

Leveraging Mental Health Care through Artificial Intelligence

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Abstract

This study assessed the impact of AI-assisted mental health care on adults experiencing symptoms of anxiety and depression. It tested the hypothesis that there is no significant effect of AI-assisted mental health care on the symptoms experienced by the selected clients. A mixed-method combined surveys, pre-test-post-test analysis, and brief interviews to collect data. A total of 97 adults experiencing symptoms of anxiety and depression voluntarily signed up and availed of the AI-assisted mental health care. Google Forms questionnaires were used to assess the impact of the services, while pre-test and post-test results from GADT and BD-II served as primary data, analyzed using percentage, weighted mean, and t-test for dependent means. Findings showed that AI-assisted mental health care has significant positive effect on the psychological well-being of adults experiencing anxiety and depression. Collaboration with government and non-government agencies is recommended for the broader implementation of AI-assisted mental health care for other individuals in need.

Keywords

Artificial Intelligence, leveraging, mental health care.