Poster

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Poster 34

[P-34-01] The Benefits and Future Potential of Generative Artificial Intelligence (GAI) on Mental Health: A Delphi Study

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Keywords：Generative artificial intelligence、Delphi study、Mental health

This study explores the perceived benefits and future potential of Generative Artificial Intelligence (GAI) in mental health care. With the increasing integration of AI technologies like ChatGPT, understanding how GAI can enhance accessibility, treatment, and support for mental health is crucial. The study aims to consolidate expert insights on the advantages and implications of GAI in mental health practice and policy. A two-round Delphi method was conducted with a purposive sample of 15 psychiatry, psychology, counseling, and medical research experts. In the first round, experts provided open-ended insights on GAI's benefits and future potential. Responses were thematically analyzed to identify key dimensions. In the second round, experts ranked the identified dimensions, with consensus measured using Kendall's W to assess agreement. The study identified eight key benefits of GAI in mental health, including accessibility, personalized treatment, cost-efficiency, and data analysis. Additionally, eight future potential themes were recognized, such as AI's role in diagnostics, support for professionals, and ethical considerations. The consensus among experts indicated that "Accessibility and Availability" was the most critical benefit, while "AI as a Collaborative and Informative Tool" was seen as the most promising potential. The study highlights opportunities for enhancing mental health services through GAI and challenges related to digital divides, ethical considerations, and technology limitations. This research provides a unique perspective on the role of GAI in mental health, offering a structured understanding of its benefits and potential future applications. The findings contribute to discussions on responsible AI integration in mental health care, with implications for policymakers, practitioners, and technology developers seeking to enhance mental health service delivery.