

Towards responsible AI for mental health

Umar Nizamani

This is a talk about AI, the
new tool in our utility belt ..

And like all tools, we need
to put on our safety gear
before we use it.

Hey, I'm Umar!

Umar Nizamani

umarniz.com

Slides: umarniz.com/2023-ecmh-responsible-ai

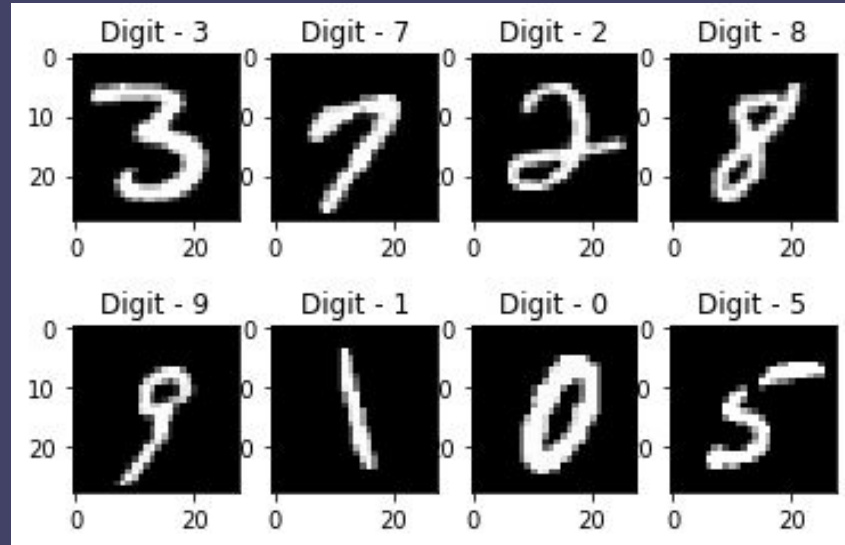


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AI is having a growth spur,
but it's not new

1980 - 2010




Recognizing handwritten numbers

2010 - 2020s



Behind the scenes of a self driving car

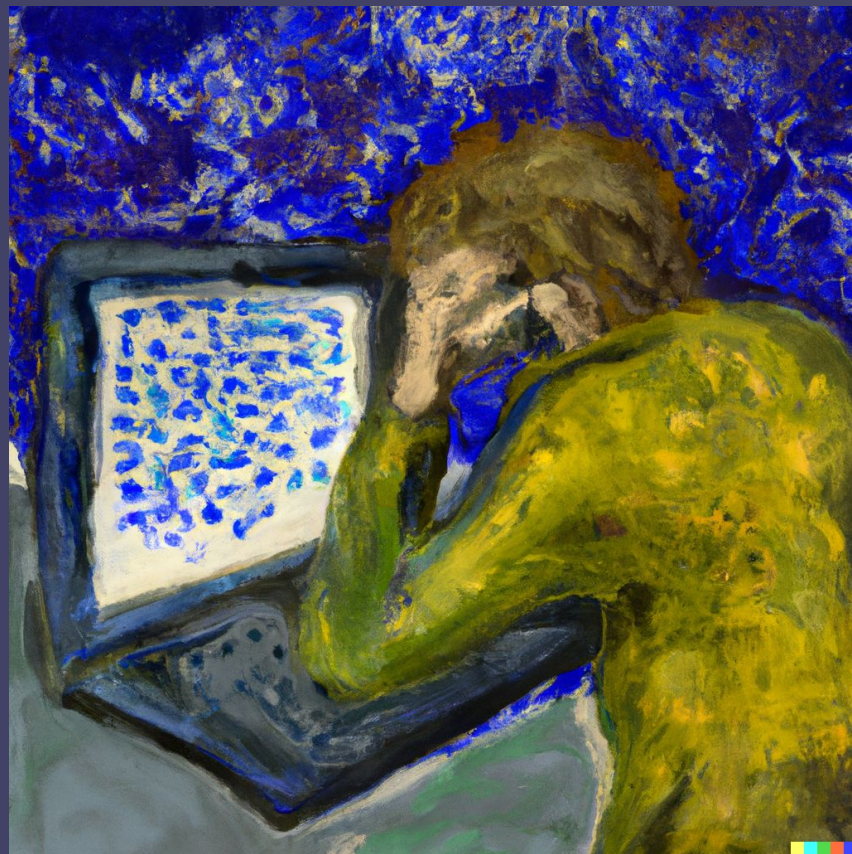
Today

"Maintain human relevance by cultivating education, adaptability, creativity, and emotional intelligence." 



via photoai.com

AI generated picture of me



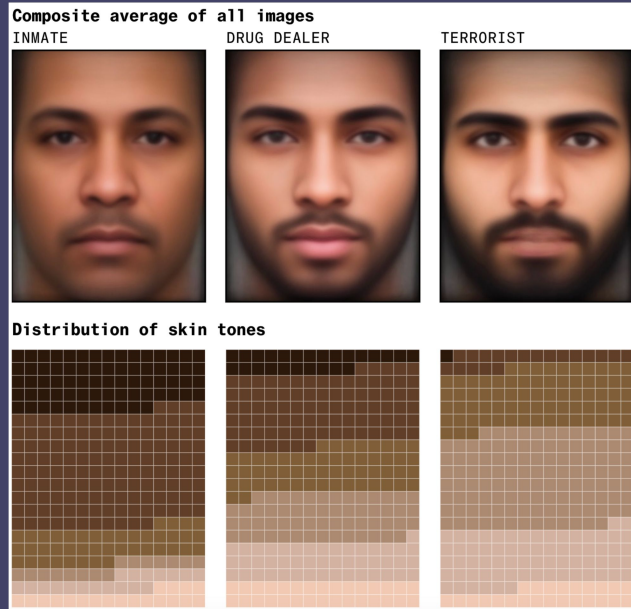
AI anxiety in the style of van gogh

No, AI is not going to
replace therapists

Therapists using AI will replace
Therapists not using AI

With great power comes
great responsibility

The bias in AI runs deep



of suicides caused by AI

0

Upto 2022

1

2023

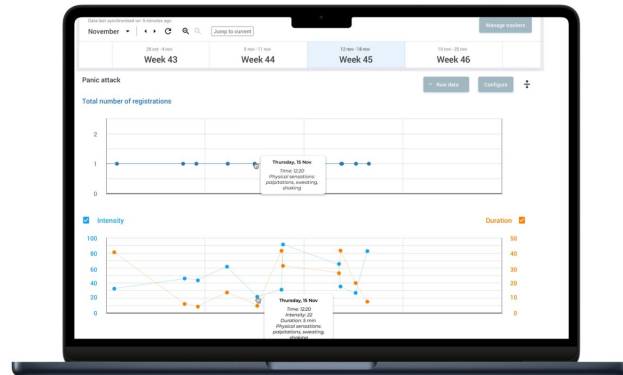
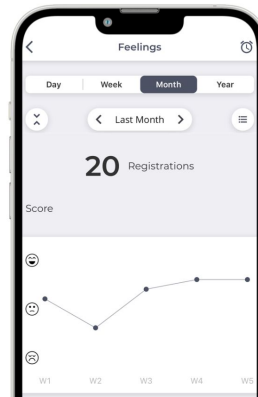
How do we innovate and
implement AI responsibly?

Responsible AI in healthcare

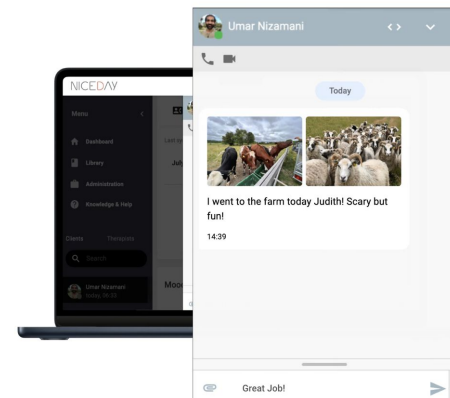




- > 2.600 therapists
- > 70,000 treatments
- Validated to be effective and efficient
- ISO 27001 certified & audited yearly
- Built on EU standards, used globally



Track your clients progress over time








Secure communication with your clients

Client Prioritisation using responsible AI

Explainable

Transparent

Accountable

Data check ⓘ ↻			
Rank	Name	Top reasons to check client	
1	 <input checked="" type="checkbox"/> Eva Molen	<ul style="list-style-type: none">• Large increase in negative registrations• SMQ: decrease of 1.5• Reminder on, thought record not completed	<input type="button" value="Details"/> <input type="button" value="Feedback"/>
2	 <input checked="" type="checkbox"/> Bora	<ul style="list-style-type: none">• 5 days since last registration• Reminder off, thought record not completed	<input type="button" value="Details"/> ✓ Feedback sent
3	 <input checked="" type="checkbox"/> Ralph Edwards	<ul style="list-style-type: none">• Small increase in negative registrations	<input type="button" value="Details"/> ✓ Feedback sent
4	 <input checked="" type="checkbox"/> Boris van den Burg	<ul style="list-style-type: none">• Decrease in positive registrations• Activities: 2 planned, 2 completed	<input type="button" value="Details"/> <input type="button" value="Feedback"/>
5	 <input checked="" type="checkbox"/> Key Jong	<ul style="list-style-type: none">• Reminder off, diary completed• Positive registrations are stable	<input type="button" value="Details"/> <input type="button" value="Feedback"/>

The self-driving car doesn't
go to jail, the driver does.

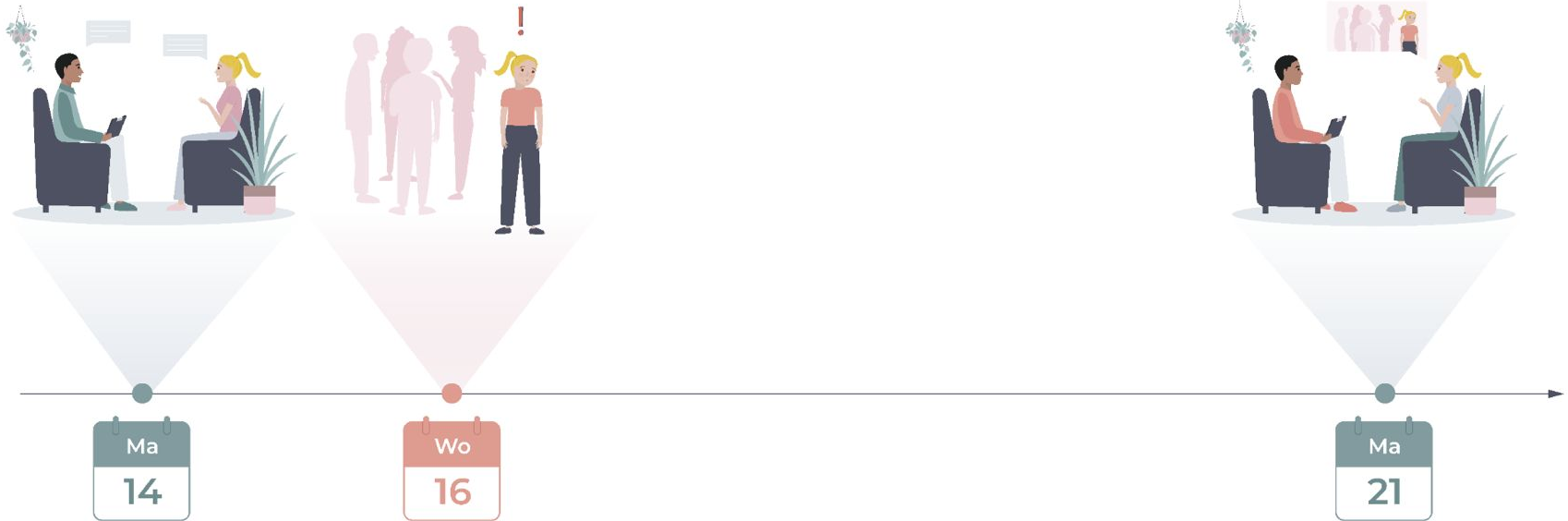


Let's start building
AI tools responsibly!

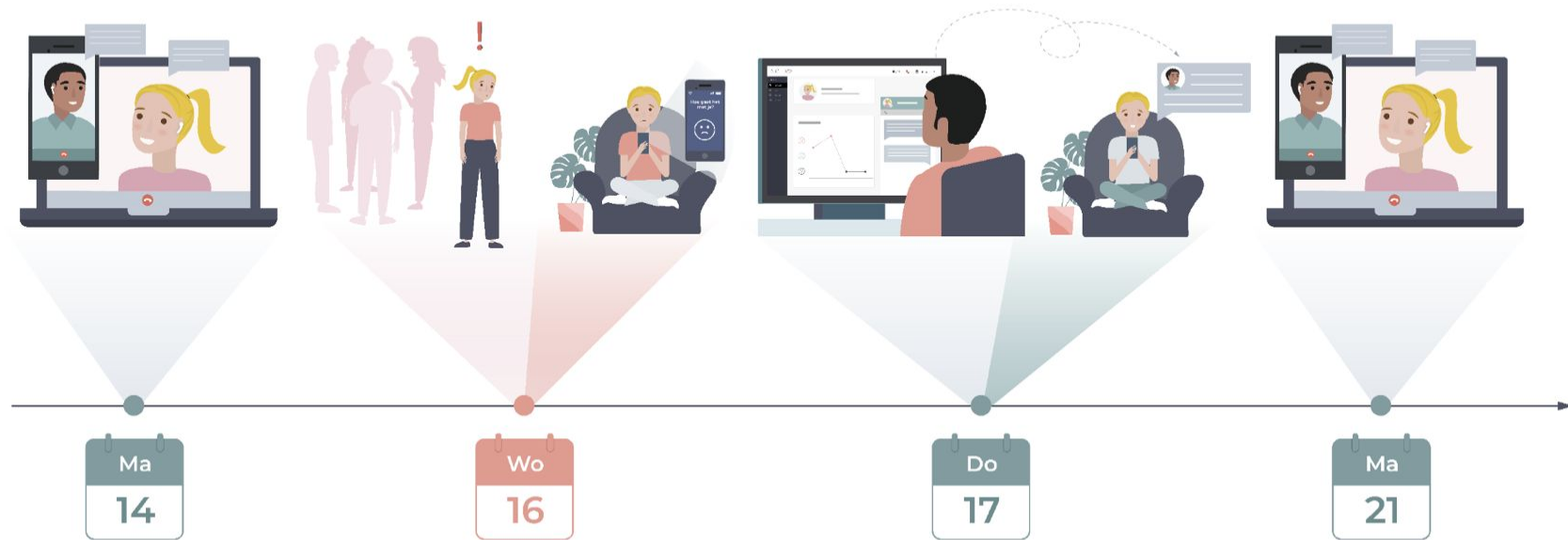
Not so fast..

It's not only the tools, it's
the whole process!

Traditional Care



Data Supported Care



Validation Results (N=10.249)



24% shorter lead time



8% less direct minutes spent by therapists



High client satisfaction **(8.9 / 10)**



As effective as traditional therapy

“If I had asked people what they wanted, they would have said faster horses”

Henry Ford

On being asked about the first car

Lets reimagine care
beyond just faster horses.

Thanks!

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