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AI MEETS MENTAL HEALTH

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ABSTRACT

Mental health indicates the degree of mental prosperity. When a person faces an unbalanced mental health, it effects in intellectual disorder. In India, the number of cases regarding the mental sickness is growing every year, and there's a shortage in the intellectual healthcare experts, additionally nonetheless taken into consideration as taboo. In such conditions, technologies like Artificial Intelligence allows to fill the space. As Artificial intelligence is dedicated to developing structures that carry out cognitive methods characteristics of human beings, we will use this in mental fitness associated troubles. As we are going thru a difficult time of COVID-19 wherein everything has been online, why not use this opportunity to help humans on-line. Chatbots are predicted to upward thrust in recognition because the demand for intellectual health treatment grows in tandem with technological advancements. While an AI chatbot can provide a person with equipment and a platform to cope with problems, as well as a mechanism to music moods and enhance intellectual fitness literacy, it isn't an alternative choice to a therapist or different intellectual fitness company. Finally, if AI chatbots have a high quality impact on intellectual health, they should be regulated, and society have to resist techno-fundamentalism in relation to AI. Many companies have recently begun to use chatbots to answer user questions through chat interfaces. Although it has end up easier to construct a chatbot application thanks to latest technological improvements, the application itself is complex device. While designing a chatbot, its miles tough to reap efficiency, efficacy, and person delight. Chatbots have usurped the role of humans due to their recognition and user-friendly capabilities.

Keywords: Mental Prosperity, Intellectual Fitness, Technological Advancement, Human Being.

INTRODUCTION

Access In 2015, India's suicide fee of 15.7 is in keeping with a 100,000 Human beings are higher than the local average of 12.9 and a global average of 10.6. In India, suicide is the biggest reason for mortality is among those aged 15 to 29. In less-developed international locations, the treatment gap, as defined by way of the absolute distinction between the superiority of intellectual sicknesses and the dealt with proportions have been shown to be among seventy-six and eighty-five percent. To intellectual fitness care and Remedies remain a problem in all countries and cultures. Major melancholy is the top motive of disability-adjusted existence years (DALYs) and the fourth-greatest motive. For years, I lived with disability globally. Mental health is a there is a massive concern around the world, and India isn't always long away. At the back of it the problem of inadequate assets is one of the key motives for the sort of big treatment hole. Infrastructure and human assets are inadequate in India.

More than one in ten folks in the international suffers from mental fitness problems, and this variety is predicted to, there are inadequate mental health professionals to treat all of these parents. Is artificial intelligence (AI) a possible choice? While many doctors push upward in the wake of Coronavirus disorder in 2019. (COVID-19) pandemic. Unfortunately, many psychiatrists preserve differing thoughts on this situation. However, current improvements imply AI may also alter the practice of psychiatry for both specialists and patients. Shortages of psychiatrists and therapists around the world may lead to a boom in AI-based total mental fitness answers.

Motivation

Like human-computer interfaces, chatbots are crucial. It's a piece of a software program that simulates typed conversation. With the goal of fooling the consumer into believing they may be conversing with another person. Chatbots are conversational sellers which could converse with any user in any vicinity using Natural Language Processing. According to The World Health Organization (WHO), stress is the leading reason of mental issues is international, threatening Over 300 million humans every 12 months. With the growing call for assistance. The bot pursues to construct a much less programmed and extra-conversational



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environment. As a in the end result, the chatbot gives insights and effective reinforcement that will help you triumph over your strain.

Lecture survey

A Dementia Patient's Companion: As dementia progresses, many people maintain a significant portion of their conversational skills. However, the guilt and anger that many dementia patients feel makes regular, daily conversations with even near family members difficult. That's why Endurance, a Russian technology firm, created a companion chatbot. Short-term memory loss is a common symptom of Alzheimer's disease. As a result, the chatbot attempts to detect anomalies in conversational branches that could suggest a problem with immediate recall – a technically challenging task for an NLP-based machine.

Furthermore, since the chatbot is a cloud-based solution, physicians and family members can access contact logs at any time. Surprisingly, the as-yet-unnamed conversational agent is currently an open-source project, which means that anyone may contribute to the bot's codebase's growth. While the project is still in its early stages, it has a lot of promise in terms of helping scientists, researchers, and care teams better understand how Alzheimer's disease affects the brain.

What's New in Medicine: Making Medical Diagnoses Faster: If you're the kind who bookmarks WebMD, Med what might be worth a look?

This chatbot aims to make medical diagnoses for both patients and doctors quicker, simpler, and more straightforward – think of it as a more sophisticated version of WebMD that you can speak to. Med what is operated by a sophisticated machine learning system that provides increasingly accurate answers to user questions based on behaviours it "learns" from communicating with people. Med what not only answers an increasing number of medical questions, but it also consults huge amounts of medical literature and peer-reviewed scientific articles to supplement its already extensive knowledge. , the bot also consults a large body of medical literature and peer reviewed science articles to supplement its already extensive medical knowledge. Med what is more like a virtual assistant (like Google Now) than a conversational agent in several respects? It also represents a new area of chatbot creation that combines intelligent natural language processing systems with machine learning technology.

UNICEF: Making a Difference in the Lives of Marginalized People: The chatbots we've looked at so far, with the exception of Endurance's dementia companion bot, have mostly been fun novelty items. Chatbots, on the other hand, are being used by UNICEF, an international child advocacy organization, to assist people in developing countries in speaking out about the most pressing needs in their communities. The bot, called U-Report, focuses on large-scale data collection through surveys – this isn't a chatty bot. U-Report sends out prepared polls on a variety of pressing social issues on a regular basis, and users can answer with their thoughts. UNICEF then uses this information to formulate policy recommendations. Approximately 86 percent of the 13,000 Liberian children surveyed by U-Report said their teachers were engaging in this heinous activity, prompting UNICEF and Liberia's Minister of Education to collaborate on a project to put an end to it.

Performance of CHATBOT

The chatbot's efficacy can differ relying on how the communication is carried out. In speaking systems, there are text-based chatbots and chatbots that use natural language, speech-based interfaces. From a technological point of view, speech-primarily based chatbots are text-based chatbots. With speech reputation and synthesis talents (machine analysing aloud). The greater fundamental chatbots rely upon information unique keywords a good way to direct a Communication. More green chatbots can examine people. Remarks and phone patterns in greater depth, allowing for greater correct responses and the extraction of contextual information along with customers' emotions.

Relational chatbots, additionally referred to as contextual chatbots, Mimic human capabilities along with social, cognitive, and relational elements of natural conversations. In the introduction of a chatbot identification, laptop-generated characters, or Avatars are frequently used; these imitate the principle. Traits of human conversations are often studied beneath the name embodied a conversational agent. The more the chatbot's resemblance to people, the more intellectual characteristics than it has (anthropomorphism). Anthropomorphism is the capacity of a chatbot to mimic the behavioural characteristics of a therapist. Social qualities and the chatbot's capacity to convey empathy has a tendency to be tremendous factors in cultivating a viable foundation for mental wellbeing merchandising within the psychotherapeutic field.

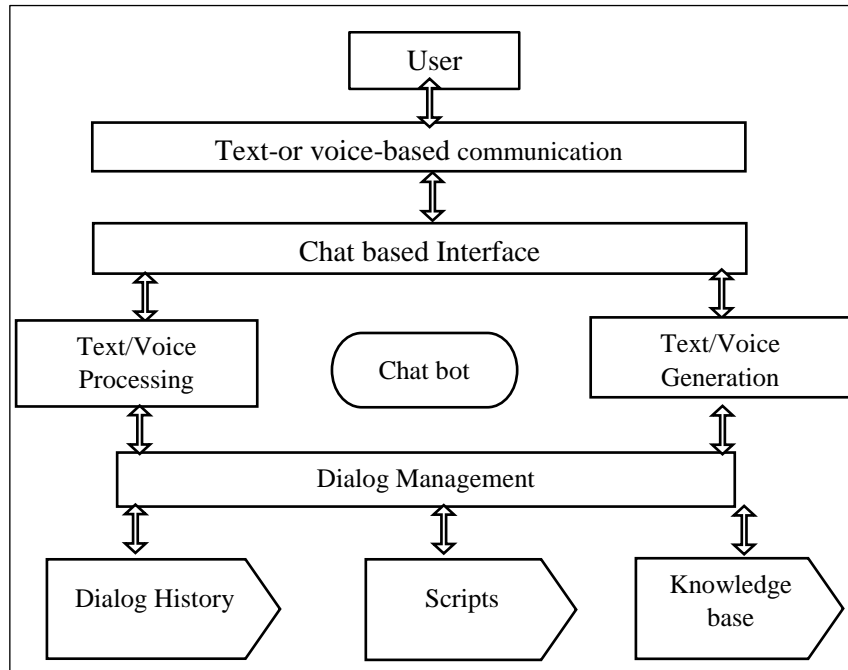


Fig. 1. Graphical Representation of Technical Implementation of Chatbot

RESULT AND DISCUSSIONS

This project's outcome is as follows: the user must engage in text-to-text contact with the chatbot in

order to receive the specific illness, and users can also access their previous chat history by entering their information into the database.

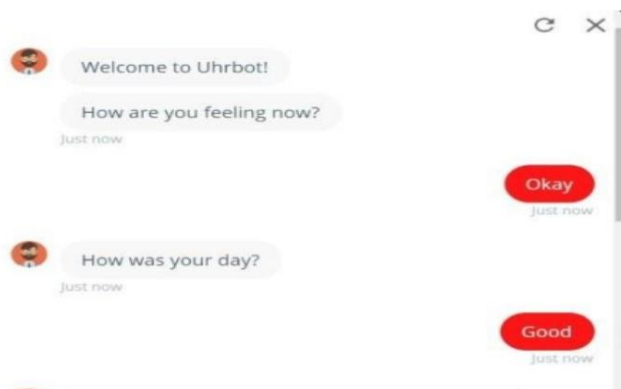


Fig .2(a). GUI of Working Chatbot

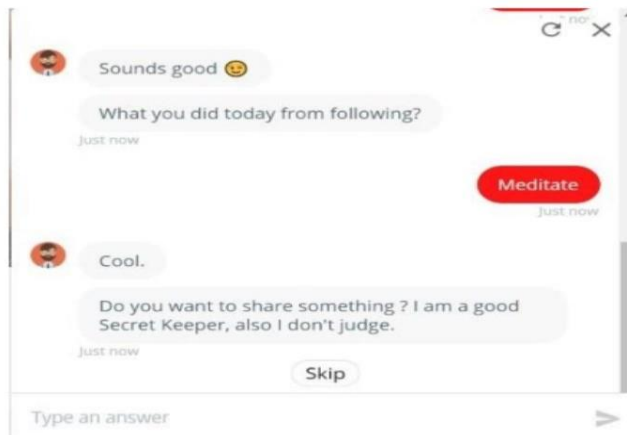


Fig. 2(b). GUI of Working Chatbot

Fig. 2(b). GUI of Working Chatbot

CONCLUSION

Mental fitness health refers to someone's mental, emotional, and social well-being. It is important in any respect ranges of existence because it influences how one thinks, feels, and behaves. It is considered secure to at a therapist on a regular basis to preserve one's mental fitness in the test. Many human beings are afflicted by intellectual infection but are blind to it because they're too preoccupied to look a Therapist. Monitoring Chatbot Public health is normally designed to keep track of human beings' intellectual health. The consumer can use this a few times a week, relying on their wishes. The chatbot will start with the aid of asking a sequence of questions. The software then analyses the responses and advances the person to the next step, in which he or she will be able to Documenting responses to a new set of questions on his or her day-by-day habitats. As a result, anyone can use the constructed chatbot. Answering those questions, which will then be processed by using the chatbot, takes just five-10 mins. If the consumer's intellectual well-being is extreme or very severe, the chatbot would recommend that they see a doctor as soon. As feasible. If the outcome is mild or mild, the chatbot will suggest any things for the user to do in Order to hold his or her mental health. This saves the person time at the same time as additionally supporting them in retaining tune in their mental fitness.

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