



Artificial Intelligence-Powered Chatbots Developed as Support Tools for Mental Health Therapy

Description

Artificial intelligence (AI) is changing the way we manage our mental health. With a growing need for mental health support and not enough **therapists**, AI chatbots are stepping in. These chatbots are available 24/7 on our smartphones, making mental health care more **accessible**. However, not all chatbots are the same. Some are more helpful than others.

Alison Darcy, an expert in tech and therapy, has created a successful mental health chatbot called Woebot. It aims to provide support for people coping with issues like **depression** and anxiety. Woebot uses text to **interact**, drawing on therapy methods to offer guidance.

Yet, the effectiveness of AI in mental health has its challenges. Some worry about the harm **inaccurate** or **inappropriate** advice from chatbots could cause. Learning from these concerns is **vital** for improving AI support in mental health care. The goal is to make it safe and beneficial for everyone.

Vocabulary Insights:

- **Artificial Intelligence** /ˌɑːrtɪfɪʃəl ɪnˈtɛlɪdʒəns/ (noun): The theory and development of computer systems able to perform tasks that normally require human intelligence, such as visual perception, speech recognition, decision-making, and translation between languages.
- **Therapist** /ˈθerəpɪst/ (noun): A professional specialized in treating mental or psychological disorders, typically by means of conversation, analysis, and prescribed behavior changes.
- **Accessible** /ˈæksɪsəbəl/ (adj.): Easily reached or entered, making it straightforward for people to obtain or use.
- **Depression** /dɪˈpreʃən/ (noun): A common but serious mood disorder causing severe symptoms that affect how you feel, think, and handle daily activities.
- **Interact** /ɪnˈtɛrækt/ (verb): To communicate or be involved directly with one another.
- **Inaccurate** /ɪnˈækjʊrət/ (adj.): Not correct, true, or exact; containing errors or mistakes.
- **Inappropriate** /ɪnˈprɒpriət/ (adj.): Not suitable or proper in the circumstances.
- **Vital** /ˈvaɪtəl/ (adj.): Absolutely necessary or important; essential.

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Vocabulary List:

1. **Artificial intelligence** // (noun): The theory and development of computer systems able to perform tasks that normally require human intelligence such as visual perception speech recognition decision-making and translation between languages.
2. **Therapist** // (noun): A professional specialized in treating mental or psychological disorders typically by means of conversation analysis and prescribed behavior changes.
3. **Accessible** // (adj.): Easily reached or entered making it straightforward for people to obtain or use.
4. **Depression** // (noun): A common but serious mood disorder causing severe symptoms that affect how you feel think and handle daily activities.
5. **Interact** // (verb): To communicate or be involved directly with one another.
6. **Inaccurate** // (adj.): Not correct true or exact; containing errors or mistakes.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. What is a key feature of making a website user-friendly?

Option: Artificial Intelligence

Option: Taxpayers

Option: Accessible

Option: Deadline

2. Which mental health condition is characterized by persistent sadness and loss of interest?

Option: Interact

Option: Depression

Option: Inappropriate



Option: Secure

3. What is a game of chance in which players can win prizes based on random numbers?

Option: Store

Option: Cash

Option: Lottery

Option: Meta

4. Who are individuals that attempt to deceive and defraud others for personal gain?

Option: Teenagers

Option: Winners

Option: Scammers

Option: Features

5. What term describes when a problem or conflict has been successfully sorted out?

Option: Judges

Option: Resolved

Option: Manually

Option: Taxpayers

6. What may disrupt the smooth operation of an online service or system?

Option: Search Engine

Option: Technical difficulties

Option: Deadline

Option: Harm

7. What term describes information that is not precise or correct?

Option: Winner

Option: Ticket

Option: Inaccurate

Option: Access

8. Which profession involves investigating and reporting events and issues to the public?

Option: Resolved

Option: Reassured

Option: Journalism

Option: Vital

9. What form of payment typically involves physical currency?



- Option: Lottery
- Option: Tax
- Option: Cash
- Option: Meta

10. What is a mandatory financial charge imposed by the government on individuals or businesses?

- Option: Scammers
- Option: Secure
- Option: Tax
- Option: Features

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. Data entry can be done _____ or using automated methods.

12. The project must be completed by tomorrow; we are running out of time and the _____ is approaching.

13. The _____ of the singing competition received a recording contract.

14. The government depends on the contribution of _____ to fund public services.

15. The museum saw a significant increase in _____ after the new exhibit opened.

16. It is crucial to ensure that products are safe and do not cause _____ to consumers.

17. The latest smartphone boasts advanced _____ such as facial recognition and augmented reality.

18. _____ are typically known for their rebellious behavior and desire for independence.

19. In a competition the _____ evaluate the performances and determine the winners.

20. The team worked together and _____ the issue before the deadline.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. Systems exhibiting human-like intelligence and decision-making capabilities often used in technology.



22. Extremely important or necessary for the functioning or success of something.
23. Refers to information or data that provides insights about other data.
24. The person or team that emerges victorious in a competition or contest.
25. A place where goods or products are kept for future use or sale.
26. Physical currency in the form of coins or banknotes.
27. Protected against unauthorized access or potential harm.
28. Individuals in the age group between childhood and adulthood.
29. Involving communication or action between a user and a system or device.
30. People who deceive others by posing as legitimate entities for fraudulent purposes.

Answer

Multiple Choice: 1. Accessible 2. Depression 3. Lottery 4. Scammers 5. Resolved 6. Technical difficulties 7. Inaccurate 8. Journalism 9. Cash 10. Tax

Gap-Fill: 11. Manually 12. Deadline 13. Winner 14. Taxpayers 15. Visitors 16. Harm 17. Features 18. Teenagers 19. Judges 20. Resolved

Matching sentence: 1. Artificial Intelligence 2. Vital 3. Meta 4. Winner 5. Store 6. Cash 7. Secure 8. Teenagers 9. Interactive 10. Scammers

CATEGORY

1. Business - LEVEL1

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