

AI and data to provide effective mental healthcare

Umar Nizamani

This is a talk about AI, the
new tool in our utility belt ..

And like all tools, we need
to put on our safety gear
before we use it.

Hey, I'm Umar!

Umar Nizamani

umarniz.com

Slides: umarniz.com/2023-digital-health-ai-data



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AI is improving fast

"Maintain human relevance by cultivating education, adaptability, creativity, and emotional intelligence." 



via photoai.com

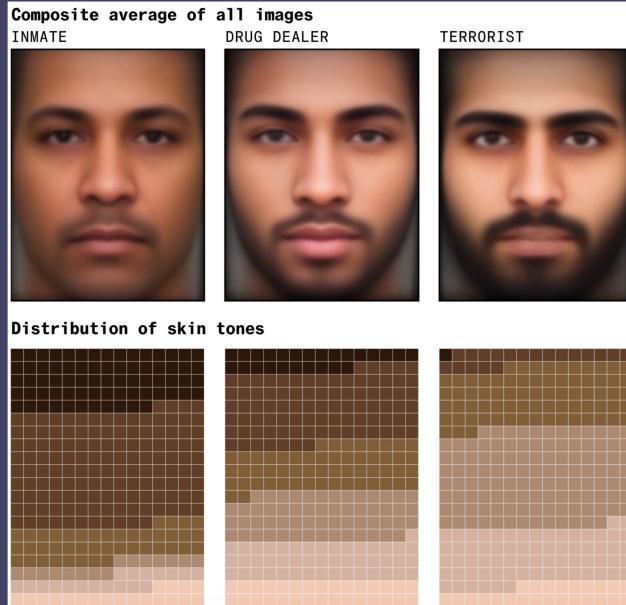
AI generated picture of me

No, AI is not going to
replace therapists

Therapists using AI will replace
Therapists not using AI

With great power comes
great responsibility

The bias in AI runs deep



of suicides caused by AI

0

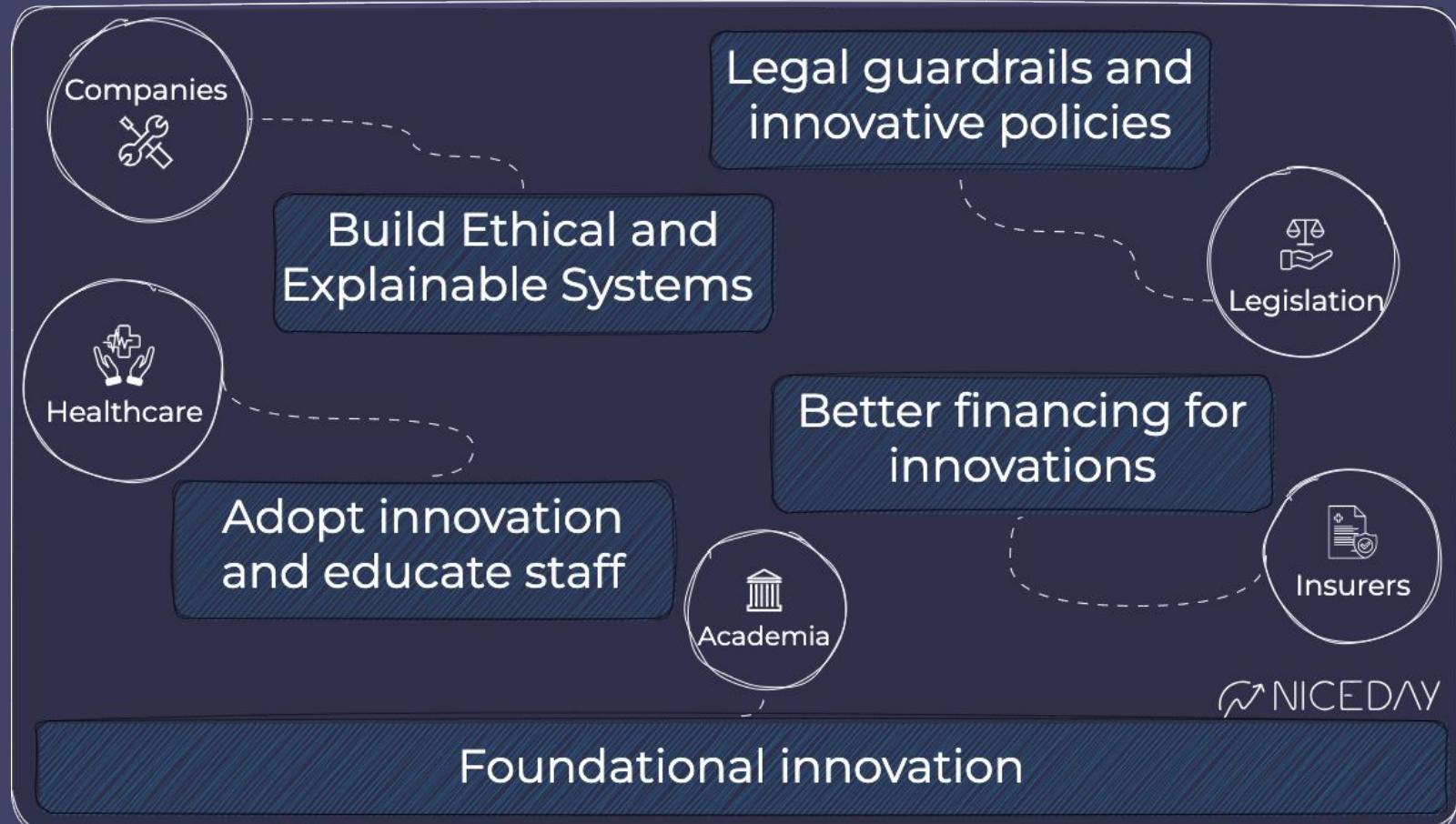
1

Up to 2022

2023

How do we innovate and
implement AI responsibly?

Responsible AI in healthcare



Client Prioritisation using responsible AI

Explainable		Transparent	Accountable
Rank	Name	Top reasons to check client	
1	 <input checked="" type="checkbox"/> Eva Molen	<ul style="list-style-type: none">Large increase in negative registrationsSMQ: decrease of 1.5Reminder on, thought record not completed	<input type="button" value="Details"/> <input type="button" value="Feedback"/>
2	 <input checked="" type="checkbox"/> Bora	<ul style="list-style-type: none">5 days since last registrationReminder off, thought record not completed	<input type="button" value="Details"/> ✓ Feedback sent
3	 <input checked="" type="checkbox"/> Ralph Edwards	<ul style="list-style-type: none">Small increase in negative registrations	<input type="button" value="Details"/> ✓ Feedback sent
4	 <input checked="" type="checkbox"/> Boris van den Burg	<ul style="list-style-type: none">Decrease in positive registrationsActivities: 2 planned, 2 completed	<input type="button" value="Details"/> <input type="button" value="Feedback"/>
5	 <input checked="" type="checkbox"/> Key Jong	<ul style="list-style-type: none">Reminder off, diary completedPositive registrations are stable	<input type="button" value="Details"/> <input type="button" value="Feedback"/>

The self-driving car doesn't
go to jail, the driver does.

Thanks!

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