E-mental Health

EPP291

Harnessing Artificial Intelligence in Psychiatry: Innovations, Applications, and Ethical Considerations

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Introduction: The field of psychiatry is going through a rapid transformation as a result of the rapid advancements in artificial intelligence (AI), which are providing novel opportunities for the diagnosis, treatment, and management of mental health disorders. AI can deliver more precise and personalized mental health care by utilizing machine learning algorithms, natural language processing (NLP), and neuroimaging analysis. This paper investigates the current applications of AI in psychiatry, its prospective benefits, and the challenges that must be overcome in order to effectively integrate AI into clinical practice.
Objectives: To investigate contemporary advancements in artificial intelligence (AI) applications in psychiatry, emphasizing enhancements in diagnostic precision, therapeutic personalization, and ethical considerations for integration into clinical practice.
Methods: A thorough examination of AI applications in psychiatry was performed, encompassing AI utilization for psychiatric diagnosis, digital mental health therapies, neuroimaging analysis, and suicide risk assessment.
Results: Artificial intelligence demonstrated considerable potential in enhancing diagnostic precision, especially via technologies such as natural language processing for evaluating speech and text, and machine learning algorithms for assessing brain imaging. AI-driven chatbots and virtual therapists shown effectiveness in administering cognitive behavioral therapy (CBT) and facilitating continuous mental health care. Predictive algorithms for suicide risk and digital phenotyping instruments present opportunities for early intervention. Nonetheless, obstacles including algorithmic bias, data security issues, and the necessity for human oversight were identified as barriers to full implementation.
Conclusions: Artificial intelligence possesses revolutionary potential in psychiatry, facilitating earlier diagnoses, more individualized treatment strategies, and continuous monitoring of mental health disorders. For AI to be included into standard psychiatric care, continuous efforts are required to guarantee ethical implementation, mitigate algorithmic bias, and preserve the vital human connection in psychiatric therapy. Collaboration among AI engineers, physicians, and ethicists will be essential to fully leverage AI's potential while ensuring the safety of patients.

Disclosure of Interest: None Declared

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Evaluating Social Media as a source of Mental Health Information: Insights from Mental Health Practitioners

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Introduction: Social media has significantly changed the way we communicate, interact, and access mental health information for both the public and practitioners. Research indicates that rising rates of suicidal behaviors among adolescents may be linked to increased screen time on social media (Balt et al., 2023). Excessive use of online social networks can exacerbate self-harm and suicidal thoughts in vulnerable young people (Memon et al., 2018). Given Emergency Mental Health Professionals are most often in contact with suicidal patients, we developed a survey to gain a deeper understanding of their practices and attitudes toward social media platforms.
Objectives: We aim to explore social media usage patterns among mental health practitioners in Singapore's sole psychiatric emergency department, assess their views on the impact of social media as a mental health resource, and evaluate whether they believe suicide posts on social media should be treated with the same seriousness as traditional suicide notes.
Methods: The authors surveyed 58 mental health professionals - psychiatrists, nurses, psychologists, social workers, and pharmacists - who worked during 2023-2024. The survey, consisting of 19 multiple-choice questions, assessed attitudes toward mental health-related internet technologies and the perceived advantages and disadvantages of social media, based on a previous scientific paper titled "The Role of Social Media as a Resource for Mental Health Care". Responses were measured on a Likert scale (1 = Strongly Disagree to 5 = Strongly Agree). SPSS 16.0 was used to analyze correlations between demographics and attitudes toward social media as a mental health resource.
Results: Of the practitioners, 58.6% viewed social media's impact on mental health as negative. Notably, 32.4% of those with less than one year of experience held this view, compared to just 8.8% of those with 6 to 9 years of experience. A significant negative correlation was found between actively following mental health content on social media and the belief that social media increases suicide risk among vulnerable individuals ($P = 0.003$, $R = -0.389$). However, years of work experience did not significantly correlate with this belief ($P = 0.213$).
Conclusions: The study finds that while mental health professionals generally view social media negatively, those who engage with mental health content online are less likely to associate it with increased suicide risk. Our limited literature review found no similar studies, and we aim to provide new insights into how familiarity with mental health content influences professional attitudes. Expanding the research beyond Emergency Department practitioners could reveal how demographic factors shape opinions on social media.

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