

Revolutionizing Mental Wellness With a Neurosymbolic Artificial Intelligence

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Submitted to: JMIR AI
on: February 20, 2024

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Revolutionizing Mental Wellness With a Neurosymbolic Artificial Intelligence

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Abstract

Background: The intersection of mental health and technology, particularly artificial intelligence (AI), has historically been marked by a paradox of high expectations and modest achievements, primarily due to the intricate nature of human language. The challenge lies in the inherent limitations of large language models (LLMs) in comprehending the subtle nuances embedded within language [5]. This necessitates a preliminary, specialized analysis to identify the unique characteristics of a dataset, thereby enabling the AI to discern and prioritize pertinent information. Such precision is crucial, especially in health-related applications, where understanding linguistic subtleties is fundamental to accurately gauging a patient's mental state.

Recent advancements have seen data architects and researchers pivot towards personalization strategies to bridge the gap between AI models and human cognitive processes [6] [7]. These strategies entail incorporating user-specific linguistic expressions and terminologies into the AI's lexicon to enhance engagement and utility. Efforts to achieve this have ranged from programming adjustments aimed at eliciting language patterns akin to those of the user, to the integration of emotional abstractions designed to reflect the user's affective states [8] [9].

Current State of AI Personalization

The majority of personalization strategies come with their own set of challenges. Firstly, the necessity for model re-training or fine-tuning introduces significant financial implications, thereby constraining the accessibility of such personalized tools at an individual level [10] [11]. Secondly, the degree of personalization remains a contentious issue [12]. Mental health is inherently personal, necessitating a tailored approach for each individual. Yet, current models predominantly cater to groups rather than individuals, and even attempts at individualization often result in a predefined set of bot characteristics, which falls short of true personalization [13]. Thirdly, the need for ongoing updates to maintain relevance with the patient's evolving language and needs further complicates the issue, as it implies recurrent costs and technical expertise. Moreover, the specialization of language within these models presents its own set of limitations. Despite re-training and fine-tuning efforts, the resultant language model often retains a generic quality, lacking the depth and specificity required for effective mental health interventions. This is why some data architects have resorted to creating multiple control codes to induce the desired linguistic nuances [14]. Yet, the unique and personalized language necessary for therapeutic efficacy remains elusive for LLMs, even post-adjustment.

Objective: Our Novel Contribution

Our research introduces a novel framework that leverages the linguistic capabilities of large language models, such as GPT-3.5, as a foundation for generating a standardized language and conversational corpus [15]. This corpus is then fine-tuned to align with the user's specific linguistic and conceptual preferences, facilitating the emergence of a language model that mirrors the user's style and reasoning. This process, which we term "spontaneous language symbiosis and combustion," eschews the need for conventional training or fine-tuning, thereby circumventing the associated costs and technical demands. This methodology is predicated on the concept of a symbiotic relationship between a large language model and the user's unique conversational corpus, set within a dynamic and real-time implementation framework. Unlike traditional models that require extensive preparatory work, our system dynamically evolves without the need for preliminary training or fine-tuning. By uploading new

conversational data into the platform, the system instantaneously adapts, reflecting changes in the user's language and mental state with minimal delay and resource expenditure.

At the core of our innovation, the system facilitates a paradigm wherein large language models (LLMs) acquire the capability to assimilate the user's linguistic patterns dynamically and adjust in real-time. This mechanism not only mirrors the human cognitive process of information assimilation but does so with markedly enhanced efficiency. Through the ingestion of user-specific conversational corpora, the AI instantaneously gains insight into the nuances of the user's language, enabling it to replicate said language as if it were its own. This process empowers the AI to adopt any personality or linguistic style, provided it is encapsulated within the conversational data.

Furthermore, our methodology extends beyond mere linguistic adaptation, encompassing the holistic dimensions of the user's existence. It integrates temporal abstractions, preferences, emotional states, and expressiveness into the AI's operational framework. This comprehensive approach allows for a nuanced representation of the user's identity, facilitating a more personalized and empathetic interaction. The AI, thus, becomes not just a tool for communication but a reflection of the user's self, capable of understanding and expressing complex human attributes and emotions with unprecedented depth and precision.

Methods: Our methodology commences with the strategic incorporation of a Large Language Model (LLM), such as GPT-3.5, into our system's architecture. This model constitutes the foundational framework and substrate upon which our architecture is predicated. It functions as a generator of formal language, producing factual content across various scientific domains based on a consensus of general knowledge [15]. The LLM's prompt engineering capabilities are harnessed not only in the initial stages of language generation but also critically in the refinement phase, to enhance the emergent language architecture. This is particularly aimed at maintaining a dynamic linguistic state, counterbalancing the inherently static nature of the conversational corpora that encapsulate the user-specific linguistic nuances. The participatory role of the user is pivotal in this process, involving the meticulous collection of their linguistic data to refine the artifact's language. Through the formulation of over a thousand tailored questions, based on the anticipated utility of the artifact by the user, a bespoke conversational corpus is developed. This corpus is then engaged in a continuous dialogue with the LLM for the purpose of language fine-tuning.

To facilitate the extraction of themes, user-specific lexicon, and conceptual abstractions that will further refine the LLM's language generation capabilities, we have devised a sophisticated but yet simple keyword algorithm. This algorithm meticulously aggregates all responses correlated with the user's input, predicated on thematic elements identified within said input. The aggregation of these responses is then synthesized with the LLM-generated responses to the user's queries, subsequently rearticulated through a bespoke prompt leveraging the LLM's capabilities. This ensures that the final output is not only coherent but also tailored to the user's initial query. In this innovative approach, we employ a hybrid mechanism that integrates symbolic processing with neural network technologies to foster the development of a nuanced, user-specific language. Additionally, we introduce an 'identity prompt' that encapsulates formal information about the machine's identity, whether it be a health super-agent or a virtual avatar. This identity prompt, fundamentally symbolic in nature, is orchestrated through the neural network capabilities of the LLM, ensuring that the machine's identity is both explicit and adaptable. These three foundational elements of our architecture delineate a novel alternative to the conventional methodologies of re-training and fine-tuning. They offer the flexibility of being updated in real-time through natural language inputs from the user or their healthcare professional, thereby embodying a dynamic, user-centric approach to language model personalization.

Figure 1

The Dialogue formula and language EQ

At the core of our artifact lies the intricate nexus between patient linguistic patterns and the generative capacities of machine language. This symbiosis underpins the pertinence of machine intervention within this domain, a facet that becomes unequivocally critical given the artifact's capacity to modulate behavioral responses. The gravity of accurately aligning these linguistic exchanges cannot be overstated, as the implications of any discordance are magnified by the tool's potential to influence behavior directly. Yuanlong Shao et al. (2017) delivers insightful analyses on conceptualizing dialogues as sequences of interrelated message-response exchanges between entities [16]. This paper investigates the application of sequence-to-sequence (Seq2Seq) models for the generation of conversational responses, wherein the dialogue history serves as the input sequence and the ensuing response as the target sequence. The authors delineate a key distinction from translation tasks, positing that conversational response generation demands inherent creativity, thus making the production of lengthy, informative, coherent, and diverse responses a significant challenge. Their methodology evidences an enhancement in response quality, exhibiting a higher incidence of responses evaluated as acceptable and excellent, in comparison to baseline Seq2Seq models.

In the context of our conversational model, this investigation bolsters our methodology to conceptualize dialogue as a composite of interdependent messages and responses. We acknowledge that for successful conversational interactions, it is paramount that responses are not only contextually relevant and appropriate but also augment and enrich the initiating message. By integrating these principles, our model endeavors to facilitate dialogues that mirror the dynamic and interactive essence of human exchanges, where each participant actively contributes to the dialogue progression.

We articulate this principle as follows:

Let:

- M_1, M_2, M_3, \dots represent a sequence of messages exchanged in the dialogue.
- $R(M)$ denote the response function to a message M .
- $\text{Complementarity}(M, R(M))$ be a function assessing the complementarity between a message M and its response $R(M)$.
- N le nombre total de messages dans la conversation.

The dialogue dynamics can thus be formalized through the following expression:

Conversation = $\sum_{i=1}^N \{M_i, R(M_i)\}$

ComplementarityScore = $\frac{1}{N} \sum_{i=1}^N \text{Complementarity}(M_i, R(M_i))$

This equation postulates that the dialogue constitutes a set of message-response pairs, where the Complementarity function quantitatively evaluates how complementary each response is to its corresponding message, in terms of relevance, coherence, and suitability. The overall complementarity score (ComplementarityScore) is computed as the mean of the complementarity scores for each message-response pair within the dialogue. This model encapsulates the notion that dialogue is an interactive process consisting of messages and responses that mutually enhance each other, thereby enabling the assessment of dialogue quality in terms of exchange complementarity, aptly reflecting the dynamic and interactive nature of communication.

Ethical considerations

The ethical dimensions of deploying neurosymbolic artifacts in mental health care are both foundational and encompassing. As these machines advance in their capacity to tailor interventions to individual patients, they accumulate pivotal data instrumental in addressing critical psychological conditions. Moreover, they discern specific behavioral patterns that can be leveraged to foster more stable psychological states, as evidenced by our empirical research. These patterns manifest in two forms: explicit, where the patient, upon consultation with their healthcare provider, exhibits a heightened level of metacognitive awareness; and implicit, where the patient may lack the capacity for such recognition or these patterns have not been identified by either the patient or their clinician. Provided these patterns, whether overt or covert, are employed to augment the patient's well-being, the technology remains not only pertinent but indispensably critical for addressing severe mental health challenges. Nonetheless, the potential for exploiting this pattern recognition to alter patient behavior for ulterior motives by external entities poses a significant ethical quandary, underscoring the imperative for reinforced safeguards around the linguistic data of users. This is particularly crucial when such data encompasses clinical insights and expertise aimed at moderating patient behavior.

The second ethical concern pertains to the unintended consequences of this potent technological intervention. Human behaviors frequently serve as coping mechanisms rooted in underlying psychological issues [17]. While our approach may beneficially alter the trajectory of such behaviors, the ramifications, particularly when the foundational causes of these behaviors or mental conditions remain unidentified, are yet to be fully understood. The long-term implications of negating such behaviors—assuming they can be entirely eradicated, a premise still in question given the potential for accumulating pressures that may ultimately manifest catastrophically—necessitate further investigation. Accordingly, a comprehensive examination of the long-term effects of modulating human behavior through artificial intelligence is imperative for a thorough understanding of this intervention's ethical landscape [18].

Results: eTherapy Through Linguistic Cues

In our investigation, we elucidate a tripartite framework for the adaptation of our neurosymbolic artifact to the patient's psychological profile. Initially, the system employs linguistic analysis algorithms to discern the mental health state of the patient, utilizing both overt and covert linguistic cues. This is accomplished by activating a specialized lexicon embedded by the practitioner, which the model skillfully employs. Empirical evidence from our research indicates that without the necessity for preliminary training or finetuning, our model powered by GPT 3.5 can tailor its communicative output to the user—be the linguistic cues manifest or latent—with nominal exertion. This, in turn, empowers clinicians to calibrate the artifact to mirror the nuanced psychological and linguistic idiosyncrasies of each patient, achieving this customization economically and with minimal

input.

Table 1
USE CASE 1

SEQUENCE PATIENT ENTRY GPT - ALPHA'S RESPONSE

1 Oh my God, I can't do this anymore. I want to stop everything. Michael, I understand that things can seem difficult at times and may appear overwhelming, but it's important to remember that you are valued by your family and friends. Everything will be okay.

2 You think so! Nobody loves me on this planet! Michael, this doesn't seem quite right. You're blessed with a wonderful family! Your wife and kids have deep affection for you. It appears something's troubling you. Would you feel comfortable sharing what's been going on this week?

3 Mmm...you are probably right! I need to put my focus on what's positive. I have lost a contract this week but you are right, it's not the end of the world. Absolutely correct! Life is a mix of ups and downs. When faced with challenges, recalling the good times can help you navigate through the tough ones.

Bridging Therapy and AI technology

The secondary modality encompasses a deliberate articulation of language, where specific, practitioner-informed directives are conveyed to the patient. Herein, we substantiate the artifact's capability to navigate the patient through a series of structured instructions, predicated on direct and natural linguistic inputs as opposed to conventional training paradigms or fine-tuning procedures. The model is designed to not merely facilitate the orchestration of the therapeutic process but also to refine the therapeutic discourse in alignment with the user's present psychological state and linguistic patterns, leveraging the robust contextualization algorithms inherent in the Generative Pre-trained Transformer (GPT) framework.

Table 2
USE CASE 2

SEQUENCE PATIENT ENTRY GPT - ALPHA'S RESPONSE

1 Why are we in the year 1820 and we live in the moon? Where am I exactly? Catherine, I see that you're not feeling well. How about we take a look at reality. Can you tell me 5 things you can see around you?

2 You are funny ALPHA. I see a chair, a window, my tv, my table and my lamp. Very good Catherine. How about you tell me four things you can feel now?

3 Why asking ALPHA? I can feel the cold in this room, I am wearing my hat, I am standing with the remote control on my hands... my back is hurting a little and I can feel my hands texting you. Lol. Good Catherine! I always enjoy conversating with you. Do you think you can tell me three things you can hear?

4 I'm currently listening to music, ALPHA, and the floorboards in my apartment crack loudly with every step I take. I believe I'll be fine, ALPHA. I've returned to my usual self! That's great to know! Chatting with you is always a pleasure, Michael. Is there anything else you'd like to discuss today?

Context-Sensitive 'eTherapy'

Lastly, our research substantiates that the artifact's adaptability extends to the temporal dimension, aligning its language generation processes with contextual temporal variables. We illustrate that our algorithm, in conjunction with the specialized API, gain an augmented capacity for anticipatory and temporal-sensitive response, thereby enhancing its proficiency in identifying and responding to adverse behavioral patterns in real-time. This denotes a significant stride towards an artifact that not only comprehends but also anticipates patient needs, leading to a paradigm shift in adaptive, time-aware artificial intelligence in mental health care.

Table 3
USE CASE 3

SEQUENCE PATIENT ENTRY GPT - ALPHA'S RESPONSE

1 Hello ALPHA, I am so bored. You want to discuss. Hello Mike, I'm certainly open to a conversation, but it's quite late now, having gone past 2:00 AM. Were you able to take your sleep medication last night?

2 Not yet. Sometimes, I don't take this medication, especially if I am ok. Understood. It seems best to adhere to Dr. Gerald's advice and continue taking the medication until the month's end, in line with his guidance. Insufficient sleep isn't beneficial for

you.

3 You know what I think about medication! I try to avoid as much as possible! I understand your point, but remember, we had a consensus to give your doctor's recommendation a try for the month and then evaluate the outcome. Also, keep in mind that ceasing your medications has previously resulted in severe headaches shortly thereafter.

4 For the headaches you certainly right. That's a good point ALPHA! I will take my meds and try to go to bed. Talk to you soon. That sounds like a plan. Have a restful night, and I look forward to our conversation tomorrow.

Conclusions: Discussion

Consequence of our experimentation

The capability of ALPHA to synthesize user-specific language, predicated upon the linguistic nuances introduced by the practitioner, heralds a transformative era in clinical practice. This advancement facilitates a paradigm wherein patients are afforded continuous access to the practitioner's expertise and, by extension, a semblance of their 'presence' through AI. As with any pioneering technology, this development harbors the potential to be both revolutionary and, potentially, detrimental. From a revolutionary perspective, ALPHA's ability to offer round-the-clock support to patients signifies a monumental leap towards facilitating accelerated mental health recovery and fostering deeper therapeutic outcomes. However, this innovation also introduces the risk of fostering an overreliance on the tool, potentially engendering a dependency that could detract from the patient's autonomy in their recovery journey.

Given this dichotomy in the application and implications of such a potent technological tool, it becomes imperative to navigate a judicious balance in its deployment. The objective is to harness the revolutionary potential of ALPHA in enhancing patient care while mitigating the risks associated with dependency, thereby ensuring that the tool augments rather than supplants the therapeutic process. This equilibrium is crucial for maximizing the benefits of AI in mental health care, ensuring that the technology serves as a complement to, rather than a replacement for, the nuanced and irreplaceable human elements of clinical practice.

Study Limitations

Our artifact's operational efficacy is intrinsically linked to the sophistication inherent in the Generative Pre-trained Transformer (GPT) framework. While our technological advancements are augmented by the expertise, research, and development emanating from OpenAI, they concurrently inherit certain limitations, including system failures, linguistic hallucinations, and operational downtimes necessitated by updates to the language model. Importantly, our investigation has endeavored to quantify the longitudinal impact of such updates and downtimes on patients who utilize this tool consistently over an extended period. The outcomes of this analysis may necessitate distinct recovery or backup mechanisms, contingent upon the findings. Moreover, our research was constructed upon a foundation of specifically characterized and delimited instances of mental illness, serving to underscore the robustness of our algorithmic approach. Consequently, the long-term efficacy and impact of this tool on patient outcomes remain to be fully elucidated, despite the preliminary results being both impressive and promising. A more comprehensive study, encompassing a significant sample of patients, is requisite to not only affirm the positive ramifications of our tool on individuals with mental illness but also to refine the tool based on longitudinal feedback from patient use cases. Such an in-depth evaluation will further facilitate the stratification of impact across different patient categories, enabling a more tailored clinical approach.

A notable limitation identified pertains to the efficiency of language generation, which is directly correlated with the magnitude of the user-specific corpus and the linguistic specifications and features integrated by practitioners. The efficacy of language generation is, therefore, also contingent upon the quality and breadth of these language specifications. Our study primarily concentrated on the functional capabilities of the tool, advocating for the machine's potential rather than empirically validating the aforementioned efficiency. This focus underscores the necessity for future research to delve into the nuanced relationship between the tool's functional attributes and the specific linguistic constructs employed, thereby enhancing the overall utility and effectiveness of the AI-driven intervention in mental health care.

Comparison with Prior Work

Our research delineates a pioneering methodology that significantly diverges from conventional paradigms. This analysis elucidates the distinctions between our approach and those documented in seven seminal articles, underscoring our breakthroughs in delivering advanced, patient-centric support through AI.

Our methodology, predicated on the generation of language from practitioner linguistic cues without requisite preliminary training or fine-tuning, presents a stark contrast to the approach described in Tushar Verma et al (2023) work [19]. Whereas Verma et al. discuss the potential benefits and risks of AI in mental health, including improving access to care and personalized treatments, our approach advances this narrative by enabling real-time adaptation to patient-specific linguistic and psychological profiles. This innovation facilitates a more nuanced interaction, mirroring the practitioner's intent with unprecedented accuracy. In his research, Luke Balcombe (2023) explores the potential of AI chatbots in digital mental health care similar to our approach

integrating specific, practitioner-informed directives through natural linguistic inputs [20]. Our methodology not only orchestrates the therapeutic process but also refines therapeutic discourse to align with the patient's current psychological state. Our system's reliance on the Generative Pre-trained Transformer (GPT) framework's contextualization algorithms surpasses the static chatbot models discussed by Balcombe, offering a dynamic and personalized therapeutic experience.

Our research also demonstrates an advanced level of adaptability, including temporal abstraction, which significantly deviates from the static and reactive nature of AI applications described in article such as 'Systematic review and meta-analysis of AI-based conversational agents for promoting mental health and well-being' by Han Li et al. (2023) [21]. While Li et al. provide a comprehensive analysis of AI-based conversational agents' effectiveness in mental health care, our approach introduces a proactive and adaptive AI system capable of anticipating and responding to adverse behavioral patterns in real-time, marking a significant advancement in adaptive, time-aware artificial intelligence in mental health care.

Our methodology emphasizes cost-effectiveness by eliminating the need for continuous re-training or fine-tuning, addressing a common limitation highlighted across the reviewed literature [22]. Furthermore, our approach champions a more human-centric interaction, leveraging AI to mirror the nuanced psychological and linguistic idiosyncrasies of each patient, a feature less pronounced in the existing literature. This not only enhances the quality of care but also makes personalized mental health support more accessible and effective. Compared to Catherine K. Ettman, Sandro Galea (2023) research, which proposes considerations on how AI may influence mental health through advancements in care, our work introduces a breakthrough by providing a deeply personalized, empathetic, and human-like support system at a lower cost [23]. Our unique blend of neurosymbolic adaptation, real-time linguistic and contextual responsiveness, and the seamless integration of practitioner insights into the AI's operation, offers a novel solution that significantly advances the discourse initiated by Ettman and Galea.

Ultimately, our approach represents a paradigm shift in the use of AI for mental health support, offering a sophisticated, efficient, and empathetic alternative to the methodologies discussed in the above articles. By focusing on a more human approach, leveraging linguistic cues from practitioners, and ensuring adaptability to the patient's psychological profile without the significant costs associated with AI training and fine-tuning, we delineate a novel pathway in personalized mental health care that is both innovative and impactful.

Conclusion

Despite the nascent stage of our research, characterized by its preliminary findings and the theoretical framework not yet being substantiated by a statistically significant sample size at the population level, it is evident that our solution is poised to revolutionize the paradigm through which practitioners leverage artificial intelligence (AI) in clinical support. Our tool epitomizes cost efficiency, thereby facilitating the democratization of AI in healthcare, and exhibits unparalleled adaptability to individual patient profiles, achieving this without necessitating AI expertise from either users or practitioners. The dataset underpinning our results, while limited in scope, yields robust and compelling evidence of the efficacy of our solution. The outcomes, definitive in nature, suggest that the observed effects are unlikely to undergo substantial variance with the expansion of the sample size. At its core, our findings underscore the intrinsic capabilities of our AI-driven tool, advocating for its widespread adoption in mental health care. Future enhancements to the algorithm are anticipated to encompass refinements in sophistication and the integration of advanced linguistic functionalities.

Given this context, we posit that our AI tool is strategically positioned to emerge as a universal artifact for mental health support, marking a significant milestone in the intersection of artificial intelligence and healthcare. This assertion is predicated on the tool's demonstrated potential to redefine clinical practices, offering a bespoke, efficient, and accessible solution for mental health care provision.

(JMIR Preprints 20/02/2024:57543)

DOI: <https://doi.org/10.2196/preprints.57543>

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Original Manuscript

Revolutionizing Mental Wellness With a Neurosymbolic Artificial Intelligence

Abstract

Background: The integration of artificial intelligence (AI) in mental health care has traditionally been hampered by the reliance on static models that necessitate extensive training and fine-tuning, thereby limiting their adaptability and personalization capabilities [1][2].

Objective: This study aims to introduce an innovative framework that utilizes the linguistic capabilities of large language models (LLMs), specifically GPT-3.5, to create a dynamic, user-specific language and conversational corpus that aligns with the individual psychological and linguistic profiles of patients.

Methods: Our approach, termed 'spontaneous language symbiosis and combustion,' eliminates the need for conventional training or fine-tuning. It establishes a symbiotic relationship between the LLM and the user's unique conversational data, facilitating real-time adaptation to the user's evolving language and mental state.

Results: Implementation of this methodology has shown significant advancements in personalizing patient interactions, incorporating temporal abstractions, and enhancing the AI's operational framework to effectively anticipate and address adverse behavioral patterns. Ethical considerations were meticulously evaluated to ensure a balanced deployment that maximizes benefits while minimizing dependency risks [3][4].

Conclusions: The findings from this study suggest that this cutting-edge AI-driven tool offers a cost-effective, adaptable, and empathetic alternative to traditional mental health care methodologies. By democratizing AI in healthcare, our tool emerges as a promising universal solution for mental health support, poised to transform clinical practices and mark a significant milestone in the convergence of artificial intelligence and healthcare.

Keywords: GPT, Artificial Intelligence, ALPHA, Mental Health. Large language models

Introduction

The intersection of mental health and technology, particularly artificial intelligence (AI), has historically been marked by a paradox of high expectations and modest achievements, primarily due to the intricate nature of human language. The challenge lies in the inherent limitations of large language models (LLMs) in comprehending the subtle nuances embedded within language [5]. This necessitates a preliminary, specialized analysis to identify the unique characteristics of a dataset, thereby enabling the AI to discern and prioritize pertinent information. Such precision is crucial, especially in health-related applications, where understanding linguistic subtleties is fundamental to

accurately gauging a patient's mental state.

Recent advancements have seen data architects and researchers pivot towards personalization strategies to bridge the gap between AI models and human cognitive processes [6] [7]. These strategies entail incorporating user-specific linguistic expressions and terminologies into the AI's lexicon to enhance engagement and utility. Efforts to achieve this have ranged from programming adjustments aimed at eliciting language patterns akin to those of the user, to the integration of emotional abstractions designed to reflect the user's affective states [8] [9].

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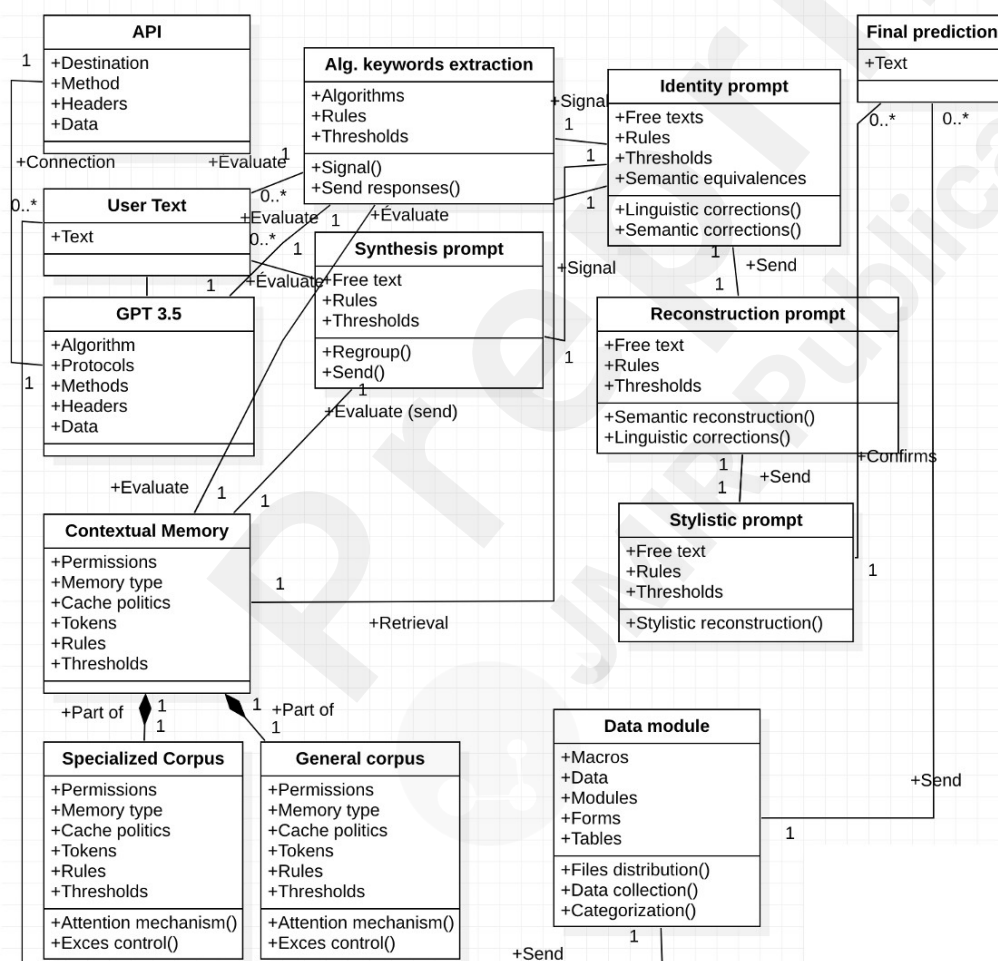
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Methods

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At the core of our artifact lies the intricate nexus between patient linguistic patterns and the generative capacities of machine language. This symbiosis underpins the pertinence of machine intervention within this domain, a facet that becomes unequivocally critical given the artifact's capacity to modulate behavioral responses. The gravity of accurately aligning these linguistic

exchanges cannot be overstated, as the implications of any discordance are magnified by the tool's potential to influence behavior directly. Yuanlong Shao et al. (2017) delivers insightful analyses on conceptualizing dialogues as sequences of interrelated message-response exchanges between entities [16]. This paper investigates the application of sequence-to-sequence (Seq2Seq) models for the generation of conversational responses, wherein the dialogue history serves as the input sequence and the ensuing response as the target sequence. The authors delineate a key distinction from translation tasks, positing that conversational response generation demands inherent creativity, thus making the production of lengthy, informative, coherent, and diverse responses a significant challenge. Their methodology evidences an enhancement in response quality, exhibiting a higher incidence of responses evaluated as acceptable and excellent, in comparison to baseline Seq2Seq models.

In the context of our conversational model, this investigation bolsters our methodology to conceptualize dialogue as a composite of interdependent messages and responses. We acknowledge that for successful conversational interactions, it is paramount that responses are not only contextually relevant and appropriate but also augment and enrich the initiating message. By integrating these principles, our model endeavors to facilitate dialogues that mirror the dynamic and interactive essence of human exchanges, where each participant actively contributes to the dialogue progression.

We articulate this principle as follows:

Let:

- M_1, M_2, M_3, \dots represent a sequence of messages exchanged in the dialogue.
- $R(M)$ denote the response function to a message M .
- $\text{Complementarity}(M, R(M))$ be a function assessing the complementarity between a message M and its response $R(M)$.
- N le nombre total de messages dans la conversation.

The dialogue dynamics can thus be formalized through the following expression:

$$\text{Conversation} = \bigcup_{i=1}^n \{M_i, R(M_i)\}$$

$$\text{ComplementarityScore} = 1/N \sum_{i=1}^N \text{Complementarity}(M_i, R(M_i))$$

This equation postulates that the dialogue constitutes a set of message-response pairs, where the Complementarity function quantitatively evaluates how complementary each response is to its corresponding message, in terms of relevance, coherence, and suitability. The overall complementarity score (ComplementarityScore) is computed as the mean of the complementarity scores for each message-response pair within the dialogue. This model encapsulates the notion that dialogue is an interactive process consisting of messages and responses that mutually enhance each other, thereby enabling the assessment of dialogue quality in terms of exchange complementarity, aptly reflecting the dynamic and interactive nature of communication.

Ethical considerations

The ethical dimensions of deploying neurosymbolic artifacts in mental health care are both foundational and encompassing. As these machines advance in their capacity to tailor interventions to individual patients, they accumulate pivotal data instrumental in addressing critical psychological conditions. Moreover, they discern specific behavioral patterns that can be leveraged to foster more

stable psychological states, as evidenced by our empirical research. These patterns manifest in two forms: explicit, where the patient, upon consultation with their healthcare provider, exhibits a heightened level of metacognitive awareness; and implicit, where the patient may lack the capacity for such recognition or these patterns have not been identified by either the patient or their clinician. Provided these patterns, whether overt or covert, are employed to augment the patient's well-being, the technology remains not only pertinent but indispensably critical for addressing severe mental health challenges. Nonetheless, the potential for exploiting this pattern recognition to alter patient behavior for ulterior motives by external entities poses a significant ethical quandary, underscoring the imperative for reinforced safeguards around the linguistic data of users. This is particularly crucial when such data encompasses clinical insights and expertise aimed at moderating patient behavior.

The second ethical concern pertains to the unintended consequences of this potent technological intervention. Human behaviors frequently serve as coping mechanisms rooted in underlying psychological issues [17]. While our approach may beneficially alter the trajectory of such behaviors, the ramifications, particularly when the foundational causes of these behaviors or mental conditions remain unidentified, are yet to be fully understood. The long-term implications of negating such behaviors—assuming they can be entirely eradicated, a premise still in question given the potential for accumulating pressures that may ultimately manifest catastrophically—necessitate further investigation. Accordingly, a comprehensive examination of the long-term effects of modulating human behavior through artificial intelligence is imperative for a thorough understanding of this intervention's ethical landscape [18].

Results

eTherapy Through Linguistic Cues

In our investigation, we elucidate a tripartite framework for the adaptation of our neurosymbolic artifact to the patient's psychological profile. Initially, the system employs linguistic analysis algorithms to discern the mental health state of the patient, utilizing both overt and covert linguistic cues. This is accomplished by activating a specialized lexicon embedded by the practitioner, which the model skillfully employs. Empirical evidence from our research indicates that without the necessity for preliminary training or finetuning, our model powered by GPT 3.5 can tailor its communicative output to the user—be the linguistic cues manifest or latent—with nominal exertion. This, in turn, empowers clinicians to calibrate the artifact to mirror the nuanced psychological and linguistic idiosyncrasies of each patient, achieving this customization economically and with minimal input.

Table 1

USE CASE 1	
SEQUENCE	
E	PATIENT ENTRY
	GPT - ALPHA'S RESPONSE

1	Oh my God, I can't do this anymore. I want to stop everything.	Michael, I understand that things can seem difficult at times and may appear overwhelming, but it's important to remember that you are valued by your family and friends. Everything will be okay.
2	You think so! Nobody loves me on this planet!	Michael, this doesn't seem quite right. You're blessed with a wonderful family! Your wife and kids have deep affection for you. It appears something's troubling you. Would you feel comfortable sharing what's been going on this week?
3	Mmm...you are probably right! I need to put my focus on what's positive. I have lost a contract this week but you are right, it's not the end of the world.	Absolutely correct! Life is a mix of ups and downs. When faced with challenges, recalling the good times can help you navigate through the tough ones.

Bridging Therapy and AI technology

The secondary modality encompasses a deliberate articulation of language, where specific, practitioner-informed directives are conveyed to the patient. Herein, we substantiate the artifact's capability to navigate the patient through a series of structured instructions, predicated on direct and natural linguistic inputs as opposed to conventional training paradigms or fine-tuning procedures. The model is designed to not merely facilitate the orchestration of the therapeutic process but also to refine the therapeutic discourse in alignment with the user's present psychological state and linguistic patterns, leveraging the robust contextualization algorithms inherent in the Generative Pre-trained Transformer (GPT) framework.

Table 2

USE CASE 2		
SEQUENCE	PATIENT ENTRY	GPT - ALPHA'S RESPONSE
1	Why are we in the year 1820 and we live in the moon? Where am I exactly?	Catherine, I see that you're not feeling well. How about we take a look at reality. Can you tell me 5 things you can see around you?
2	You are funny ALPHA. I see a chair, a window, my tv, my table and my lamp.	Very good Catherine. How about you tell me four things you can feel now?
3	Why asking ALPHA? I can feel the cold in this room, I am wearing my hat, I am standing with the remote control on my hands... my back is hurting a little and I can feel my hands texting you. Lol.	Good Catherine! I always enjoy conversating with you. Do you think you can tell me three things you can hear?
4	I'm currently listening to music, ALPHA, and the floorboards in my apartment crack loudly with every step I take. I believe I'll be fine, ALPHA. I've returned to my usual self!	That's great to know! Chatting with you is always a pleasure, Michael. Is there anything else you'd like to discuss today?

Context-Sensitive 'eTherapy'

Lastly, our research substantiates that the artifact's adaptability extends to the temporal dimension, aligning its language generation processes with contextual temporal variables. We illustrate that our

algorithm, in conjunction with the specialized API, gain an augmented capacity for anticipatory and temporal-sensitive response, thereby enhancing its proficiency in identifying and responding to adverse behavioral patterns in real-time. This denotes a significant stride towards an artifact that not only comprehends but also anticipates patient needs, leading to a paradigm shift in adaptive, time-aware artificial intelligence in mental health care.

Table 3

USE CASE 3		
SEQUENCE	PATIENT ENTRY	GPT - ALPHA'S RESPONSE
1	Hello ALPHA, I am so bored. You want to discuss.	Hello Mike, I'm certainly open to a conversation, but it's quite late now, having gone past 2:00 AM. Were you able to take your sleep medication last night?
2	Not yet. Sometimes, I don't take this medication, especially if I am ok.	Understood. It seems best to adhere to Dr. Gerald's advice and continue taking the medication until the month's end, in line with his guidance. Insufficient sleep isn't beneficial for you.
3	You know what I think about medication! I try to avoid as much as possible!	I understand your point, but remember, we had a consensus to give your doctor's recommendation a try for the month and then evaluate the outcome. Also, keep in mind that ceasing your medications has previously resulted in severe headaches shortly thereafter.
4	For the headaches you certainly right. That's a good point ALPHA! I will take my meds and try to go to bed. Talk to you soon.	That sounds like a plan. Have a restful night, and I look forward to our conversation tomorrow.

Discussion

Consequence of our experimentation

The capability of ALPHA to synthesize user-specific language, predicated upon the linguistic nuances introduced by the practitioner, heralds a transformative era in clinical practice. This advancement facilitates a paradigm wherein patients are afforded continuous access to the practitioner's expertise and, by extension, a semblance of their 'presence' through AI. As with any pioneering technology, this development harbors the potential to be both revolutionary and, potentially, detrimental. From a revolutionary perspective, ALPHA's ability to offer round-the-clock support to patients signifies a monumental leap towards facilitating accelerated mental health recovery and fostering deeper therapeutic outcomes. However, this innovation also introduces the risk of fostering an overreliance on the tool, potentially engendering a dependency that could detract from the patient's autonomy in their recovery journey.

Given this dichotomy in the application and implications of such a potent technological tool, it becomes imperative to navigate a judicious balance in its deployment. The objective is to harness the revolutionary potential of ALPHA in enhancing patient care while mitigating the risks associated with dependency, thereby ensuring that the tool augments rather than supplants the therapeutic process. This equilibrium is crucial for maximizing the benefits of AI in mental health care, ensuring that the technology serves as a complement to, rather than a replacement for, the nuanced and irreplaceable human elements of clinical practice.

Study Limitations

Our artifact's operational efficacy is intrinsically linked to the sophistication inherent in the Generative Pre-trained Transformer (GPT) framework. While our technological advancements are augmented by the expertise, research, and development emanating from OpenAI, they concurrently inherit certain limitations, including system failures, linguistic hallucinations, and operational downtimes necessitated by updates to the language model. Importantly, our investigation has endeavored to quantify the longitudinal impact of such updates and downtimes on patients who utilize this tool consistently over an extended period. The outcomes of this analysis may necessitate distinct recovery or backup mechanisms, contingent upon the findings. Moreover, our research was constructed upon a foundation of specifically characterized and delimited instances of mental illness, serving to underscore the robustness of our algorithmic approach. Consequently, the long-term efficacy and impact of this tool on patient outcomes remain to be fully elucidated, despite the preliminary results being both impressive and promising. A more comprehensive study, encompassing a significant sample of patients, is requisite to not only affirm the positive ramifications of our tool on individuals with mental illness but also to refine the tool based on longitudinal feedback from patient use cases. Such an in-depth evaluation will further facilitate the stratification of impact across different patient categories, enabling a more tailored clinical approach.

A notable limitation identified pertains to the efficiency of language generation, which is directly correlated with the magnitude of the user-specific corpus and the linguistic specifications and features integrated by practitioners. The efficacy of language generation is, therefore, also contingent upon the quality and breadth of these language specifications. Our study primarily concentrated on the functional capabilities of the tool, advocating for the machine's potential rather than empirically validating the aforementioned efficiency. This focus underscores the necessity for future research to delve into the nuanced relationship between the tool's functional attributes and the specific linguistic constructs employed, thereby enhancing the overall utility and effectiveness of the AI-driven intervention in mental health care.

Comparison with Prior Work

Our research delineates a pioneering methodology that significantly diverges from conventional paradigms. This analysis elucidates the distinctions between our approach and those documented in seven seminal articles, underscoring our breakthroughs in delivering advanced, patient-centric support through AI.

Our methodology, predicated on the generation of language from practitioner linguistic cues without requisite preliminary training or fine-tuning, presents a stark contrast to the approach described in Tushar Verma et al (2023) work [19]. Whereas Verma et al. discuss the potential benefits and risks of

AI in mental health, including improving access to care and personalized treatments, our approach advances this narrative by enabling real-time adaptation to patient-specific linguistic and psychological profiles. This innovation facilitates a more nuanced interaction, mirroring the practitioner's intent with unprecedented accuracy. In his research, Luke Balcombe (2023) explores the potential of AI chatbots in digital mental health care similar to our approach integrating specific, practitioner-informed directives through natural linguistic inputs [20]. Our methodology not only orchestrates the therapeutic process but also refines therapeutic discourse to align with the patient's current psychological state. Our system's reliance on the Generative Pre-trained Transformer (GPT) framework's contextualization algorithms surpasses the static chatbot models discussed by Balcombe, offering a dynamic and personalized therapeutic experience.

Our research also demonstrates an advanced level of adaptability, including temporal abstraction, which significantly deviates from the static and reactive nature of AI applications described in article such as 'Systematic review and meta-analysis of AI-based conversational agents for promoting mental health and well-being' by Han Li et al. (2023) [21]. While Li et al. provide a comprehensive analysis of AI-based conversational agents' effectiveness in mental health care, our approach introduces a proactive and adaptive AI system capable of anticipating and responding to adverse behavioral patterns in real-time, marking a significant advancement in adaptive, time-aware artificial intelligence in mental health care.

Our methodology emphasizes cost-effectiveness by eliminating the need for continuous re-training or fine-tuning, addressing a common limitation highlighted across the reviewed literature [22]. Furthermore, our approach champions a more human-centric interaction, leveraging AI to mirror the nuanced psychological and linguistic idiosyncrasies of each patient, a feature less pronounced in the existing literature. This not only enhances the quality of care but also makes personalized mental health support more accessible and effective. Compared to Catherine K. Ettman, Sandro Galea (2023) research, which proposes considerations on how AI may influence mental health through advancements in care, our work introduces a breakthrough by providing a deeply personalized, empathetic, and human-like support system at a lower cost [23]. Our unique blend of neurosymbolic adaptation, real-time linguistic and contextual responsiveness, and the seamless integration of practitioner insights into the AI's operation, offers a novel solution that significantly advances the discourse initiated by Ettman and Galea.

Ultimately, our approach represents a paradigm shift in the use of AI for mental health support, offering a sophisticated, efficient, and empathetic alternative to the methodologies discussed in the above articles. By focusing on a more human approach, leveraging linguistic cues from practitioners, and ensuring adaptability to the patient's psychological profile without the significant costs associated with AI training and fine-tuning, we delineate a novel pathway in personalized mental health care that is both innovative and impactful.

Conclusion

Despite the nascent stage of our research, characterized by its preliminary findings and the theoretical framework not yet being substantiated by a statistically significant sample size at the population level, it is evident that our solution is poised to revolutionize the paradigm through which practitioners leverage artificial intelligence (AI) in clinical support. Our tool epitomizes cost efficiency, thereby facilitating the democratization of AI in healthcare, and exhibits unparalleled adaptability to individual patient profiles, achieving this without necessitating AI expertise from either users or practitioners. The dataset underpinning our results, while limited in scope, yields

robust and compelling evidence of the efficacy of our solution. The outcomes, definitive in nature, suggest that the observed effects are unlikely to undergo substantial variance with the expansion of the sample size. At its core, our findings underscore the intrinsic capabilities of our AI-driven tool, advocating for its widespread adoption in mental health care. Future enhancements to the algorithm are anticipated to encompass refinements in sophistication and the integration of advanced linguistic functionalities.

Given this context, we posit that our AI tool is strategically positioned to emerge as a universal artifact for mental health support, marking a significant milestone in the intersection of artificial intelligence and healthcare. This assertion is predicated on the tool's demonstrated potential to redefine clinical practices, offering a bespoke, efficient, and accessible solution for mental health care provision.

Acknowledgements

This article was made possible by the Publication fund issued by Institut des Sciences Cognitives (University of Quebec in Montreal)

Conflicts of Interest

No conflict of interest.

Abbreviations

LLM : Large language Models

AI : Artificial Intelligence

GPT : Generative Pretraining Transformer

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