

: Incorporating AI in mental health ì Mobile app development & empirical study of AI perceptions



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Project Goals

- 1. To improve users' mental well-being & integrating daily acts of self-care
- 2. To create an intuitive UI/UX encouraging users to engage with the *Buddy* mobile app regularly
- 3. To integrate The Gemini Large Language Model API through a chatbot companion: *Sofia*
- 4. To conduct an empirical study investigating the perceptions of Al

Research questions

- 1. Is familiarity with LLM correlated with perceptions incorporating AI in the mental health field?
- 2. Is familiarity with any sort of Al technology correlated with perceptions of incorporating Al in the mental health field?

Methods

Quantitative survey made on Qualtrics distributed through CloudResearch

Participants & Design:

87 adults from the United States, average age: 37.21

"MyAI" vs "Sofia" framing manipulation

Materials & Procedure:

We measured:

- Familiarity with technology
- Perceptions of AI in mental health
- Personality (Openness to experience)
- Demographics

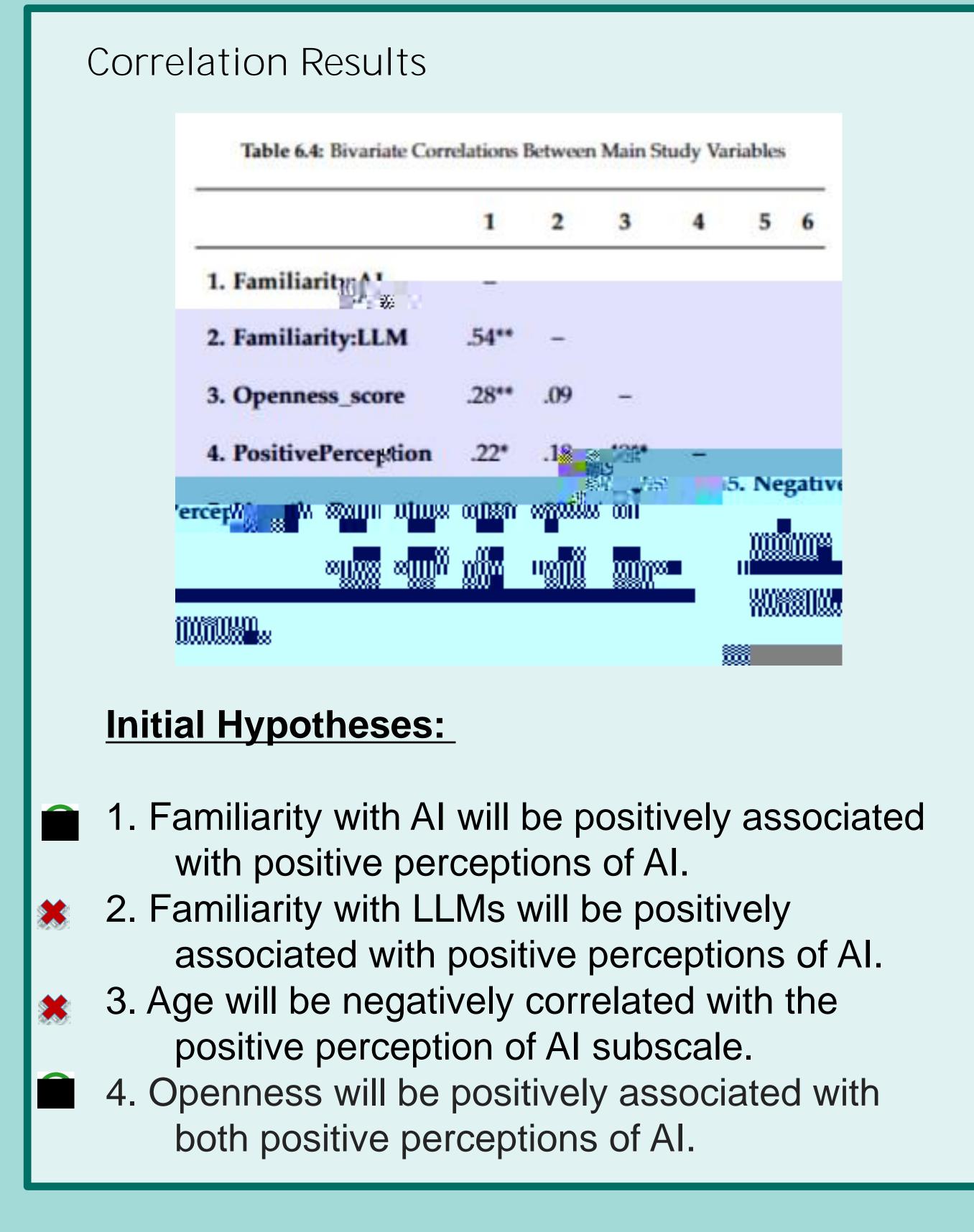
Mediation analysis

The overall mediation model was statistically significant between openness/ familiarity and positive perception of AI (= .49 p < .001)

- Openness was a mediating variable between familiarity with AI and positive perception (= .09, p = .39)
- Familiarity with AI was not, as the model stayed significant when controlling this variable (= .47, p < .001)

Moderation analysis

- Chatbot name: myAl vs Sofia had no moderating effect (= .10, p = .85)



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Fields of study: Mobile App development

- Prompt engineering: instructing a model
- Generative AI
- Accessing an LLM
- User Interface/ User Experience design