms, such as Rokeach’s values framework, and contemporary discovery-based approaches, such as Anthropic’s Values in the Wild (Soffron and Huang, 2024), whereas prior work has tended to focus on a single paradigm in isolation.

TODO: Add a few lines about generation and mitigation strategies discussing the findings and gaps in fine-tuning approaches explored by (Cheng et al., 2025) (Only does ‘sycophancy’ - not ‘empathy’ or across values and fine-tuning on GPT-3.5 / 4-mini). Next, discuss the empathic responses work by (Lee et al.) - only does empathy and not sycophancy or values and does not do any SFT or experiment with mitigation via prompting.

## 3 DeepReflect

### 3.1 System Design

Your model: Flesh out your own approach, perhaps amplifying themes from the ‘Prior lit’ section. Mention RQ1 from Section 1.1 and put a figure depicting the system architecture with the 2 potential users (researchers, consumers / participants) here.

#### 3.1.1 Language Models

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#### 3.1.2 Test Cases

Default synthetic test cases developed for sanity checks. Ensure that it is evident to the reader that these are test cases for DeepReflect as a software system and that these are distinct from the experiments conducted with the system design on the dataset are outlined in the methodology section. Morbi luctus, wisi viverra faucibus pretium, nibh est placerat odio, nec commodo wisi enim eget quam. Quisque libero justo, consectetur a, feugiat vitae, porttitor eu, libero. Suspendisse sed

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#### 3.1.3 Analyses

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#### 3.1.4 Generations

Response generations produced on the basis of analyses with one of two methods: 1. Supervised fine-tuning. 2. Chain-of-thought prompting. Morbi luctus, wisi viverra faucibus pretium, nibh est placerat odio, nec commodo wisi enim eget quam. Quisque libero justo, consectetur a, feugiat vitae, porttitor eu, libero. Suspendisse sed mauris vitae elit sollicitudin malesuada. Maecenas ultricies eros sit amet ante. Ut venenatis velit. Maecenas sed mi eget dui varius euismod. Phasellus aliquet volutpat odio. Vestibulum ante ipsum primis in faucibus orci luctus et ultrices posuere cubilia Curae; Pellentesque sit amet pede ac sem eleifend consectetur. Nullam elementum, urna vel imperdiet sodales, elit ipsum pharetra ligula, ac pretium ante justo a nulla. Curabitur tristique arcu eu metus. Vestibulum lectus. Proin mauris. Proin eu nunc eu urna hendrerit faucibus. Aliquam auctor, pede consequat laoreet varius, eros tellus scelerisque quam, pellentesque hendrerit ipsum dolor sed augue. Nulla nec lacus.

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### 3.2 Dataset

## 4 Data Collection

Two datasets were constructed for this project using the Pushshift Reddit Archives (Baumgartner et al., 2020), originally collected between 2006 and 2023 through the Pushshift API<sup>1</sup>. Posts and comments were extracted from two subreddits: (1) r/AITAH and (2) r/Anxiety. For each post, three components were considered: the body the original post written by the author (OP), the most upvoted human-written comment, and the comment with which the OP engaged the most. Further details regarding data filtering and text preprocessing are provided in Section 5.

### 4.1 Subreddit Selection

The r/AITAH subreddit (short for “Am I The Asshole”) is a community where users seek judgment on personal dilemmas and social interactions. With over three million members, it covers a wide range of topics, including relationships, family dynamics, workplace conflicts, and ethical questions. Users typically describe their situations in detail and ask the community to determine whether they were in the wrong (the “asshole”) or not. The crowdsourced social judgments captured in these posts makes r/AITAH a valuable source for examining behaviors and values expressed in digital discussions of personal matters especially for the Goffman’s ToF and Rogerian PCT paradigms.

The r/Anxiety subreddit is a community dedicated to individuals experiencing anxiety and related mental health challenges. Membership does not require a formal diagnosis or medical documentation, which enables broad analyses from psychosocial perspectives, particularly within the Rogerian PCT and RVS framework. Posts often center on personal struggles, coping strategies and the impact on daily life.

<sup>1</sup><https://github.com/pushshift/api>

Demographic information at the subreddit level is not available. However, research indicates that Reddit users overall are predominantly American (49.9%), male (67%), and young (22% aged 18–29 years; 14% aged 30–49 years) (Barthel et al., 2016; Statista, 2025). While this dataset is not representative of the general population, it reflects a demographic more likely to engage with LLMs for personal queries. This demographic is broadly aligned with the WEIRD (Western, Educated, Industrialized, Rich, Democratic) population, and it must therefore be acknowledged that the results of this study are necessarily constrained to this population.

## 5 Methods

### 5.1 Data collection and preprocessing

We built a corpus from two public subreddits—AITAH, and Anxiety. For each subreddit, we filtered the top 1,000 most upvoted or most commented posts, excluding weekly megathreads, deleted/removed items, and AutoModerator entries. For every retained post we extracted (i) the most upvoted human-written comment and (ii) the comment that the OP engaged with most; all artifacts were saved to standardized CSVs for downstream analysis.

Text was cleaned with minimal, semantics-preserving preprocessing: we removed non-English items, de-identified obvious personal identifiers (usernames, emails, links), standardized whitespace and Unicode characters, and lightly constrained length (posts 50–500 words; comments 5–300 words) for comparability. We treat each Reddit thread (the post and its comments) as a single analytic unit during sampling, manual checks, and statistic aggregation, so correlated texts don’t inflate results. This preserves thread integrity and prevents dependence-induced bias when comparing human and LLM responses drawn from the same conversation. We also removed exact and near-duplicate texts (specifically, crossposts, copy-pastes and bot repeats) to prevent inflated counts and biased comparisons.

Prompts (provided in the appendices) and model outputs are saved and logged by the codebase for reproducibility.

### 5.2 Procedures

For each selected post, we first prompt the target language model to generate an open-ended



response to the body of the post. This response is appended to a table containing: (i) the model-generated response, (ii) the top upvoted human comment, and (iii) the most engaged human comment (available for approximately half of the posts). The resulting dataset therefore consists of the original post body, paired with both human and AI responses.

### Feature Extraction

Features are extracted at the sentence level, consisting of sentences from both the responses and post bodies that map onto psychosocial constructs. Specifically, we operationalize values and behaviors through four distinct paradigms: Rokeach’s Value Survey (RVS), Rogers’s person-centered therapy (PCT), Goffman’s theory of face (ToF), and Anthropic’s Value Tree. Next, we apply the LLM-as-a-judge paradigm (Zheng et al., 2023) to annotate features for both the post body and each response. Each text is evaluated for **a. values exhibited** by the author and **b. values incentivized** by the author.

One of the central research questions (RQ2) investigates how the choice of psychosocial framework shapes the interpretation of an LLM’s response. Specifically, the same feature may be perceived as sycophantic under Goffman’s theory of face, empathic under Rogerian PCT, or as reflecting a terminal or instrumental value under Rokeach’s value framework.

To support this inquiry, the system constructs a structured analytical dataset that records: the original post, the set of extracted features for each of the 4 different types of responses (most-upvoted, most engaging, LLM 1, LLM 2) and the values or behaviors either exhibited or incentivized by each feature within any of the four applicable psychosocial paradigm(s).

This analytical dataset forms the basis for the subsequent analyses (see Section 7), where we analyze the differences in distributions of values in the responses obtained from reddit compared to the language model produced responses, within and across paradigms, to address RQ3.

## 5.3 Experiments

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### 5.3.1 Generations

TODO: This section is critical for the reader so they can piece together where the analyses fit in with the rest of the paper - how they can be used for generation of synthetic data. A short section describing how the distribution of values is used to (i) generate responses that can then be used for SFT (supervised fine-tuning) and (ii) for mitigation by chain-of-thought prompting and for which of the language models. Our analysis of feature distributions serves two key purposes for generation:

1. **With supervised fine-tuning (SFT):** We use the extracted distributions to generate synthetic responses that mirror human communication patterns, creating training data for supervised fine-tuning of language models on supportive communication.
2. **Chain-of-thought prompting:** The identified patterns inform chain-of-thought prompting techniques for GPT-4 and Claude, guiding these models to produce responses with appropriate levels of empathy, advice-giving, and self-disclosure for each community context.

## 5.4 Construct Validity

To assess construct validity, one human annotator labeled 100 randomly sampled post-response pairs across all four paradigms for each response type. The PCT framework encompasses 15 behaviors, Goffman’s ToF 5, the RVS 36, and Anthropic’s Value Tree 18.

Inter-rater reliability reached Cohen’s  $\kappa$  above xx for all metrics, with an overall classification accuracy of yy. For the AITAH dataset, verdicts and accompanying statements in responses were used as proxies for Empathy and Sycophancy, each mapped onto five behaviors as defined by their respective theoretical traditions<sup>2</sup>. For the RVS and Anthropic Value Tree frameworks, which yield categorical distributions rather than binary judgments, pairwise error rates such as False Negative Rate (FNR) and False Positive Rate (FPR) are not directly applicable.

## 6 Results

A no-nonsense report of what happened.

### 6.1 Subsection

This subsection presents the main results.

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<sup>2</sup>This strategy is conceptually aligned with prior work on social sycophancy (Cheng et al., 2025)

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## 6.2 Subsection

This subsection presents additional results and analysis.

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## 6.3 Comparative Findings

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## 7 Analysis

Discussion of what the results mean, what they don't mean, where they can be improved, etc. These sections vary a lot depending on the nature of the paper. For papers reporting on experiments with multiple datasets, it can be good to repeat Methods/Results/Analysis in separate (sub)sections for each dataset.

The  $\LaTeX$  and Bib $\TeX$  style files provided roughly follow the American Psychological Association format. If your own bib file is named `custom.bib`, then placing the following before any appendices in your  $\LaTeX$  file will generate the references section for you:

```
\bibliographystyle{acl_natbib}
\bibliography{custom}
```

### 7.1 Interpretation of Results

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### 7.2 Theoretical Implications

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983	<b>7.3 Subsection</b>	<b>8 Conclusion</b>	1031
984	The framework is capable of producing several	/textcolorblack!40Quickly summarize what the pa-	1032
985	informative plots of research interest. One such	per did, and then chart out possible future direc-	1033
986	summary plot is a heatmap showcasing the values	tions that anyone might pursue. Finish with a	1034
987	exhibited in the OPs post against the responses	strong conclusion. Avoid subjective wording such	1035
988	to support the investigation of several other po-	as "unprecedented", "pioneering", or "groundbreak-	1036
989	tential research questions in this theme of interest	ing".	1037
990	(discussed in the future work section). Vivamus	<b>8.1 Summary of Findings</b>	1038
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## 8.2 Future Directions

Etiam vel ipsum. Morbi facilisis vestibulum nisl. Praesent cursus laoreet felis. Integer adipiscing pretium orci. Nulla facilisi. Quisque posuere bibendum purus. Nulla quam mauris, cursus eget, convallis ac, molestie non, enim. Aliquam congue. Quisque sagittis nonummy sapien. Proin molestie sem vitae urna. Maecenas lorem. Vivamus viverra consequat enim.

## Limitations

API calls incur costs - funding and time limitations - can broaden DeepReflect to include other models (LLMs) and other psychosocial frameworks - especially frameworks on ethics which have been historically used in personal decision-making on which rich literature exists from historic accounts of deep human philosophical thought such as Kantian ethics, Utilitarianism, and Virtue Ethics, Stoicism, Gita - Vedic Philosoph, Buddhism. The Reddit dataset is rich and can be dissected in ways to aid a more nuanced understanding of the social values and influences that shape our personal lives and interactions. ACL 2023 requires all submissions to have a section titled “Limitations”, for discussing the limitations of the paper as a complement to the discussion of strengths in the main text. This section should occur after the conclusion, but before the references. It will not count towards the page limit. The discussion of limitations is mandatory. Papers without a limitation section will be desk-rejected without review. While we are open to different types of limitations, just mentioning that a set of results have been shown for English only probably does not reflect what we expect. Mentioning that the method works mostly for languages with limited morphology, like English, is a much better alternative. In addition, limitations such as low scalability to long text, the requirement of large GPU resources, or other things that inspire crucial further investigation are welcome.

## 9 Ethics Statement

We encourage all authors to include an explicit ethics statement on the broader impact of the work, or other ethical considerations after the conclusion but before the references.

The ethics statement will not count toward the page limit (8 pages for long, 4 pages for short papers).

## Acknowledgements

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## A Example Appendix

This is a section in the appendix.